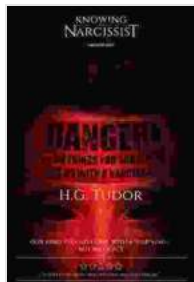


50 Things You Should Not Do With a Narcissist



Danger: 50 Things You Should Not Do With a Narcissist

by H G Tudor

★★★★☆ 4.6 out of 5

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If you are in a relationship with a narcissist, it is important to be aware of the things you should not do. These behaviors can only make the situation worse and can even be dangerous.

Here are 50 things you should not do with a narcissist:

1. Do not confront them directly.
2. Do not try to reason with them.
3. Do not try to shame them.
4. Do not try to change them.
5. Do not try to control them.

6. Do not try to please them.
7. Do not try to love them.
8. Do not try to be their friend.
9. Do not try to be their confidant.
10. Do not try to be their savior.
11. Do not try to be their therapist.
12. Do not try to be their parent.
13. Do not try to be their child.
14. Do not try to be their sibling.
15. Do not try to be their spouse.
16. Do not try to be their lover.
17. Do not try to be their partner.
18. Do not try to be their soulmate.
19. Do not try to be their anything.
20. Do not give them your time.
21. Do not give them your attention.
22. Do not give them your energy.
23. Do not give them your money.
24. Do not give them your possessions.
25. Do not give them your heart.

26. Do not give them your soul.
27. Do not give them anything.
28. Do not let them into your life.
29. Do not let them into your home.
30. Do not let them into your bed.
31. Do not let them into your head.
32. Do not let them into your heart.
33. Do not let them into your soul.
34. Do not let them into anything.
35. Do not trust them.
36. Do not believe them.
37. Do not rely on them.
38. Do not depend on them.
39. Do not expect anything from them.
40. Do not hope for anything from them.
41. Do not dream of anything from them.
42. Do not wait for anything from them.
43. Do not ask for anything from them.
44. Do not need anything from them.
45. Do not want anything from them.

46. Do not have anything to do with them.

If you are in a relationship with a narcissist, the best thing you can do is to get out. It may be difficult, but it is the only way to protect yourself from further harm.

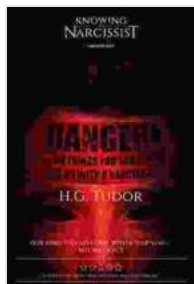
If you are not sure if you are in a relationship with a narcissist, here are some signs to watch for:

- They are charming and charismatic at first.
- They are very self-centered.
- They have a grandiose sense of self-importance.
- They need constant admiration.
- They are entitled and demanding.
- They lack empathy.
- They are manipulative and controlling.
- They are pathological liars.
- They are prone to rages.
- They are often jealous and possessive.
- They are emotionally abusive.
- They are physically abusive.

If you are experiencing any of these signs, it is important to seek help. You can talk to a therapist, counselor, or trusted friend or family member. You

can also call the National Domestic Violence Hotline at 1-800-799-SAFE (7233).

Remember, you are not alone. There are people who care about you and want to help you. You deserve to be happy and healthy. You deserve to be loved.

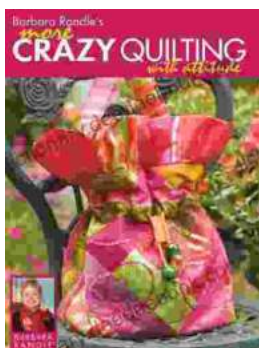


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