

N.Y.B.L. Podcast Ep 257 (Narcissists Hates Happy People and Holidays - Your Survival Guide) Mix 1 V1

[00:00:00] **Rebecca Zung:** Hello Slayers. Today we are talking about why narcissists hate happy people and holidays. This is your survival guide. I'm Rebecca Zung. I am a globally recognized expert in negotiations and high conflict communications. And today we are talking about a very relevant topic as we are here in the holidays and on this channel, I share insights with you that are really all from my bestselling books, Slay the Bully, How to Negotiate with a Narcissist and when, because I want you to win.

[00:00:49] They are all from my background as an attorney. I want you to have everything you need in your hands. If you're new here, please [00:01:00] subscribe and hit that notification bell so that you can transform your interactions with narcissists. And let's start reclaiming your power today. Today, narcissists They hate happy people.

[00:01:14] They hate holidays. This is your survival guide. Why do they hate this? I'm going to get start off with a quote that I think is really, really powerful and insightful. So I'm going to read this quote to you. It's sort of like the, the old adage, misery loves company, right? But here, here it goes. Holiday blues are a common occurrence, even among the mentally sound.

[00:01:44] In me, they provoke a particularly virulent strain of pathological envy. I am jealous at others for having a family, [00:02:00] or for being able to celebrate lavishly, or for being in the right festive mood. My cognitive dissonances crumble. I keep telling myself, look at those in Inferior imitations of humans, slaves of their animated corpses, wasting their time pretending to be happy.

[00:02:26] Yet deep inside, I know I am the defective one. I realize that my inability to rejoice is a protracted and unusual punishment. Meet it out to me by my very self. I am sad and enraged. I want to spoil it for those who can. I want them to share my misery. To reduce them to my level of emotional abstinence [00:03:00] and absence.

[00:03:01] I hate humans because I am unable to be one. And that is from the book Malignant Self Love Narcissism Revisited by Sam Vaknin who says that

he is a narcissist and it is a it's really revelatory because Obviously, he's talking about why narcissists hate happy people, and this is why they hate holidays.

[00:03:35] And so, you know, that's why they try to ruin it for everybody else. And so I think it's interesting to hear that, to know that, and that is why you cannot take it personally, and that is why you need to protect yourself and understand that when holidays come along, [00:04:00] that you need a survival guide. You need to understand that It's happening.

[00:04:09] It's coming. They don't want you to be happy. They don't want anybody else to be happy and they just want to pull you down because they're jealous. They're jealous of the fact that everybody else is in this festive mood and they can't share in it. They can't. Enjoy it. They can't, they don't want you to be happy.

[00:04:29] They don't want anybody else to be happy. And they're not the cause of your happiness. By the way, it's like if, if, if somebody's going to be happy, they want to be the cause of that happiness. They want to be the center of the attention. You know, if, if anybody's going to be creating joy and happiness, they better be the ones who's doing it.

[00:04:50] Right. And so the more people are enjoying and having festive and fun, the [00:05:00] worse they're going to feel, the more it's going to like, be like salt in their wound because they can't stand to see it. Right. So, and the more the time is coming and build up is happening and everybody is giving gifts. to people which they really can't stand.

[00:05:28] They don't have, they don't want to buy gifts for somebody else. They don't want to have to, you know, be, I mean, obviously, if they're, if they're gonna give gifts, they want to be the ones who are receiving, right? They don't want to have to go spend money on people. And that's why they're terrible gift givers.

[00:05:50] I mean, a lot of times if they have to give a gift, The types of gifts that they give are going to be ones that maybe [00:06:00] they like, right, or, or things that are, unless it's something that everybody's going to see, then it makes them look super generous or something that they can enjoy also, otherwise, maybe they're super cheap.

[00:06:24] Right,

[00:06:41] or what kind of gifts you've received from narcissists. You know, I have a whole video on that, by the way. So what you have to do when the holiday time is coming up is you have to start early [00:07:00] on figuring out how you're going to plan to protect yourself and protect your spirit and protect your heart and plan for that ahead of time because they hate happy people.

[00:07:19] They don't want to see you be the center of attention or anybody else be the center of attention or anybody but themselves be the center of attention right now, right? So be very, very clear about how you are going to be treated. Or the type of behavior that you're going to tolerate or not tolerate or the type of drama that you're going to tolerate.

[00:07:59] [00:08:00] Because that, when I say drama, trauma and chaos, that is going to, you know, they, they create that on a regular basis anyway. So whatever it is that you're dealing with on a regular basis, expect that times, you know, a thousand and, and let them know, I'm not going to engage in, in this. And instead of meeting them with anger, one of the things that you could do is meet them with curiosity.

[00:08:39] You know, why would you do that? Why would you say something like that? I'm curious. What would make you, what would make you say that? What would make you do that? You know, that's, that's a way that you could respond. But just [00:09:00] remember, respond, don't react. Observe, don't absorb. Start looking at them as if they are a two year old having a tantrum on the floor.

[00:09:12] Invisible boundary comes down around you. You're just looking at them. So, You know, I just, I say that you just start looking at them, you start, you know, I would say never Jade, even though I love Jade, I always wear Jade, you know, because I say it protects you, but never justify, argue, defend or explain.

[00:09:42] Don't get sucked into the mud. Remember, they go baiting for you. They go looking, they go fishing. They want to pull you, suck you in. Don't allow that. You know, I appreciate your perspective. That's an interesting perspective. [00:10:00] Thanks for the feedback. It's a lot easier said than done because, you know, they're going to look for ways.

[00:10:10] They're going to try to trigger you. They're going to say the things that they know will trigger you. Yes, they will be condescending. Just, Oh, okay. You're right. Maybe I am that way. Okay. Yep. Mm hmm. I agree that that's your

perspective. Right? I mean, just don't allow their negativity to affect you. Make a decision.

[00:10:53] You have the choice on how you respond. [00:11:00] Just keep your happiness intact. Decide what you're going to pivot to as far as what you're going to think about. Right? Calmly set boundaries. Do not react to their provocations. Right? So remember that this is how they think. Think about that, that clip of what he said.

[00:11:33] They know that deep inside that they have this emptiness, this defect, and they're, they're trying to project it and deflect it onto everybody else. They want to pull you into their misery. Don't allow them to do that. Right? So today we learned that they are the ones that are miserable. They want you [00:12:00] to feel miserable too.

[00:12:03] And, you know, you can set boundaries, be clear about what behavior you're going to tolerate, you're not going to tolerate. If they're going to start drama, you can calmly state that you're not engaging in it. And you can use phrases for disarming narcissists, which by the way, I have. A whole sheet of phrases for disarming narcissists that you can grab at disarmthenarc.

[00:12:33] com. Make sure you grab it and you can also go to, um, my free support group, Narcissist Negotiators with Rebecca Zung. Go there as well on Facebook for additional support and remember if this video resonated with you to like it, to share it. And make sure that you have subscribed here, hit [00:13:00] that notification bell, because join our community for content that empowers you to deal with people in high conflict situations.

[00:13:09] It will help you. It'll help you grow. It'll help you and empower you, inspire you and. Get you to the highest level of yourself because that's what we're here to help you do. And don't forget to comment below your thoughts and your experiences. Your insight is a vital part of our community. We are so happy that you're here.

[00:13:30] We are so happy that you are a part of our community. We absolutely love you. And the next video that I want you to watch is Spot the Red Flags Traits of Highly Toxic Individuals Unveiled. and because I want you to be able to spot them no matter where you are, right? So I am so happy you're here.

[00:13:51] Remember that today is a great day to start negotiating your best life. I'm Rebecca Zung.