



A short guide on how to deal with narcissistic people

1. Recognize the Pattern — Don't Personalize It

The first step is awareness. Narcissistic behavior isn't about *you* — it's about *them*. They act from insecurity masked as superiority.

💬 “Their need for control or admiration is not a reflection of your worth — it's a symptom of their emptiness.”

✅ What to Do:

- Learn to **observe, not absorb**.
- Don't get trapped in defending or explaining yourself repeatedly — they often twist your words.

2. Set Firm and Clear Boundaries

Boundaries are your emotional shield. Narcissists often test limits — the more you bend, the more they push.

✅ What to Do:

- Be polite but firm:
“I'm not comfortable discussing this.”
“Let's keep this professional.”
- Don't justify, argue, or explain too much — short, calm responses work best.
- Rehearse your “no” in advance if you tend to give in easily.

3. Avoid Emotional Engagement

Narcissists thrive on reaction — praise, anger, tears, or guilt all feed their ego.

✅ What to Do:

- Practice the “**Gray Rock**” technique: become emotionally neutral.
Example: Respond with “Hmm,” “I see,” or “That's your opinion.”
- Don't reveal vulnerabilities or personal fears — they may use them later.

4. Focus on Facts, Not Feelings

When conflict arises, they twist emotions and reality. Stick to objective facts — what was said, done, or agreed upon.

✅ What to Do:

- Keep written records of discussions (especially at work).
- Use short, factual statements rather than emotional reasoning.

Example in workplace:

❌ “You always criticize my work.”

✅ “You mentioned my report missed a section. I'll address that specifically.”

5. Strengthen Your Self-Worth

Narcissists target empathic, kind, or approval-seeking people — those who naturally give.

✔ What to Do:

- Remind yourself regularly of your values and strengths.
- Surround yourself with genuine, emotionally healthy people.
- Practice self-affirmation:

“I’m calm, capable, and in control of my response.”

6. Don’t Expect Change

A narcissist rarely changes unless they consciously seek therapy — and even then, progress is slow.

Your job isn’t to “fix” them; it’s to **protect yourself**.

✔ What to Do:

- Stop hoping for apologies that never come.
- Adjust expectations — not everyone can offer emotional reciprocity.

7. Know When to Walk Away

If the relationship (personal or professional) becomes draining, manipulative, or abusive — prioritize your well-being.

✔ What to Do:

- Limit contact (or go *no-contact* if necessary).
- Document incidents if it’s a work situation.
- Seek support from HR, trusted colleagues, or friends.

 “Leaving a narcissist isn’t weakness — it’s wisdom.”

8. If You Can’t Leave (e.g., Boss or Family)

- Minimize emotional conversations; keep it task-based.
- Use respectful distance: kind but not intimate.
- Redirect conversations back to facts or shared goals.

Example:

“That’s interesting. Let’s get back to the project timeline.”

9. Take Care of Your Mental Health

Dealing with a narcissist can cause anxiety, self-doubt, or burnout.

✔ What to Do:

- Talk to a counselor or therapist who understands narcissistic dynamics.
- Engage in grounding activities — walks, journaling, meditation.
- Reconnect with your authentic self, separate from their influence.