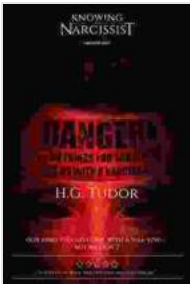


# 50 Things You Should Never Do With a Narcissist



## Danger: 50 Things You Should Not Do With a Narcissist

by H G Tudor

★★★★☆ 4.6 out of 5

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Dealing with a narcissist can be a complex and emotionally draining experience. Their manipulative behaviors and inflated sense of self-importance can leave you feeling confused, frustrated, and even abused. It's important to remember that narcissists are not capable of genuine empathy or reciprocity, and their primary goal is to exploit others for their own benefit.

To protect yourself from the negative effects of narcissistic behavior, it's crucial to avoid certain actions and behaviors that can further empower them or damage your own well-being. Here are 50 things you should never do when interacting with a narcissist:

### 1. Don't Take Them at Face Value

Narcissists are masters of deception. They create a charming and idealized persona to draw you in and maintain control. Don't believe everything they say or promise, as their words are often empty and manipulative.

## **2. Don't Argue or Reason With Them**

Narcissists thrive on conflict and drama. Engaging in arguments with them is futile, as they lack the ability to listen or engage in rational discussion. Stay calm and disengage when they try to provoke you.

## **3. Don't Try to Change Them**

Narcissists are deeply ingrained in their narcissistic patterns. It's impossible to change or fix them, so don't waste your time and energy trying. Focus on protecting yourself and minimizing their impact on your life.

## **4. Don't Give Them Unconditional Love**

Narcissists are not capable of reciprocating genuine love and affection. They see relationships as transactional, and their primary goal is to extract what they need from you. Avoid giving them unconditional love, as you'll only be setting yourself up for disappointment.

## **5. Don't Trust Them With Your Secrets**

Narcissists lack confidentiality and are known to use sensitive information against you to gain power or control. Never share your deepest secrets or vulnerabilities with them, as they may use them to manipulate or humiliate you.

## **6. Don't Tell Them Your Plans**

Narcissists can be envious and competitive. Sharing your plans with them could give them the opportunity to sabotage or undermine your efforts. Keep your goals and aspirations to yourself and don't seek their approval or support.

## **7. Don't Give Them Money**

Narcissists are skilled at manipulating people into giving them money or financial favors. Avoid lending them money or making financial investments with them, as they're likely to exploit your generosity and never repay their debts.

## **8. Don't Let Them Invade Your Space**

Narcissists can be boundary pushers. They may try to invade your personal space, control your time, or insert themselves into your life uninvited. Set firm boundaries and make it clear that you won't tolerate their disrespect.

## **9. Don't React to Their Provocations**

Narcissists often try to provoke emotional reactions from you to gain attention or control. Don't give them the satisfaction of reacting to their insults, criticisms, or passive-aggressive behaviors. Stay calm and indifferent.

## **10. Don't Show Them Your Weaknesses**

Narcissists are predators who exploit the weaknesses of others. Avoid revealing your vulnerabilities or insecurities to them, as they may use this information to manipulate or hurt you.

## **11. Don't Apologize for Things You Didn't Do**

Narcissists are often skilled at gaslighting and blaming others for their own mistakes. Don't apologize for things you didn't do, as this will only empower them and make you feel guilty.

## **12. Don't Tell Them They're a Narcissist**

Telling a narcissist that they're a narcissist is unlikely to change their behavior. In fact, it may make them defensive and even more manipulative. Avoid using this label, as it's not constructive and could escalate the situation.

## **13. Don't Try to Outsmart Them**

Narcissists are often intelligent and manipulative. Trying to outsmart them or beat them at their own game is a futile effort. Focus on protecting yourself and minimizing their impact on your life, rather than trying to "win" against them.

## **14. Don't Give Them a Second Chance**

Narcissists rarely change their behavior, even if they promise to do so. Giving them multiple second chances will only reinforce their belief that they can treat you poorly without consequences.

## **15. Don't Expect Them to Be Empathetic or Understanding**

Narcissists lack genuine empathy and the ability to understand the perspectives of others. Don't expect them to be understanding or compassionate towards your feelings or experiences.

## **16. Don't Let Them Isolate You**

Narcissists often try to isolate their victims from their loved ones and support systems. They may make you feel like you're the only one who understands them or that no one else can help you. Don't let them isolate you; maintain your connections with friends, family, and professionals.

## 17. Don't Believe Their Promises

Narcissists are notorious for making empty promises that they have no intention of keeping. Don't fall for their promises of love, loyalty, or change. Protect yourself by taking their actions, not their words, at face value.

## 18. Don't Ignore Their Red Flags

Narcissists often display subtle red flags that can indicate their true nature. Trust your instincts and pay attention to any signs of manipulation, entitlement, or lack of empathy. Don't ignore these red flags; they can save you from significant pain in the future.

## 19. Don't Take Their Criticism Personally

Narcissists often engage in relentless criticism and put-downs. They may belittle your accomplishments, insult your appearance, or make you feel like you're never good enough. Don't take their criticism personally; it's a reflection of their own insecurities and low self-esteem.

## 20. Don't



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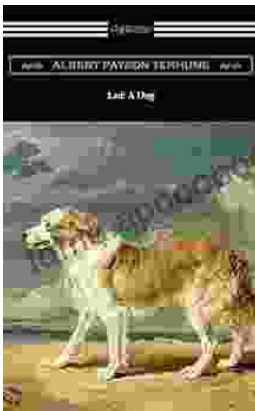
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