HOME

How To Determine If You Are Dealing With A Toxic Narcissist

By bestfolkmedicine · 01/11/2018 · 4 min read



Those who have never had a close contact with a narcissist should consider themselves lucky because narcissism is one of the worst personality characteristics and it can be detrimental to those exposed to it.

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A narcissist's life is all about their own needs and wants; they only care how much others love them and they are usually experts in manipulating people to get what they want. If you want to be certain that your

partner or friend is not a narcissist, make sure to check the list below comprised of several things that these people never do.

Narcissists Never Do This

Care about your feelings

These individuals can hurt even the people who are closest to them because they simply do not have the capacity to care for someone else than themselves. They are unaware of the pain and damage they cause to the people that they supposedly love and care about. Hence, if one does not find a way to get away from them on time, this emotional abuse will only prolong. Otherwise, you may continue feeling unable to express how you feel and you will constantly try to keep the narcissist satisfied.

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Help you solve your problems

A narcissist never cares about the struggles you are going through and every time you try to begin such a conversation, you will be ignored and they will immediately start talking about their issues. This is because they find other people's problems boring and they are unable to offer reassurance. With a narcissist, everything is always about them, never about the other ones present.

They never apologize

If a narcissist has hurt you and you try to get them to apologize, they will gaslight you and try to convince you that you are the one who is wrong. If this does not work, they will try to redirect the conversation and mention a problem that was your fault. Even if you manage to get an apology, it will be insincere and bitchy. This is because they believe that they cannot be in the wrong because they are ideal.

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Make you feel good about yourself

In order to be in the spotlight, narcissists will put others down, especially when they are in public. In a lot of cases, they will befriend the people who they consider less attractive than them so that they can be in the center of attention.

They will constantly make snide remarks and try to belittle you whenever they can. This makes them feel potent. For example, if you are in a restaurant, he/she will comment on your meal choice or your choice of clothes. They enjoy seeing others feeling uncomfortable and if one gets offended and tells them, they will accuse them of being too sensitive and note that they were just kidding.

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Be accountable for their doings

Since they never make mistakes, they never accept their fault. To illustrate, relationships that have broken down was not because of them, but because of the bad people they have been with. At work, it is always the fault of those less competent colleagues than them.

Offer emotional support

Narcissists can easily make other people feel bad about themselves and they will never support you when you need that. Once they turn their partner in a helpless creature, they will look at them with contempt because of their 'neediness and fragility'.

Appreciate what you do for them

Whenever you make dinner plans, bring flowers or a tasty wine, they will not show gratitude, but they will always try to find a flaw. Your thoughts and emotions play no role because their emotions and thoughts come first.

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Love you sincerely

Their love will be based on what their partner or friend can do for them and how they make him/her feel. When you are in public, they will behave selfless and devoted towards you, however, when you are alone, they go back to their self-absorbed behavior.

Without doubt, dating a narcissist or having a friend or family member who exhibits narcissistic personality traits is not easy and it can be emotionally and psychologically damaging. This is why you need to get out as soon as possible and avoid serious problems like anger and resentment.

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