

N.Y.B.L. Podcast Ep 254 (Mashup)

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[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung, and this is an episode that is kind of fun to do, but it's also been a really, really popular video on my YouTube as well as a blog and all of that. And that is, it's gifts that are red flags that you're in a relationship with a narcissist, and I will I may or may not have actually received some of these things, so why do I know so well?

[00:00:33] Um, yeah, so anyway, it's an interesting topic and it's a popular topic and with holidays Uh, just wrapping up as well as Valentine's Day and hey, you know, there's always birthdays and all kinds of other things coming along that, you know, you want to know, am I in a relationship with a narcissist and by looking at these, uh, [00:01:00] red flags, you, you know, when it comes time to give a gift, then, um, you might know that you are actually in a relationship with a narcissist, you know, narcissists don't like it.

[00:01:13] They don't like holidays. They don't like gift giving. They don't like birthdays. They don't like special occasions. They don't like opportunities where they are not going to be the center of attention and they don't want to have to be giving other people attention and they certainly don't want to have to show up for people and have You know, a fuss be about somebody other than them.

[00:01:39] So, you know, when it comes time for gift giving, they really, really are bad at it because they don't like to have to do it. It's, you know, it's almost like they're digging their heels in and almost like rebelling. They just don't want to have to do it. So, so one of the, um, signs that [00:02:00] you are get in a relationship with a narcissist is if you get some kind of exercise equipment, or like a membership to a gym.

[00:02:09] Um, narcissists are often passive aggressive, uh, and, and this is a way of giving you a quote unquote gift, while also devaluing you by saying, hey, you need to lose weight, or you need to be in better shape, or you know, whatever it is to try to satisfy their standards, right? So, you know, I actually had a family member who received an abdominizer years ago for one of her birthdays.

[00:02:39] Her husband is now her ex husband from a long time ago. Um, and she was like super tiny and, and, you know, indefinitely in shape at the time. So

it was just a way to devalue her a little bit and, and just, um, put in a little bit of a dig. And, and, you know, a person who [00:03:00] actually loves you for you is not looking.

[00:03:02] only at your outer self, right? You know, they, they love you for you, the essence of you, the person who, the beautiful soul that resides within you. So if you're getting these little passive aggressive jigs about what you look like, uh, you know, probably not a good sign. So another red flag that you're in a relationship with a narcissist as, and this was a funny one, um, one of the people on my team actually said this happened to her.

[00:03:34] And this is tickets to see his or her favorite artist in concert, not yours, theirs. Um, and one of the people on my team said one of her exes actually got her, uh, you know, tickets to see his favorite artist. And it was like front row. I left character's name out here. We couldn't get the [00:04:00] thing in there. We are super excited about him It's something, you know, that they're doing for you to show you how wonderful you are, and how thoughtful, and they honestly sometimes think, well, isn't it a beautiful gift for you to actually experience their favorite artist because you just want to be with them and love them so much?

[00:04:28] And if you say anything about it, then obviously you don't care about them, you don't respect them, you don't respect their likes and dislikes. And now here comes a big fight, and it's going to be a fight all about them, you don't like their gift, and now suddenly they've become the victim. And I should say, by the way, I do have this in video form on YouTube, and I also have a video on YouTube [00:05:00] about, um, why narcissists hate the holidays and why they don't.

[00:05:04] tend to ruin holidays, so definitely check those out if you, um, have a moment. So the next one is framed photos of themselves, which is really, really hilarious. Um, you know, narcissists will think that you want pictures of them. But even more so, I mean, yes, they want to send you pictures of them. No doubt about that.

[00:05:29] But they also want to be sure that you have pictures displayed of them out so that everyone in your world can see how much you adore them. So, you know, it's kind of funny, but, you know, there they are with framed pictures of themselves, you know, and it's not like even a picture of the two of you as a couple, it's a picture of themselves, um, and I had a narcissist [00:06:00] in my life who was a, uh, family member or an ex.

[00:06:04] Extended family member, and this is something that this person used to do quite a bit, is give us framed photos of this person. So anyway, um, it's, I definitely have seen it for sure. Um, but number three is framed photos of themselves. And so number four is something from a sale or clearance rack. So, the reason why a narcissist will do this is because they really hate to spend money on other people.

[00:06:40] They, and as I said at the beginning of this podcast, they also hate birthdays and holidays because they're not getting the attention. So, they will often do the bare minimum. The bare minimum. They, they know they have to show up with the gift, you know, [00:07:00] cause they certainly will look bad. If they don't show up with something, but to rebel against their feeling that they're being forced into doing something for someone else, which is another thing that they hate, of course, they'll try to make sure that they show up with something that costs.

[00:07:19] As little as possible. So, but they wanted to not look that way. So, it's a little game that they play, where they show up with the gift. Here you are. Here is a beautiful gift. It looks like something, but they paid almost nothing for it. And in their mind, they've kind of gotten away with something that way.

[00:07:42] They can be kind of smug about that and, and, and maybe laughing to themselves like, ha, ha, ha, you got something. I paid very little for it. Uh, you, you got a gift, but I wasn't forced into spending lots of money, which I absolutely hate to [00:08:00] do. And I. got you something that was like the bare minimum. So I get the credit for doing something for you, because of course they want credit for something.

[00:08:11] But I don't actually have, I didn't really have to put myself out that badly because I didn't have to spend that much money on it. So it's kind of like this sick little game that they play because they don't want to have to do something for you. So by getting something off the sale or clearance rack, they, they, they satisfy their obligation, but they didn't have to spend a lot of money to do it.

[00:08:34] So, that's number four. So, number five is something that That isn't in your size. And this can also kind of go hand in hand with the sale clearance rack thing sometimes because it's like, well, it may not quite be their size, but hey, uh, it's only 5. So, I'm just gonna get it anyway [00:09:00] because, you know, even though it's like a, uh, extra extra large and they're like 5'4 and 100 pounds, I, I will get credit for it.

[00:09:11] Look, I tried to buy something really nice for this person and, um, but it was the wrong size. So, um, you know, I'm actually reminded of, uh, Seinfeld, as I'm talking about this, where the episode where George Costanza gets this cashmere sweater for, like, nothing because it had, like, this red dot on it, and he was like, oh, I'll just get that for, um, You know, I think it was for Elaine or something and, um, you know, and I'll get credit for getting this amazing cashmere sweater and hopefully she won't notice that it has this red dot.

[00:09:48] Uh, and then Elaine ends up not wanting it because he got this deal on it and she figures out what, what happened. And, um, so he ends up trying to give it to this cleaning lady at his [00:10:00] office that he had sex with on the desk and, you know, it's like a whole debacle. Um, I mean, obviously there are certainly some people who get things off a sailor clearance rack, by the way, because, you know, why not be able to do that?

[00:10:16] Um, it's, it, it really comes. Down to the intention of it and what the feeling is and the emotion, and, and, the intention is behind it, right. So something that isn't in your size is kind of the same thing. I mean, obviously, it could be, you know, inadvertent. But, you know, a lot of times, it's not necessarily inadvertent.

[00:10:38] And, a lot of times they're just so caught up in making sure that they protect themselves by making sure you aren't getting too much attention, since in your mind you deserve none. And number two, making sure that they don't have to go out of their way too much, cause ugh, I really don't want to have to do anything for anybody [00:11:00] else, cause that's awful.

[00:11:01] And number three, making sure that they don't have to spend too much time, money, or effort in getting you something, so they'll just grab whatever they can, they grab whatever off the clearance rack, or like it's right on their way, you know, to your house or home or wherever it is that you are, and maybe they don't even realize it's the right size or the wrong size.

[00:11:28] Or, you know, it might not be your size because they want to demonstrate some sort of passive aggression. Again, you know, for example, getting you something in a large when they know you're a small. Just to make you feel like maybe you think that you're fat, or that they think that you're fat, or something like that.

[00:11:48] So, uh, so number five is something that isn't in your size. So, number Six from the the special [00:12:00] little someone is a promise of a gift

in the future. So narcissists are classic future fakers, which means they'll promise you the moon for the future just to pacify you in the present moment. So, if your precious little sweetie doesn't show up with you, show up with anything for you, for the holidays, or for your birthday, or valentines, or whatever the occasion is, maybe they'll say it was because they didn't have the money right now, I mean, who knows, bad traffic, COVID, whatever.

[00:12:41] Um, you know, somebody kept them late at work, who knows. Um, but It says that you will be getting the best present ever at some point in the future. This is probably a massive red flag because anyone could do a little [00:13:00] something. I mean, even if they don't have two nickels to rub together, they could write a nice letter.

[00:13:06] They could put together a scrapbook of mementos, pictures, plan a picnic, you know, just. Something. And so, you know, one classic thing that I've seen a lot of narcissists do is they kind of basically don't remember that it's your birthday or a holiday or something until the last second. So they end up.

[00:13:29] ordering something online and then just saying it didn't come in on time, but then, you know, you could always go back and figure out that they didn't even order it until that day. Um, that's, that's a classic one, or maybe it's sort of even psychological, you know, like, um, I don't want to have to do this.

[00:13:48] So it goes back to that rebellion, that obligation, I mean, it's like everything they could possibly muster to have to do something for someone else, and they hate it, and here [00:14:00] comes this obligation, and so, you know, I'll just order something online, and I'm gonna kind of show them in a little passive aggressive way that, you know, really hate having to do something for you here, but, You know, I'm going to, but there's going to be a little dig involved, a little bit of a message to you, of how little value you have, coupled with the message of, I really hate that you're forcing me to do something for you.

[00:14:28] So, Number six is a promise of a gift in the future. And number seven is regifting a present that they got from somewhere else or someone else. And this goes hand in hand with buying something as cheap as possible or putting as little thought into a gift as possible. They very much resent having to do anything for anyone else.

[00:14:58] And the more you [00:15:00] want them to do something for you, by the way, the less they want to have to do it, too. So, um, so if they have some sort of a gift laying around that they got from someone else that they have no

use for, then, hey, why not re gift it? Why not Save themselves the time and the money and also they get the credit for, uh, getting you something, but they didn't actually have to get anything, you know, like once again, here's this theme that they don't want to have to do anything for you.

[00:15:33] And so the least amount of time, money, energy, and effort that they have to put into it, thought, whatever, the better it is for them. That, that's like a win. So, and the last thing is something that they know that you hate. Um, you know, a lot of times narcissists want to use this opportunity [00:16:00] to, Uh, show you, um, an opportunity for, you know, for devaluing, okay?

[00:16:06] So, um, and, and narcissists use passive aggression as one of their ways of devaluing, especially covert narcissists. Um, passive aggression is one of their primary methods of devaluing. So, if you detest chocolate, then here you are getting a huge box of Godiva. That's the perfect gift for in their mind. Um, for the narcissist, that serves so many purposes and checks so many boxes that they might even delight in their glee as they're wrapping it for you.

[00:16:41] It devalues you, but also makes them look wonderful. And then if you complain about it, then you don't Appreciate them or the painstaking efforts that they went to in order for you to have this wonderful gift of something that you actually can't even stand. [00:17:00] Um, and then so you just end up going, okay, fine, I'll take it.

[00:17:04] You know? Great. They, they, at least it's something for me and you just end up like dealing with it because you don't wanna have to, you know. Um, you know, say anything and create a fuss and you don't want them to think that you don't appreciate it because somewhere in your heart of hearts, you're hoping that maybe it was a mistake or somehow maybe they did want to do something for you and you don't want to hurt them and you just don't You're constantly modifying your own behavior.

[00:17:35] I call it the go along to get along. If you're adopting the go along to get along mantra in your brain on a regular basis, then there's a problem. Then that means that there's that you should probably take a look at and it's, you know, not serving you, it's not serving your soul. Um, and so, you know, you should feel good.

[00:17:58] If you receive a gift [00:18:00] for a birthday, a holiday, Valentine's, Mother's Day, Day, you know, whatever the special occasion is, it should be something that you feel good about. And this person who professes to be your person should be making you feel special. And if you don't feel special, if you

feel like devalued, if you feel like there's something wrong, like you know, you can always.

[00:18:25] You can just tell, like that little hair inside, you know, on the back of your head, or that feeling inside, that gut feeling, you just know, um, that there's something wrong and that they didn't really want to do it, and if that's what you're dealing with, then you're probably dealing with a narcissist.

[00:18:47] Whether it's a holiday season or whatever the season is, in the case of the narcissist, their gifts may actually end up being a season of [00:19:00] revealing, a type of revealing, a way of revealing who they actually are.[00:20:00] [00:21:00]

[00:21:01] And so don't ignore those red flags because they They usually are right. You know, Maya Angelou always used to say, when someone shows you who they are, believe them the first time because they don't change. Um, even though they may future fake you and tell you that they're changing, they're really good at that.

[00:21:27] They might try to get you to believe that this is, you know, not who they're going to be forever and blah, blah, blah. String you along and keep you going, and they might throw you enough of a crumb to keep you going, but that doesn't mean that they're actually good people, or in it for the long haul, or somebody who's, um, going to give you the love and, and the caring and cherishing you in the way that you deserve for yourself and your life.

[00:21:59] So [00:22:00] if you are dealing with a narcissist, make sure you grab my free crush my negotiation prep worksheet at winmynegotiation.com and make sure that you subscribe to this podcast. Subscribe to my YouTube channel, get the tools and the free resources that are here for you. I'm devoted to giving you the step by step guidance that you need to negotiate with that narcissist and shift that dynamic and change the way things have been so that when you go head to head with them, you feel powerful.

[00:22:34] You feel alive. You know, like you can rule the world and when you can do that, when you can do that in a way that doesn't cause them more anger and allows you to move on with your life, that's truly winning. That's, that's the real gift right there. Do you want to know why narcissists really don't like holidays [00:23:00] and make everyone miserable on them?

[00:23:03] Well, by the end of this video, you're going to know exactly why. I'm Rebecca

[00:23:14] Zung, and I have been recognized as one of the top attorneys in the country by venerated organizations such as U. S. News, Legal Elite, and more. And I have written two bestselling books, which are Negotiate Like You Matter and Breaking Free, a step by step divorce guide, and helped millions of people just like you, who are stuck with narcissists in either a business relationship, a romantic relationship, or family relationship or whatever it is.

[00:23:45] And I've given them the tools, the resources, the access that they needed to get out of these relationships. step by step guidance. And that's what I do for you. And if that sounds good, just hit that little [00:24:00] subscribe button and hit the notification bell. And that way you'll get notified when I upload new content or go live or do special events.

[00:24:08] So I personally have had to deal with holidays and narcissists on a couple of levels. One is as a lawyer, and I have practiced divorce law for a very long time and high net worth, uh, cases, high. conflict divorce litigation cases. And so I've seen how narcissists act around the holidays there. And I've also had to deal with them in my personal life.

[00:24:32] One of the narcissists that I actually had to deal with who had targeted me and victimized me is a member of my extended family, unfortunately. And so I've had to deal with it there as well. So I've Seen it firsthand in a couple of different ways, and it's so kind of curious, right? Like, why do they want to ruin a special day?

[00:24:56] A day? That's a happy day, a wonderful [00:25:00] occasion, whether it's, you know, a special holiday like Christmas or Hanukkah. or something like a birthday or some other special occasion, a wedding, something like that. That's when they always seem to flare up. They're like a bad rash, like, uh, there it is back again, or this cancer, right?

[00:25:19] That you just can't seem to get rid of. And you think that maybe it's in remission, or maybe it's dormant, or maybe it went away for a little bit, but then boom, there you are. Holiday. beautiful day, turkey coming out of the oven or whatever it is, and there they are being their gnarky, jackass y selves. And you think, why?

[00:25:40] Why do you have to ruin a perfectly good day? A day of happiness, a day of joy, connectedness, togetherness, peace, love, all those good things. And then there they are. So why do they do that? Well, a number of reasons. One is because they don't like [00:26:00] attention being taken away from them. I mean, that's just like the most simplest thing, right?

[00:26:07] Um, narcissists need to have an endless amount of supply source coming their way. They don't like having to share that supply. They don't want anybody else to be thinking about other things other than them. And so here we are, here's a day where maybe the focus isn't that. Maybe it's a wedding. Maybe it's Christmas.

[00:26:29] Maybe it's whatever. And it's about somebody else that day. And so Either everyone's attention is going to be on this other person or this other occasion, but most importantly, what they really don't want is you main source of supply to be thinking about this other stuff. 'cause you main source of supply should be.

[00:26:51] Focus right on them and doing everything they want you to do and, and making sure that their ego is taken care of. So remember [00:27:00] that supply is anything that feeds a narcissist ego. So it can be attention and it can be. respect or whatever but it can also be devaluing and creating havoc and making you squirm and making your life miserable and intimidating you and all of those wonderful things.

[00:27:19] They're just such, they're so charming aren't they? So anyway, I Um, when they are, um, when you're taking your attention away from them, they feel devalued. They get enraged. They get angry. They don't want to see any of their source of supply going any other direction. other than them. And so it can become a problem if there's a day that's devoted to something else or someone else.

[00:27:47] The next reason that narcissists really don't like holidays and tend to ruin them is because they hate the obligation of having to take care of somebody other than [00:28:00] themselves. So if it's an occasion where you know, it's maybe your birthday or Christmas or something like that, and they're going to have to now get you a gift or go buy you something and have to do something for you.

[00:28:16] They really resent that. They hate the fact that they have to do something for someone else. They feel like it's almost like this obligation that's been placed upon them and they have. Serious contempt and resentment for having to do that. I know of somebody who. you know, their marriage was kind of close to the end.

[00:28:40] And one of the things that the wife really, really wanted to prove to him, uh, to have him prove to her that, you know, he really did still want to be in the marriage and all of that. was to do something special for her birthday and

when the day came around, he, he, [00:29:00] he made a dinner reservation, but he didn't make it for the right number of people.

[00:29:04] He didn't make it at the right place. He just did it at the last second. It was, um, he, he didn't, he, he got her a birthday gift at the last. It was something that he got on sale, uh, and something with no thought, something he'd already given her before. And if you want to know more about how narcissists are as far as gift giving, check out my video on red flags.

[00:29:29] You're in a relationship with a narcissist by looking at their gifts. Um, and so one of the things that they do is they, they, they, put the bare minimum in. You know, it's like, okay, I know I can't not at least make the dinner reservation for the birthday. So I'm going to at least do that, but that's the bare minimum.

[00:29:49] That's all I'm going to have to do because I hate the fact that I even have to do that. And so, um, they'll do the bare, bare, bare minimum because they don't want [00:30:00] everybody else to see that they didn't do anything. And, um, And so, you know, it ends up kind of ruining that day for you. It ruins that holiday.

[00:30:09] It ruins the feeling. Uh, another thing that I've seen them do as far as ruining holidays is say that a gift has been ordered or something like that. Cause they show up with nothing. And then you find out. that they didn't even order the gift until, like, after the occasion. Or, maybe it was the morning of, or something like that.

[00:30:28] And they show up and they say, Oh, it didn't show up on time, or something like that. And that's a way of actually, um, you know, creating havoc and upsetting you, and that sort of thing. And if you think it's time to cancel them out of your life and enjoy your holidays, just give me a subscription. So, and another reason that narcissists ruin holidays is because any supply is good supply.

[00:30:58] And so by getting your [00:31:00] attention, by upsetting you, you're now no longer dealing with what's going on over there. Your attention has been diverted back to them, pay attention to them. And so even if It's to pick a fight with you, even if it's to say, you know, um. What you're wearing makes you look fat or are you gonna wear that dress or you know, whatever it is You you were terrible at grilling the food or you know, whatever it is.

[00:31:33] That is Something that they're picking a fight about they often do that because they want your attention They want you to be upset. I know somebody whose husband every time there would be an occasion He would get super drunk and embarrassed Her and embarrass everybody. But then guess what? He got all the attention that he wanted, didn't he?

[00:31:56] And so, and everybody's talking about how terrible he [00:32:00] was and everybody's attention was now diverted toward him because, you know, it's so sad and it's really, really. You will see narcissists doing whatever they need to to get the attention, but AKA the supply that they need to get. And you know, as a divorce attorney, I've seen people, um, a lot of times, you know, they just get through the holidays and then there's a big Surge in filings in January and um, I've often heard that January is divorce month, and there's a number of reasons for that, but I think a lot of times it's because narcissists were acting up and during the holidays and you just think that's enough.

[00:32:47] I don't wanna have to do this anymore. New Year, new life. I'm not going to do this and I'm going to create my new world and I'm taking this energy out of my space. And I, you know, [00:33:00] so I have a feeling that this January, just like every January, there'll be another surge in divorce filings. And probably a lot of it comes back to exactly this reason, which is, you know, narcissists ruined.

[00:33:12] The holidays and you know, there's one in 10 narcissists in the world. And, um, a lot of those people are married to people. So I have a feeling that, um, you know, we're going to see this. So if you were dealing with a narcissist over the holidays and you are seeing this kind of behavior or you're expecting it because you've seen it before, just remember.

[00:33:35] should not expect them to be anything other than who they are. They are broken people. There's something inherently wrong with them inside. And you know, you're not going to fix that. And by engaging with it, it's not going to make it any better. And Scolding them won't make them any better and shaming them won't make them any better.

[00:33:57] You know, all of those things that you feel like [00:34:00] doing, smacking them down, telling them off, crying, all of the, whatever it is that you can think of, won't make it any better. The only thing that will make it. Any better is not to engage with it and just expect them to do whatever it is that they're going to do.

[00:34:17] And almost like a 2-year-old when they have a tantrum on the floor over in the corner, you just let them go, have their tantrum and you continue on and drink your coffee or whatever it is that you're doing. And so when they start taking the bait, you know. Baiting you, giving you, um, a reason to be upset, then just say, Okay, I see what you're doing, you're trying to ruin the holiday, I'm not gonna let you do it.

[00:34:40] Um, you don't even have to say that out loud, you can just Say, you know, whatever you need to say, that's just as innocuous and, um, non engaging as possible because then you don't give them that supply. And if they're not going to get it from you, then they're going to have to go slither [00:35:00] away and get it from somebody else, which is fine, but then at least it's not from you, right?

[00:35:05] So if you are dealing with a narcissist during the holidays Don't take heart. Don't worry about it. I promise you that you are not the only one. And if you really want to make sure that you're not the only one, come join me in my free private Facebook group, which is Narcissist Negotiators with Rebecca Zung.

[00:35:26] You'll see that there's lots of people who are dealing with it. That's exactly what you're dealing with there too. And if you're getting ready to negotiate with one, grab my free Crush My Negotiation prep worksheet. You can get that at winmynegotiation.com. Just go to winmynegotiation.com and it's all yours.

[00:35:44] Relief is on the way. Breaking free is just around the corner. So if you like this video, give it a like, share it, drop me a comment and make sure to subscribe and hit that [00:36:00] notification bell. I'm Rebecca Zung. So glad you stopped by today. I'm so glad that you're here. I'm so glad that you're part of this community because we together are empowering each other, supporting each other, linking arms and giving you the.

[00:36:13] step by step guidance that you need to finally get the equitable result you want and break free to start over so that you can create your new beginning and your new future. So if that sounds good to you, I'm so glad that you're here and stay with us and use our resources and be a part of our community so that you can get the support that you need.

[00:36:35] So thanks for joining me. on this episode of Negotiate Your Best Life. I'm Rebecca Zung and I will catch you in the next episode.