

N.Y.B.L. Podcast Ep 207 (The Charming Deceiver- They Seem Nice but they have Dark Intentions)

[00:00:00] **Rebecca Zung:** Do you want to know a covert narcissist? Number one, most hidden agenda guaranteed. I'm going to go through it with you in this video.

[00:00:21] Hey there, I'm Rebecca Zung and I am an attorney. I'm also a narcissist negotiation expert, and I have been there. I have been through it. I have helped many thousands of people through drama, trauma and chaos to get to that land of freedom, the place where you want to be, where you can be free and. have peace in your life.

[00:00:49] And I've written a couple of bestselling books and I want to help you too.[00:01:00]

[00:01:18] Because instead of, you know, plugging away case by case by case by case, I want to help millions of people at a time. That's why I'm here giving it away for free. And you know why? Let me just tell you as an attorney, it's one thing, but On a personal level, it's a whole other thing. And I've dealt with narcissists on a personal level, not just in my family, but also as a business partner.

[00:01:50] And I've dealt with a covert narcissist, by the way, we had a covert narcissist in our family, but I also had a [00:02:00] covert narcissistic business partner. So let me tell you, I know their number one, most hidden agenda guaranteed. And it's not what you think. Most people think narcissists just want to win. And that is false.

[00:02:15] That is false. And that is why most negotiations fail. That is why most communications fail. It is not just to win. It is not even to look good. And it is not money. It is none of those things. It is none of those things, especially when it comes to a covert narcissist. With a covert narcissist, let me tell you, a covert narcissist is a totally different animal.

[00:02:42] Covert narcissists, they want to look good. It's different than a grandiose narcissist. A grandiose narcissist also wants to look good, but they want to, they'll tell everybody how good they are. A grandiose narcissist is the

one that. Walks into the room and tells everybody how great they are. And you know, they're the ones [00:03:00] that demand the best tables, that they'll tell you about all their accomplishments.

[00:03:05] They will tell you about all their top goals and all the things. The covert narcissist is much more stealth. They will be the ones that'll be like, Oh, I don't, I don't want anything for myself. I just want to be a good person. I'm a humanitarian. I just want to make sure that I'm, I'm on the right path.

[00:03:28] They'll say they're spiritual, often present themselves as victims of life. You know, things haven't always gone their way. They show up as you know, good people. It's only their targets. There are the people that they have targeted, the people who are close to them, who really see what's going on underneath, who really know the true covert narcissist, because [00:04:00] just below the surface, is what's going on.

[00:04:04] They are seething. These are people who are jaded. These are people who haven't gotten what they want in life, who feel like the world owes them. Life hasn't been fair. for them. You know, these are the people who are like, that's just really great that you've gotten what you want. I don't ever get what I want, you know, but these are the people who show up soon as somebody is sick.

[00:04:35] They're right there. They have to, you know, make it look like they're the good person. They've got these hidden agendas. Hidden agendas. They always make it look like they are like just plausible deniability. Nothing can ever touch them. You know, whatever they end up [00:05:00] doing that is not good, it never comes back to them.

[00:05:07] They're very, very Stuff very good at making it look like, Oh, I, I didn't mean that. Oh, what are you talking about? You know? So it's always sort of like inadvertent. You know, like, what do you, that wasn't me, you know, so it's very just under the radar, even though they're very, very calculated in what they did, very calculated.

[00:05:35] So their number one most hidden agenda is, there's really no hidden agenda other than to make you squirm, to manipulate you, to just keep you under their control, to keep you squirming, to keep you feeling uncomfortable in some [00:06:00] way, to so that you feel they are supreme to you, you are inferior, but it's, it's always just under the radar.

[00:06:12] Inferior, I wasn't trying to make you feel that way. What are you talking about? You know, where they'll say something like, oh, it's so great that you've lost all that weight. I mean, too bad about the stretch marks. What are you talking about? I gave you a compliment. I was just saying how great it is that you lost all the weight.

[00:06:31] I mean, that's what I meant. Of course, that's what I meant. How great it is that you lost all the weight. If I insulted you, oh, I certainly didn't mean that. Oh, I can't believe you took it that way. Oh, I didn't mean anything. I certainly didn't mean anything by that other than I was so happy for you. You know, it's.

[00:06:53] just under the surface, just under the surface. So there's no agenda [00:07:00] other than to keep you squirming, to keep you just under that, that rage surface, that competition surface, right? Just to keep your attention. of I'm better than you in some way. There's this path of aggression constantly happening. I'm going to just talk over you slightly.

[00:07:26] I'm going to constantly interrupt you. Oh, did I? I didn't mean to interrupt you. What? I'm going to absolutely jump in to help. Oh, I'll do that. Absolutely. I didn't get to it. Oh, I didn't have time. Oh, and yes, they didn't do it. But they will absolutely take credit for doing the work. Absolutely. They will take credit.

[00:07:52] Why wouldn't they take credit? They were there the whole time. They helped you work on it the whole time. What are you [00:08:00] talking about? They were supporting you the whole time. It's that low key competitive thing and they are absolutely always going to be just below the surface rage, just below the surface, you know, and then if you call them out on it, they act innocent, but they're not innocent at all.

[00:08:29] You know, if they say they're going to pick something up at the store for you. They forget and they constantly forget, but they didn't actually forget. But, and then if you call them out on it, I can't believe that you would accuse me. Oh my God, after all that I've done for you, I've been there for you every step of the way.

[00:08:56] I have been the one who has been [00:09:00] the biggest voice for you. I have been your biggest fan. You know, they turn into, they are the victim. So that's how it turns around. So, you know, you can never say anything because then they are the victims. So the most hidden agenda always. It's guaranteed is to keep you squirming, to keep you under their thumb.

[00:09:27] It's really no agenda. It's just to constantly make you insane, to keep you feeling like you're crazy because You can never quite pin them down and if you try to tell people about it, no one will ever believe you because everyone else thinks that they are so nice. One thing is that they have a public persona that is so nice and [00:10:00] so kind and they're like humble and sometimes, you know, charming and I'm wonderful and I know the ones that I dealt with.

[00:10:08] They were actually female and a lot of times people don't even think that covert narcissists can be female or narcissists at all can be female. I know for me, I thought narcissists were really misogynistic, boastful, bragging, the type that would come into a restaurant, demand the best tables, were treating women poorly, tell everybody how great they are.

[00:10:34] That's not necessarily what a narcissist is. Just because you say something good about yourself, that doesn't make you a narcissist. You know, a narcissist can be humble on the surface. This is a person who publicly can be wonderful, but privately is pure hell for the person who they're dealing with. And that is [00:11:00] what a covert is covertly, you know, only the people who are dealing with this person really knows what it's like.

[00:11:09] And that's why it is so awful to deal with them. That's one of the reasons why they're a covert narcissist. So that's the first thing. The second thing is that they're passive aggressive. You know what that means is that, you know, they might say that they're gonna pick something up from, for you, from the store, uh, because they're going there anyway and they just accidentally forget your thing.

[00:11:39] Ugh. I meant to get that. I forgot. Passive aggressive. They say that they're going to complete a task at work. that is supposed to be for you, and it just doesn't ever get done. And then you have to kind of keep nagging them about it. That is passive [00:12:00] aggressive. There's always this plausible deniability around them where they can kind of go, I thought I did that, you know?

[00:12:09] Oh, I didn't mean that for you. That is Always something that you're dealing with with a covert narcissist. Number three is they use guilt a lot of times to manipulate people. It's okay. I'm fine. I'll just sit over here by myself. I've done so much for you. I go out of my way to do so many things for everybody else.

[00:12:39] But no one does anything for me, but that's all right. I'll just sit over here by myself. That kind of thing. So they use guilt to manipulate people to do

things for them. So that's the third thing. Number four. [00:13:00] is that they are very easily slighted. So, you know, you're constantly kind of tiptoeing around their emotions.

[00:13:11] You know, you never really know how they're going to take something because they're very fragile. Just the slightest of things can make them their feelings be hurt, or they're going to set them off. They're going to be upset about it, or they're going to feel like they're being criticized, or they feel like they're being judged about something.

[00:13:31] So, you know, you constantly have to having to worry about how they're going to take something because they're extremely easily slighted. That's something that's very typical of a covert narcissist. Sometimes they're called the vulnerable narcissist because of that.[00:14:00]

[00:14:11] And by the way, if you are dealing with this, make sure that you are joined my free private Facebook group, Narcissist Negotiators with Rebecca Zung, because you do need to have the right kind of support. I have a sponsor on this channel, which is BetterHelp, and you can go to... Betterhelp. com forward slash Rebecca Zung to get that help and support that you need as well.

[00:14:35] We receive commissions. It doesn't cost you any extra. We just want you to have help and support. Okay, so the last one is definitely the one that is always the case with Covert narcissist. And that is that they always play the victim. Always poor me. It's always, life isn't fair. And let me tell [00:15:00] you with the covert narcissist that I have seen in my life.

[00:15:04] They will play the victim to the point they will ruin their own relationships with even people close to them if necessary to continue looking like the victim because it's so important for them to remain being the victim. so that they can get sympathy from people. I find it very sad that that's how they get supply.

[00:15:32] They get supply from being the victim a lot of times. They won't apologize to people because they've got this underlying rage, this underlying boiling jealousy rage that's always going on. But it's this anger, rage, jealousy thing happening. But for me, I'm the victim and they're very good at reversing conversations [00:16:00] when you try to call them out on things at turning it around so that they're the victim because of that guilt thing and the whole thing so that they're once again the victim.

[00:16:10] I mean, you can never win with them. You know, if you're dealing with a covert narcissist, It ain't good. And they will suck the life out of you. They will drain you to your core. I've been there. All right. So, so nice. So kind. So wonderful. Everybody thinks that they are wonderful. They come, they friend you.

[00:16:33] They are your best friend. Everybody thinks that they are wonderful. They ingratiate themselves within everyone. But you know, they're kind of like in everyone's business. They sort of find themselves everywhere they need to be. That's sort of how they are. They just sort of really in touch with everything that's going on, especially if it's a company.

[00:16:58] They see where the best [00:17:00] synergies are. They see where they can collab and, and they are really, really great for that idealization phase. You know, they want, they look for those opportunities to attach themselves to the right people. They're excellent opportunists. And they're, they're kind of like meerkats.

[00:17:22] You know, they're always looking around for that best opportunity and where they can attach themselves to that best person to make themselves look the best. You know, where can they look the most significant and be seen and, and, and be valued the most, right? And they want to be in that. That's Spot, that spotlight.

[00:17:52] If they attach themselves to you, are that person at that moment, you know, so whether it's a [00:18:00] business partnership or if you're at work or whatever it is, it's because they have decided that you're the one that should be attached to in that moment. And so if that's the case. then you know you're going to be a good one for them.

[00:18:20] But if all of that aligns and that's fantastic at the beginning, once they attach themselves to you, so that's number one, then you start to find Well, number two, they end up not following through on the things that they're supposed to be doing, say that they're going to do things, they end up not doing them.

[00:18:45] So number two is that they're very, very passive aggressive, assign themselves or you assign them certain things to do. Where is it? You are kind of confused by it because they seem like they're going to be an [00:19:00] amazing partner or somebody to be working with and it's not happening and they always have some sort of excuse for it or or they just don't respond to you at all, but,

you know, they've always got some sort of family issues, some sort of family emergency.

[00:19:19] Some sort of something going on and you start to feel during this time that underlying sort of competition coming on. Now you're starting to feel that and you're starting to feel that they're sort of triangulating. All right, so number three is that's when you're starting to feel that sort of competition going on.

[00:19:47] That's where you're starting to feel where there's they treat you a little bit like they are superior to you. And you are inferior. Little digs, little subtle [00:20:00] digs, little subtle devaluing where, you know, they kind of forget things about you on purpose, things that you know, that they knew about you. They kind of put themselves in superior positions.

[00:20:16] If. There is an opportunity. All of a sudden, they left you off of it. Oh, inadvertently, uh, they might have inadvertently left you off of emails for meetings or information about clients, you know, all of a sudden things are starting to happen and when you question them about it, they are, what, what are you talking about?

[00:20:42] You know, they don't own up to it because, you know, everybody still thinks that they're so wonderful, so nice, and they even say things to you like how much they think of you. It's confusing because the way they're acting is different than [00:21:00] the way they conduct themselves. And so you're, you're starting to feel confused about this underlying thing that's happening.

[00:21:09] You know, the passive aggressive behavior, this underlying competition, things that they're forgetting and the way they, they still seem like they're your friend, or they still seem like they're supposed to be sort of on your side. Then the next thing is they start setting themselves up as sort of the, they're friends with all sorts of other people.

[00:21:35] and that they have stronger sort of relationships with other people. They still, they start setting themselves up as they are the go to person. They are the go to person within the relationship with you so that you are kind of the secondary person in the relationship. and because they want [00:22:00] people to sort of see that you are now kind of wronging them in some way, that you are now sort of the the bad person.

[00:22:11] They want to sort of set themselves up as kind of the victim of you if anything ever happens. They want to make sure that They've kind of got these

third parties align, aligned with them, and they want to make sure that you know that these third parties are aligned, you know, so they'll kind of drop it in that close they are to this person or that person, especially if this person or that person is superior to you, somebody that you look up to, somebody that is perceived to be higher up on the food chain in some way.

[00:22:53] more famous, more influence, whatever it is, it doesn't have to be even within the same [00:23:00] company, but they want to make sure that whoever this person is, it's, whether it's the illusion of influence or, or whatever it is. That you know that they know or whatever it is that there's this perceived feeling that if there was ever a fracture between you and them that they're going to be absorbed into the higher level of society as they see it.

[00:23:29] You're going to be left out in the cold. That's what they kind of want to make sure that you feel. Um, that's the next one. The next one is you start to see some maybe even potential situations where they start treating you almost as a subordinate. Now they're starting to give you tasks to do. where you are kind of becoming, where [00:24:00] you're doing things for them.

[00:24:01] They might even say things to you in public or in front of others that make people think that you're their subordinate in some way. They might put something on out on social media or something. It kind of makes people believe this, even if it's not true, or they treat you like this in some way,

[00:24:40] because I know for me, it was very similar to this, and I know for me, I even started to see some unethical behavior at this point, I was taken aback, and if you actually say something to them at this point about behavior, um, that [00:25:00] is, you know, potentially unethical or not above board, or you try to call them out on whatever it is that they're doing.

[00:25:08] They are, really, they turn it around, like, It is such a huge, Oh my gosh, I can't believe you would question me. Then they become the victim. They reverse it so that they become the victim and you are now comforting them. The next thing is that they will pretend like you didn't know, they didn't know that you were trying to either take time off or that you were trying to not be scheduled on a certain day or do something like that, you know, they'll, they'll start to try to, uh, sabotage you.

[00:25:52] So they might even like tell clients or people like that, that, oh, they don't know where you are, you know, make it seem like you just didn't
[00:26:00] show up or make you come in on those days, make you work on those days, that sort of thing. The next thing is that if something good happens

with you, and this is the last one, number seven, is that they will absolutely not be happy for you whatsoever.

[00:26:20] I mean, they'll be like, Oh, great for you. Well, congratulations. I mean, they'll try to muster it, you know, if they're trying to still hide it, but, you know, you can, you'll be able to start to tell that they're not actually happy. And by the way, you know, this is still, you know, all, if they're still with you, so working with you, but I just want to add sort of like a PS to this.

[00:26:46] If you decide that you're no longer for them and now you're against them, or now you're actually pulling away and they know it, this is when. Gloves off, mask off when it comes [00:27:00] to a covert narcissist. This is when they just absolutely go insane, you know, removing your access, doing things. This is when you start to see a side of them where you think, Oh, what happened to the nice one?

[00:27:14] Wow, they all start sending you really nasty emails being just absolutely horrible. And you think, wow, I didn't even know you had it in you to be like this. And all you're trying to do is actually maybe try to have cordial and you try to extend an olive branch. You're trying to be nice, trying to wrap things up.

[00:27:37] in a good way. They will not be able to do that. I'll tell you that right now. And by this time, you will have had all the energy sucked out of you. You will be a shell of yourself having dealt with them and you'll just be, I gotta get out of this thing. So believe me, I know I've been there. I've been exactly where you are.

[00:27:59] And [00:28:00] I can just tell you that the best thing for you is going to be putting those boundaries in place and not talking to anybody, not talking to any of their flying monkeys either. I mean, because they try to, you know, put themselves in this place of a puppet master or whatever. And I can tell you that the other people around them don't see what's going on.

[00:28:22] And it's just not going to be helpful for you to try to remain in contact with them or the other people in their world. It's better for you to try to cut ties with as many people that are close to that narcissist as possible, too, for your own sake, your own sanity, your own soul. Believe me, I have been there going crazy.

[00:28:44] and wondering what in the heck is going on. I did not realize that there was such a thing as a covert narcissist. I thought narcissists were loud,

bragging people, [00:29:00] people who would boast and tell everybody how great they are, people who would go around demanding the best tables and restaurants or people who were, you know, men who were misogynistic.

[00:29:13] I really did not realize that there was such a thing as a covert narcissist, a person who could actually be a female, for example. When I was in a situation where I was in a business partnership with somebody who was female, for one thing, I found myself going crazy and feeling really bad with this person.

[00:29:41] And this was after I'd had my law practice with a very successful attorney. I've been recognized. by US News is one of the best lawyers in America. I mean, had a career. I was so confused about what was going on. I didn't realize that this could person could be a [00:30:00] narcissist until somebody had actually pointed out to me that that's what this person was.

[00:30:05] And so I, I think it's important for you to also understand what the differences are between a covert and an overt narcissist. I mean, they're both narcissistic, meaning that they have these underlying feelings of. emptiness inside. They don't feel any sort of value inside. They're trying to get all their feeling of value from external sources, but they go about it in very, very different ways.

[00:30:34] The grandiose or overt narcissist goes about it. in very overt ways, very grandiose type of personality. Whereas the covert narcissist is a much stealthier type of narcissist. They try to avoid that spotlight and unless it's kind of a stealth sort of a [00:31:00] way. They kind of go about things in a more of a passive aggressive kind of a way.

[00:31:06] They're more, a little bit more introverted and they don't have that brash sort of personality. That you generally tend to see with an overt narcissist, and they don't want to risk any sort of public humiliation. It's more of a victim y sort of personality, and that's, that's what you sort of see with a covert narcissist.

[00:31:33] I mean, I remember thinking, Oh, I don't think this person is a narcissist. I think they're just really, really insecure, which is true. So number one, number one thing that you're going to see with a covert narcissist is you're going to see this as a person who is very passive aggressive. You know, they're going to criticize from the sidelines.

[00:31:55] You're going to judge from the sidelines, but they're more passive
[00:32:00] aggressive, meaning they'll maybe agree to do things they're

agreeable from the outside. But they're criticizing on the inside, like everybody thinks that they're super nice. They smile a lot. Oh, yes, absolutely. I will do that thing. But then they maybe just don't follow through.

[00:32:22] They just don't do it. Or they might inadvertently leave you off of that email at work. Oh, I thought I put you on there. I didn't mean to leave you off. You know, it's very passive aggressive types of things where you're finding yourself, should I say something and should I not? That's the sort of thing you'll see with a covert narcissist.

[00:32:45] Not overt in your face, covert. Second thing that you're going to see with them is that they're very condescending. They act superior, but again, underlying, very underlying. [00:33:00] They'll belittle you in a covert sort of a way. Oh, that's so great that you've lost all that weight. I mean, too bad about the stretch marks, but I mean, my gosh, so great that you, you did that, you know, kind of condescending, sort of superior.

[00:33:17] often a little bit sarcastic, belittling you, but just under the surface. It's, I'm, I'm so nice. I look at, I just gave you a compliment. I'm so sorry if you took it that way. They've always kind of got this plausible deniability right there. They're very good at just skimming that. surface of being able to deny that they did anything wrong right there.

[00:33:44] The next thing is they're very, very threatened by direct questioning or direct honesty. I know that I've been in situations like this with covert narcissists. And you know, when [00:34:00] you go directly to them and you ask them pointed questions about something, they, why didn't you do this? Or what's going on with this?

[00:34:09] That's when they become like the victim. Oh my gosh, I can't believe. that you would question me and they might start crying if they're a female. This is when it becomes about them and they become, I can't believe you question my honesty or something like that. They're very, very threatened when you start directly questioning them on anything.

[00:34:36] The next thing. is they swing very much between with the person that they idealize, they swing very much between like they think this person is fantastic and then they also are putting this person down. It's like they think the person is [00:35:00] ideal, and they put them on a pedestal, but then they also are devaluing them in some way.

[00:35:06] And it's, it's very, very, very confusing. Clearly, number five, their public image is totally different. than the person that they are behind closed doors. Person that they want everybody to see is oftentimes a humanitarian. They're the first person to show up when somebody is sick. They're the first person that shows up at the hospital or they send the baskets, you know, they make sure that their public image is absolutely pristine.

[00:35:43] You know, many times these people are clergy, they're doctors, they're nurses, they're attorneys, you know, they're very good people. The majority of the people see them as that person. Many times the [00:36:00] only person who knows them to be this covert narcissist is their target or just the few people that they target.

[00:36:09] It's definitely quite different. The next thing is that they often are quite unreasonable with what their expectations are of people, especially their people that they target, you know, whoever it is, their person is, that's number six. Number seven is that whatever. your issues are become their reason for being a victim.

[00:36:41] You know, for example, they didn't do something that you, that they were supposed to do. And so you question them about that. Well, then that becomes their drama about it. They had a funeral, they had a this, they had a that, [00:37:00] and now it's whatever it is, it's much, much bigger. And then the fact that you attack them about it, it makes you the bad person.

[00:37:09] And then you end up basically apologizing. to them. And so your issue never even gets addressed. And in fact, you feel bad about it. The next thing is number eight is that they use other people's vulnerabilities. I'm trying not to use certain situations that I know so well in my life because I don't want the narcissist in my life to come knocking on my door again.

[00:37:39] But. So for example, if they see that if somebody is sick, they will go show up to that situation and make sure that they are seen doing all the things that they need to be seen doing in that situation. But you [00:38:00] know, if, if there's not an audience, then. they won't be there. You know, they like to use other people's vulnerabilities for their own use.

[00:38:09] The next thing is extremely, extremely reactive to any kind of criticism. Highly, highly easily slighted, highly easily reactive to criticism. They cannot take any sort of criticism. The next thing is that they oftentimes fake illnesses, fake injuries. I know some that are often chronically ill or chronically injured because they get attention for that.

[00:38:52] They get attention from not just their spouse, but they also get attention from others in the community [00:39:00] or people around them. And so they are just chronically sick so that they can get people to have sympathy for them. Covert narcissists like to be the victim. Um, you know, sometimes they're even called the vulnerable narcissist because a lot of times they can be down trodden or that sort of thing.

[00:39:22] You know, it's, it's sad, honestly, it's so sad,

[00:39:33] even though, yes, it can be draining for you. Honestly, you have to be sad for them because. That's how they live. They will honestly, many times, compromise a relationship with their own family members in order to continue to get attention from others. Because they [00:40:00] would rather have that. So the next one is they will stonewall people.

[00:40:06] In other words, they will just stop talking to people completely. If that is what they need to do, then that is what they will need to do. The next one is they completely have no introspection whatsoever. No self awareness. No, like, let me take a look at my behavior. Let me take a look at how I need to be responsible for how I might have caused hurt or harm to this person and might need to apologize to this person and really have empathy for that.

[00:40:45] You know, a lot of times you might just hear latitudes from them. You know, they're just not aware of how their, how their behavior actually impacts others. The next one is they're [00:41:00] extremely envious of others, constantly looking at How other people are living, what they're doing, comparing themselves, and there's this underlying rage about it, underlying jealousy about it.

[00:41:16] They can't be happy for somebody else. You know, somebody else actually says something about, look at what I've done, or we'll look at what my child has done. Oh, that's just great. That's great for you. You know, they really can almost barely choke out a. a congratulations for them that's actually sincere.

[00:41:37] They really can't be happy for someone else. The next thing is that they often gossip. They often triangulate. They even often pit people against each other. You know, they'll say things about this one to that one, and they'll say this one said this thing about that one, so that they can get people to not [00:42:00] like each other, because they really want both of those people to.

[00:42:04] rely on him or her, you know, they want to be the center of everything, and they don't want those two people to be friends with each other.

So they kind of gossip, but also want to divide people and keep people just friends or relying on them. That's that. The next one is... They constantly need reassurance.

[00:42:30] How did I do? I want acknowledgement. Look at all the things that I did for you. You need to tell me how great I did. That's the next one. The next one is that they fixate on others. They fixate on other people and, and what they might've done to them or their, their misfortunes, or, you know, they really, they almost get like obsessed.

[00:42:55] with other people and what's going on with it. This goes back to that comparison thing [00:43:00] too. You know, they're just so wrapped up and what's going on with other people and what's going on with this person, that sort of thing. It's just, it's, it's exhausting. The next one is that they, they change with whoever it is that they're around and because they're constantly working hard to, to flatter or fawn to win favor or to be with whoever the next person is that they're going to win favor with and get the best supply around.

[00:43:32] It's always this game to see who they're going to get the next best supply around and So it's, it's this chameleon like behavior to sort of fawn or, or be flattered by and working the room almost in a way, but trying to stay kind of stealth and because they don't want to get too much attention. They're trying to stay humble.

[00:43:57] They don't want to be the center of attention because they don't [00:44:00] want to make it look like they're bragging. And so that's sort of the next one. The next one after that is that. They gaslight you. They gaslight you constantly. All narcissists gaslight, but covert narcissists really love to gaslight. You know, they rewrite history to whatever version they want to rewrite history on, and they constantly try to make you think that you're crazy.

[00:44:29] We talked about that, and you agreed, or they'll take pieces of conversations and work them in. and conveniently try to make it seem like that was the version that was discussed, even though many times they know what was actually discussed, or they know what was the intent, or they know how things are supposed to be, but they, they almost purposely twist things [00:45:00] just to make you crazy.

[00:45:01] Just to have a conversation a certain way, it's a, it's a very exhausting way to live, but it's, it's, it's a gaslighting where it's, it's a rewriting of history just to make you think that you're crazy or rewriting of facts just to make you think you're crazy. The next one is an exaggerated sense of entitlement.

[00:45:23] You know, they don't feel like things should apply to them. They feel superior. They feel like they should have a better situation than they do or, you know, the rules shouldn't apply to them. The situation shouldn't apply to them. Why does this one have that one and I don't? But yet, they don't want to have to say it out loud.

[00:45:43] You know, it's just sort of under the surface. You know, you might know that this is how they feel, but the rest of the world doesn't know that that's how they feel. It's a smiling. It's like nothing is ever good enough for them. You can never satisfy them. Nothing is [00:46:00] ever good enough for them. The next one is that in some ways they admire the grandiose narcissist.

[00:46:09] They admire how the grandiose narcissist is so brash, is so confident, it's just out there because they kind of want to be like that themselves. They attach themselves to people who they think are going to make them look more special through association. So they're always looking to see who they can attach themselves to, to make themselves appear.

[00:46:42] More prestigious just by association. That's number 20. We're almost there. And the last one, 21, is they love to use guilt and shame to control [00:47:00] you and to punish you. That's what they love to do. They want to Make you squirm, but through guilt through shame. Oh, I can't believe you're doing this I can't believe you're leaving me here It's okay.

[00:47:16] I'll be okay. I'm over here by myself That's all right. I'll be fine You know that sort of thing guilt shame to control you to punish you[00:48:00]
[00:49:00] [00:50:00] [00:51:00] [00:52:00] [00:53:00] [00:54:00] [00:55:00]
[00:56:00] [00:57:00] [00:58:00] [00:59:00] [01:00:00] [01:01:00] [01:02:00]
[01:03:00] [01:04:00]

[01:04:13] And this whole video is on phrases. A narcissist uses to lower your self-esteem. And by the way, I have phrases to Disarm Narcissist, which you can check out and grab for yourself. And you can get those@disarmthenarc.com. Disarm the narc.com, and use those to help yourself in emails, text messages, and even conversations.

[01:04:42] So, Let's talk about how covert narcissists scuttily, very subtly, very stealthily, and I think they're the worst ones when it comes to this because in a lot of ways, the most dangerous [01:05:00] because nobody else can see it. Death by a thousand cuts. Come at you in the worst way. Lower your self esteem. I've dealt with them, so this is why I'm like, it's so painful.

[01:05:13] The reason why they're the worst ones is because when you go to tell people about it, people are like, uh Now that doesn't seem so bad or maybe you're misunderstanding or they seem so nice or I think that you're misreading it. I think that maybe you're overblowing it because they're really kind people.

[01:05:41] They're so wonderful. You know, most of the time when you go to tell people about it, They don't see it or it doesn't seem that bad because it's little tiny things that add up and they end up driving you [01:06:00] crazy. Just a little bit at a time. And so the kinds of things that a covert narcissist will do to lower your self esteem, they're not going to openly say, Hey, you are a piece of crap.

[01:06:19] You know, they don't, they don't say it like that. It's tiny, tiny little things like wow, you look great since you lost the weight. Oh, too bad about those stretch marks, but you know, I'm sure you can get rid of those, you know, over time, but I mean, you look great, you know, like it's like little things like that.

[01:06:42] Or, you know, you've definitely lost that baby weight. I mean, you have a little ways to go, but you've come a long way. You know, it's like little things like that, or they might say something like, you know, super mean or, and then they'll say. Oh, [01:07:00] I, I was just joking. Oh, you can't take a joke. Or, you know, how come you're so oversensitive?

[01:07:05] You know, something like that. And a lot of times if you're in a relationship with them, you can tell that they're not happy for you. That's that undercurrent of, of competition or. passive aggression. Like if something good happens to you, they'll be like, Oh, that's great for you. That's wonderful.

[01:07:35] Congratulations. And you know, when you question them on it, aren't you happy for me? I just said, I was happy for you. I just said, congratulations. Yes. Congratulations. Congratulations. And then when anybody questions it, they can say, I said, congratulations. And then they'll even be the first ones [01:08:00] to maybe have a party for you and make it seem like they're so happy for you.

[01:08:07] But you know that there's this undercurrent. that they're not, that there's this thing and they actually weren't happy for you. I mean, I remember, you know, having this person in my life who was a long time partner and she would say, Oh, what was the name of your book again? I can't remember, you know, and it was like, meant to be a dig.

[01:08:38] She knew what was meant to be a dig, and I knew what was meant to be a dig, but nobody else could see that. You go to tell somebody about that, and Everybody else in the world would be like, Hmm, why is that so bad? That's not a big thing. You know, but little things like that add up over time [01:09:00] and you know that that's what it's meant to be.

[01:09:02] You know, or if somebody says, Congratulations on your new home. Oh, you know, I see that it's on the water. I mean, you're going to have to deal with the mosquitoes, but That's a bummer. You know that that's what that's meant to be is like, it's meant to be a dig, but other people won't necessarily see it that way, or a covert narcissist might try to guilt you into things.

[01:09:31] You know, they might say, you know, you just go on and have fun. I'll just stay here. It's okay. I'll be fine. Don't worry about me. And you know that that's like to make you feel bad and to, to also sort of lower your self esteem, especially if you are a child of a covert narcissist and you know, another way that [01:10:00] they, they try to lower your self esteem is to, to try to, Make you feel bad in another way is like nothing you ever do is good enough.

[01:10:12] You know, you're trying to make them happy. And you're trying to say fulfill what it is that they want and they'll be like, yeah, that's, that's good. Thank you. You know, and, and you can just tell that no matter what you do, it's never quite measuring up. You're never going to get there. They'll never say great job.

[01:10:42] Thank you. You know, you're, you're amazing. You're wonderful. They'll always sort of make you feel like you're falling short. You just, yeah, that was good. But I mean, you could have done better, but okay. Thanks. So just to [01:11:00] try to keep you feeling like you're never quite good enough or I gave you so much. I gave you so much and you don't ever really give back to me.

[01:11:13] You don't really show me enough. You know, they might. pull that one too. I give you everything. You don't ever do anything for me. So they always feel like whatever it is that you're doing doesn't measure up, doesn't pull enough weight for them, so that you always feel like you're falling short for them.

[01:11:36] So that they're kind of turning themselves into the victim no matter what, what you do. So that's another thing that they do.

[01:11:54] So, you know, and They're really, really good at what I call
[01:12:00] plausible deniability, clean hands. The covert narcissists are the best at this, the best at this, you know, so that no one can touch them. Meaning you, when they, when you go to tell people what they've done, they can always be wide eyed and innocent and be like, What are you talking about?

[01:12:25] I didn't do anything wrong. I was simply just giving them a compliment. What, how can they have taken that badly? I said that she had lost the weight. She took that badly. I, I was just saying how great she looked. Oh my gosh. You, you know, like that. And, and they, they literally are like, what? So they have this like whole plausible deniability [01:13:00] thing.

[01:13:00] And again, they become this victim, clean hands, you know, so they're very good at keeping themselves clean as. as much as possible. You know, another thing that they'll do is give people a gift that, you know, the target knows is some sort of a put down or it's some kind of a sale item or some sort of a clearance rack, something, I don't know.

[01:13:29] Something that the target knows is meant to be a message of some sort, but everybody else thinks, Oh my gosh, goodness, this person gave them a gift. How nice, but the target knows that it was meant to be some sort of a message, some sort of a put down, or it might be even like a third party message. You know, like a way to triangulate in, in some way, but everybody else is [01:14:00] like, you know, Oh, look, they gave a gift to all nummies, you know?

[01:14:05] So that's the kind of thing that they'll do as well. It's very, very. Very, very manipulative, always with an agenda. Always, of course, because with narcissists, there's always some sort of an agenda. They want to make sure somebody's watching. There's some sort of reason for what it is that they're doing, right?

[01:14:29] They always want to be able to. Keep that level of control. Keep that level of that power dynamic so that you are sort of feeling that kind of squeeze from them. But in a very, very targeted way, you know, they're, they're much stealthier about it than. The grandiose, the grandiose come on super strong. I think [01:15:00] more of that bull in a china shop way and not as smart about it in a lot of ways than the covert narcissist.

[01:15:10] If you're dealing with a covert narcissist. You definitely do want some level of support because I know when I was dealing with a covert narcissist, I felt like I was going crazy. It was one of the most horrible times in

my life. And so if you are dealing with a covert narcissist, definitely get support, definitely get the help that you need.

[01:15:39] It's going to take some time to get that turned around. You know, I say step one, don't run. Step two, make a U turn and then step three break free. You know, you're turning this ship around and it takes time. You weren't [01:16:00] conditioned overnight and you're not going to be deconditioned overnight. But when you're negotiating with a narcissist, you have to Turn things around so that you can start feeling that power dynamic shift.

[01:16:18] Let's talk about three examples of narcissists who play the victim. And really narcissists who play the victim are a form of covert narcissist. And if you want to know more about the covert passive aggressive narcissist, you can definitely check out my video on that topic. And this is really my least favorite in a lot of ways because I had to deal with a covert passive aggressive narcissist as a business partner myself.

[01:16:48] So let's talk a little bit first about narcissists and then let's talk about a covert passive aggressive narcissist because I think it's really important that you understand what [01:17:00] we're talking about before we talk about. These types of narcissists who play the victim. Okay. So a narcissist is a person who has no inner sense of value.

[01:17:12] This is a person who is really the most insecure person on the planet. Of course, they have no inner sense of value. And because of that, I kind of liken it to a person who's like literally starving. Starving for attention. They just need so much to have love and, and all of that. But, but it's almost like those receptors have closed in a way.

[01:17:37] It's like if, if a cell has receptors or something, it's like there's a damage that has been done and nothing can really go into. Side anymore. So it's not like you can love them and it'll go and penetrate. It's like they're starving, but you can't feed them it. It's like this black hole in a way, but yet they're [01:18:00] starving.

[01:18:00] They feel like they have to grab food wherever they can, and this. this food that they're trying to grab is what we call narcissistic supply, and they're trying to feed their ego with it all the time. Feed, feed, feed, feed, feed. They're going to try to feed it with external stuff and, you know, it's going to either come in the form of what I call quote unquote, good things, which is kind of the external things that you see.

[01:18:32] see like adulation, compliments, money, prestigious friends, prestigious jobs, you know, all the things that you necessarily see. And then there's like what I call the dark underbelly of narcissistic supply, which is things that they wouldn't necessarily want people to see, which is. The devaluing people, degrading people, treating people poorly.

[01:18:55] And they wouldn't necessarily want people to see that they treat people [01:19:00] badly all the time. They know that they shouldn't necessarily do that, so usually they do that in private or whatever. We're going to get into this. the ones who play the victim here in a second. So those are, you know, how they get their supply in a, in a lot of ways.

[01:19:16] Okay. And then there's like the covert narcissist, the overt narcissist, all those sorts of things. Okay. And it is a bit of a spectrum and when you're going to negotiate with them, which is what I focus on, it's a very special type of situation because it's not like a give and take. This same way as when you're dealing with a normal, reasonable person.

[01:19:44] You can't have a situation the same way. You do have to deal with it in a very different way. Okay. So let's talk about these narcissists who play the victim. These are the ones who aren't the ones [01:20:00] out there breaking and boastful, telling everybody how great they are. They are the ones that are much more Tending to be what I call more passive aggressive, they seem more downtrodden.

[01:20:12] So the first one is, I'm not good enough. This is the one that's like, they're always putting themselves down. I'm not good enough to play that game or I'm not good enough to go date that person or I'm not good enough to go try out for the play or to go apply for that. scholarship or whatever it is, but a lot of times this particular narcissist is doing this because they are trying to get people to pay attention to them.

[01:20:50] And it's, again, it's a way of manipulating. It's a way of manipulating people around them. And sometimes they do it to pit people [01:21:00] against each other. And sometimes they do it to get people to feel guilty. Sometimes they do it to get people to not do things that they would normally do, like have a life or whatever.

[01:21:13] So this is number one, the I'm not good enough narcissist. Number two is the you're the bad one. This is the super guilt trip one. So this is the one that. is always on their high horse because maybe you cheated at one point or something. And so they get to lord that over you for the rest of your life.

[01:21:38] And because of that, they never have to ever look at anything that they ever did. One of the. The perfect examples I see, I've seen of this is when I was practicing law and I practiced divorce law, I would see, for example, a situation where a husband would be, you know, [01:22:00] unfaithful. The wife would get to tell everybody that the husband had been unfaithful and the person was the bad one.

[01:22:06] And, you know, she got to play the victim, but what she didn't mention was that, you know, she had sex with the husband and, like, five years before that. And, you know, that the husband, you know, by the time he had been unfaithful, you know, it was because she hadn't had sex with him in several years. And, you know, should he have probably left the marriage long before that, maybe, you know, and there's a lot of things that go into that.

[01:22:33] but you know, she got to play the victim because of that. And so, you know, she got to be on her high horse because of that. And so she got to play the victim. He was the bad one. So that's number two. Number three is the poor me, the poor me narcissist. This is the one with that uses their sob stories as a reason to not [01:23:00] have a life, as a reason to never do anything with themselves, right?

[01:23:05] You know, like they, they constantly have attention for themselves. because it allows them to continue to get attention that way. And, you know, there is a payoff sometimes for being the victim. And, you know, for those of you who are out there watching this, I want you to listen to this sometimes, because as long as sometimes you allow yourself to be the victim or that you point the finger at the other person as being the villain, then that.

[01:23:35] continues to have you be the victim. And I want you to remember, I'm not saying that you're the narcissist at all, by the way, but I'm just saying. Don't continue to have yourself be a victim either, but I'm saying that sometimes people who keep themselves stuck in these situations are because they are narcissistic and it's because they know that it keeps them having attention for themselves [01:24:00] and they use it to be manipulative and I know that there's somebody that You know, my husband and I have in our lives that, you know, uses sickness and uses sub stories to, as a way of manipulating people in their lives and uses it to manipulate friends and family and, and that sort of thing.

[01:24:20] And it's just not okay, especially when they use it as a way of passive aggression, uses it as a, as a way of pitting people against each other. And that's what you see sometimes with narcissists. It's a secret tactic that is guaranteed to

put a narcissist in their place. is narcissistic fluffing. And I know this seems so crazy, but it's bartering to get what you want.

[01:24:50] I call it fluff for favor, vomit later. So what you do is you ethically manipulate the manipulator. You go up to them and [01:25:00] you say, Hey, Can you do the quick books? You are so much better at it than I am. And so then you get something that you want, they do it. And then, you know, if you need to go vomit or, or shower later, that's fine.

[01:25:19] But you got something that you wanted and it puts them in their place. You got something that you wanted and they're none the wiser, right? So it's a little secret tactic that's guaranteed to put them in their place. You take your ego out of it, fluff for favor, vomit later. So narcissist.

[01:25:44] in their place. Another secret tactic to put a narcissist in their place. It's a great way to gather leverage against them is to keep them talking. They [01:26:00] have no idea what you're doing. They love to talk about themselves. They love to tell you all about what's going on. And then you will figure out what's actually motivating them.

[01:26:15] Remember that what really motivates a narcissist is how they look to the world. What I call diamond level supply, that supply that feeds them, that motivates them is their ego. So it could be that new girlfriend or that the employees that they work with, whoever that makes them, that beefs up their ego the most in the world.

[01:26:45] It could be those A level people that are around them, right? Whoever it is that's motivating, that's driving them, keep them talking because they will tell you what's [01:27:00] motivating them. They cannot help themselves. And that will help you in the long run. Okay, keep them talking, find out what's motivating them.

[01:27:14] That will help you, that will help you put them in their place. Next, the next secret tactic to guarantee to put them in their place. Get them to respond to you in writing as much as possible. They always lie. They always contradict themselves. And then that becomes fantastic leverage for you. If you keep track of all of that, then you will be able to put it all together and use that against them as leverage.

[01:27:57] They will never believe that [01:28:00] you actually took the time to put all of that together. Now, remember to use one form of writing as much as possible with them. Because if you use text or if you use all these different

forms of email, Or all these different forms of other types of writing, they will use all these different ways to make your life miserable.

[01:28:29] They're DMing you in your Instagram, in all these different forms, and it drives you absolutely crazy. And on top of that, If you end up having to go to trial with them, you're trying to remember where was that? Where did that come in? Did that come in through my Facebook messaging? Did that come in through my Instagram messaging?

[01:28:49] Where did that come in from? And you don't want to have to deal with all of that and you don't want to have to try to remember that. So you want to try to [01:29:00] keep You're writing in one form as much as possible, and you really should have it be email if possible. Really should be email if possible, because if it's email, then you have a time and date stamp.

[01:29:20] It's something that's provable and it's the least likely to be manipulated down the road. When it becomes a trial exhibit, they're much more difficult to be entered into as evidence because when you go to use them as a trial exhibit, They want the entire conversation, usually, and so texts are not usually great for trial exhibits.

[01:29:50] You usually need to have an entire conversation, and that's why email serves as a better form of writing. [01:30:00] And I narcissists because they will lie. They literally... will say something and then completely contradict themselves in just one conversation later. They will say, I don't want to have to be in this job anymore, or whatever they say.

[01:30:26] And then 10 minutes later, they'll say, I never said that. You are dealing with an insane person, so as much as possible, you want to have them be in conversation with you in writing. And a lot of this, by the way, is in my S. L. A. Y. program, but one of the ways that you can really start to gather all of this is by using my Crush My Negotiation prep worksheet.

[01:30:58] It's a 15 [01:31:00] page e book. which you can definitely get at winmynegotiation. com and get that free ebook. And get started with that if, you know, it's everything all in one place. So go get that to get started. Okay, so number four is call them out when things aren't adding up. When they literally just say, I didn't say that.

[01:31:25] You can just say, but you did. You can actually, you have the right during conversations to say, I can see that you. are saying things to me that aren't truthful, or we can resume this conversation when you're ready to have a

conversation with me that is truthful or something like that. I mean, call them out when things aren't adding up, but you know, you do need to be careful because if you are dealing with somebody who is volatile, then [01:32:00] you don't want to put yourself in any kind of harm's way.

[01:32:03] You know, you certainly don't want to do that. Other thing I do want to caution you on with this particular one is that if you are going back to number three where you are catching them in lies in their writings and things like that, You don't want to let on that you know what you have, all right, so be careful about that.

[01:32:28] The next one is act like you don't care, you know, so is guaranteed to put them in their place. Because if you don't care, then it just absolutely drives them bonkers. They just can't stand it when you don't care what's going on. Nothing drives a narcissist crazy like your complacency, like your apathy.

[01:32:57] They just, that's the one thing they want more [01:33:00] than anything is your, your rise, you to be engaged with them. But if it's sort of like a pushback thing where you're not pushing back. Then they don't have anything giving them that supply.

[01:33:22] The next secret that's guaranteed to put a narcissist in their place is, Stop defending yourself. When you defend yourself, You are literally saying to them that there is something there. They're giving credence to their arguments and you definitely don't want to do that. Never explain, never justify, never overshare, never defend yourself.

[01:33:53] You can stand in your power when things are filed, motions are filed, when letters [01:34:00] come over. I know that that's your first inclination is to go, Oh my gosh. You know, you want to defend yourself and on everything point by point by point. I know I do too, but do not defend yourself. That's number six, another secret tactic that's guaranteed to put a narcissist in their place.

[01:34:22] is to stand your ground when they try to move goalposts. Certainly don't negotiate against yourself. I've seen people do this all the time. Well, they haven't responded. Let me go back and maybe reduce or something. No, stand your ground, especially when they try to move goalposts. You stay firm. Do not allow them to do that.

[01:34:48] When they move those goalposts around, they are jerking you around and they're getting supply from that and don't allow them to do that.

They're doing that because they want to see that [01:35:00] rise from you. Don't allow that. Let it go. The next thing is to create strategy before making your moves. It is so common when you're dealing with a narcissist to feel you're constantly in survival mode and you just are swinging all the time and you feel like you're just putting out fires constantly and you don't have time to sit back and create a vision.

[01:35:33] And to create an action plan, but you need to, you need to create that strategy before you make your moves and then you will be standing in power and you will actually get to the goal of where you want to go. It will be so much more powerful for you. The next thing is to create invincible leverage.

[01:35:58] Going back to what [01:36:00] I said in number three, which is where I started to create the foundation for this. is to create an almost like an invisible fence around that narcissist. Once that fence becomes visible, it's almost like turning on the light. And they realize, Oh my goodness, I'm cornered. It'll be so much more powerful for you.

[01:36:22] I'm setting you up for the S. L. A. Y. methodology here. You see that? Strategy, leverage. anticipating where they're going, being two steps ahead of them. And then finally, number 10, is focusing on you, you being on the offensive, your incredible 100% super powerful mindset. You have to believe that you can win before anybody else.

[01:36:49] can help you. But if you don't believe that you can win, nobody can help you. You have to believe it. Then that's the most powerful secret tactic that's [01:37:00] guaranteed to make sure that you are going to be the most powerful person in whatever room that you, you stand up in. Because let me tell you, there are always going to be narcissists in this world.

[01:37:16] They will always be toxic, no matter where you go. But if you focus on you, your powerful mindset and how strong you are. That's kryptonite to narcissists, right? You need outrageous methods for taming those covert narcissists because I think they're the most dangerous ones. They're the stealthiest kind of narcissist.

[01:37:41] They're the ones that everybody else thinks are the nice ones, the kind ones, the sweet ones, the humble ones, the humanitarians. Everybody else thinks they're wonderful. If I had a dollar for every time somebody would say to [01:38:00] me, Oh my goodness, she's so nice. She's so wonderful. She's so amazing. For the two covert narcissists that were in my life, I'd be, you know, bazillionaire by now.

[01:38:12] Seriously. You just want to think that you're crazy. You think that you're crazy because everybody else thinks they are like the most insanely wonderful person people on the planet. And that's why you don't want to Tell anybody about it because you start to feel like if I tell anybody about these people, no one's going to believe me.

[01:38:40] No one's going to be on my side. No one's going to support me in this. Everyone's going to think I'm a terrible person. Everyone's going to think I'm the bad one. Everyone's going to think I'm the not likable one. There must be something wrong with me, because obviously I don't get along with this [01:39:00] person, or I'm the one that this person went after, or maybe I just don't see it.

[01:39:05] It just goes on and on and on. And when it comes to these covert narcissists, it's just. the most nightmarish experience of your life because they are passive aggressive because the methods that they use are so incremental, so tiny, so under the radar. And the way they do it is their hands remain clean in a law setting.

[01:39:35] We used to call it, like, are your hands clean? And that's the way I look at it with narcissists, these covert narcissists. They keep their hands clean. You know, they're able to do things in such a way that they don't have anything coming back to them. That plausible deniability, so that they can [01:40:00] sit there and go.

[01:40:00] Wide eyed and innocent. What? Not me. I didn't mean it like that. Or how could you accuse me of such a thing? I certainly always have your best interests at heart. I love you and I support you, you know? And so you just cannot ever feel like you can attack them. Because they become the victim, because they make you feel guilty, because no one will believe you, and so you have to protect yourself in every possible way.

[01:40:47] I mean, when it comes to these people, it's just insanity. I mean, if I told you the stories of the things that I dealt with with these people, you wouldn't even believe it. [01:41:00] And so I know what it's like to deal with them. I do know. And I had to get myself out of these situations before I even had access to.

[01:41:13] Information like mine, videos that are out there, like you guys have access to, you know, you guys have so many more resources now available to you than I ever did. When somebody first mentioned to me that I was dealing

with a covert narcissist or covert passive aggressive narcissist, the number of resources available on that was so skinny, so thin.

[01:41:42] that I was so desperate and hungry for information, but now you guys have a lot more available to you. So that is something to definitely be grateful for. And you have access to [01:42:00] port which is also something to be very, very grateful for as well, because you know that you're not the crazy one. You know that it's them and not you, which is also something to be grateful for and feel very blessed about.

[01:42:16] And you do need to have support. And by the way, If you need additional support, definitely join my free private Facebook group. And if you need additional help, get my free phrases for disarming narcissists, which you can get at DisarmTheNarc. com, DisarmTheNarc. com, get those for sure. And if you need.

[01:42:43] support in dealing with them and you don't have access to your own therapist. We have a sponsor here on this channel, which is BetterHelp and you can go to betterhelp. com forward slash Rebecca Zung and get that help and support [01:43:00] that you need. We receive commissions on that. It doesn't cost you any extra, but we just want you to have access to help and support that you need.

[01:43:08] Okay. So number one. Be indifferent to them, be indifferent to them. That is one of the most, it seems outrageous, but just absolutely almost like your eyes are glazing over. I mean, yes, go no contact, of course. But if you have to be in contact with them, which there are times that you do. It's almost like you are a pod or a Stepford wife or a, a robot, you know, if you're a man, you know, you just like, Oh yeah.

[01:43:51] Hello. Uh huh. I see you there. Yep. Nice to see you again. Great. You're just [01:44:00] almost like a robot in interacting with them. You're just completely indifferent. I see you, you know, anything about you doesn't affect me. I'm not whistling in any way. I'm not upset in any way. You know, I don't feel like running. I don't have any sweat on my forehead or my nose.

[01:44:24] I just am going about my day. You know, that's number one. You know, you're just completely oblivious. You know, that's the kind of thing that I did. You know, they will step up their game and do more and more outrageous things to get your attention. And you're just outrageously like, okay, I see that you're showing up at this outrageous place that you totally don't belong at.

[01:44:50] Okay. Hello. I see you here. That's nice. You know, ignore. So that's number two. Ignore [01:45:00] any and all attempts by them to get a rise out of you, to get attention from you, to get supply from you in any way, shape, or form. So they're going to try to get supply from you. You know, they're going to befriend your friends.

[01:45:26] They're going to start showing up at crazy places. Suddenly, now, You notice that they're friends with this person or now they're hanging out with your other family members or just crazy things to try to get you to have some reaction and you're just going to be like, Okay, great. That's wonderful for you.

[01:45:55] Congratulations. Wonderful. Good for you. You know, [01:46:00] nothing will be of any interest for you that is anything, you know, wonderful. You know, like it's all the same, you know, as if you're just drinking your morning coffee and eating your cereal. Every single thing is exactly like that. Every. Single. Thing.

[01:46:25] Ignore any and all attempts to get any rise. It's all like this for you, every single thing that they do, everything, it's just like you're reporting the news. Oh, I see that you're doing this now. Never explain, justify, or overshare. You're just reporting facts. You're just looking at things, you're observing, and you're just like flat like that.

[01:46:56] Okay. That's number two. Number three [01:47:00] is you're going to block all channels of communication, every single thing, block them on social media, block every single thing. This is what I did. You block everything. You do not want to see them in your feed. You do not want to look at them. You do not want to be triggered by them.

[01:47:22] You don't want them looking at you. You don't want them showing up in your email. You don't want them texting you, make it so that their emails go directly to your junk box. So block all channels of communications and their minions also. You don't want their little minions contacting you. Block them. Put that in the comments right now.

[01:47:47] Block them. Number four, succeed beyond their wildest dreams. You make it so that you are So successful and [01:48:00] so beyond what it is that they ever imagined that you don't even care what it is that they're doing because you don't need them, you don't need their supply, you don't need their validation, you don't need any conversations with them because you don't need Any kind of supply from them at all.

[01:48:25] Who cares about anything with them? That's super outrageous. That will tame them completely. And number five, this will tame them beyond tame them. This is the worst one of all and the best one for you. Wipe them from the CPU of the memory of your brain like they never existed. Who cares? Because you just move on with your life.

[01:48:58] You are successful [01:49:00] beyond your wildest dreams. You have blocked them from all channels of communication. You have completely, you know, your value and worth. You know who you are. That is the most outrageous method for taming a covert narcissist. And that is the most outrageous method for yourself. And that is how you truly break free.

[01:49:23] That's the best. Now, how do you do that? How do you really move on from a narcissist, right? That's the true question. That's like the big question. So if that sounds good to you, make sure you subscribe to this channel and hit that notification bell because I'm here giving you free everything every single day.

[01:49:44] And if you subscribe and hit that notification bell, then you will get notified when I release new videos, which is every single day. Because I'm giving it all away for free because instead of, you [01:50:00] know, plugging away case by case by case by case, I want to help millions of people at a time. That's why I'm here giving it away for free.

[01:50:11] And you know why? Let me just tell you, as an attorney, it's one thing, but on a personal level, it's a whole other thing. And I've dealt with narcissists on a personal level, not just in my family, but also as a business partner. And I've dealt with a covert narcissist, by the way, we had a covert narcissist in our family, but I also had a covert narcissistic business partner.

[01:50:40] So let me tell you, I know their number one, most hidden agenda guaranteed. And it's not what you think. Most people think narcissists just want to win. And that is false. That is false. And that is why most negotiations fail. That is why [01:51:00] most communications fail. It is not just to win. It is not even to look good.

[01:51:05] And it is not money. It is none of those things. It is none of those things, especially when it comes to a covert narcissist. With a covert narcissist, let me tell you, a covert narcissist is a totally different animal. Covert narcissists, they want to look good. It's different than a grandiose narcissist. A grandiose narcissist also wants to look good, but they want to, they'll tell everybody how good they are.

[01:51:32] A grandiose narcissist is the one that walks into the room and tells everybody how great they are. And you know, they're the ones that demand the best tables, that they'll tell you about all their accomplishments. They will tell you about all their top goals and all the things. The covert narcissist is much more stealth.

[01:51:53] They will be the ones that'll be like, Oh, I don't, I don't want anything for myself. I [01:52:00] just want to be a good person. I'm a humanitarian. I just want to make sure that I'm, I'm on the right path. They'll say they're spiritual, often present themselves as victims of life. You know, things haven't always gone their way.

[01:52:17] They show up as. you know, good people. It's only their targets. There are the people that they have targeted, the people who are close to them, who really see what's going on underneath, who really know the true covert narcissist. Because just below the surface, is what's going on. They are seething. These are people who are jaded.

[01:52:47] These are people who haven't gotten what they want in life, who feel like the world owes them. Life hasn't been fair. for them. You know, these are the people [01:53:00] who are like, that's just really great that you've gotten what you want. I don't ever get what I want, you know, but these are the people who show up soon as somebody is sick.

[01:53:14] They're right there. They have to, you know, make it look like they're the good person. They've got these hidden agendas, hidden agendas. They always make it look like they are like just plausible deniability. Nothing can ever touch them. You know, whatever they end up doing that is not good, it never comes back to them.

[01:53:45] They're very, very Very good at making it look like, Oh, I, I didn't mean that. Oh, what are you talking about? You know, so it's always sort of like inadvertent, [01:54:00] you know, like, what do you that wasn't me, you know, so it's very just under the radar. Even though they're very, very calculated in what they did, very calculated.

[01:54:13] So their number one most hidden agenda is, there's really no hidden agenda other than to. Make you squirm to manipulate you to just keep you under their control to keep you squirming to keep you feeling uncomfortable in some way to so that you feel they are supreme to you. You are inferior, but it's.

[01:54:48] It's always just under the radar, inferior. I wasn't trying to make you feel that way. What are you talking about? You know, where they'll say something like, [01:55:00] Oh, it's so great that you've lost all that weight. I mean, too bad about the stretch marks. What are you talking about? I gave you a compliment. I was just saying how great it is that you lost all the weight.

[01:55:10] I mean, that's what I meant. Of course, that's what I meant. How great it is that you lost all the weight. If I insulted you, oh, I certainly didn't mean that. Oh, I can't believe you took it that way. Oh, I didn't mean anything. I certainly didn't mean anything by that other than I was so happy for you. You know, it's.

[01:55:32] just under the surface, just under the surface. So there's no agenda other than to keep you squirming, to keep you just under that, that rage surface, that competition surface, right? Just to keep your attention of. I'm better than you in some way. If there's this path of [01:56:00] aggression constantly happening, I'm going to just talk over you slightly.

[01:56:05] I'm going to constantly interrupt you. Oh, did I? I didn't mean to interrupt you. What I'm going to. Absolutely jump in to help. Oh, I'll do that. Absolutely. I didn't get to it. Oh, I didn't have time. Oh, and yes, they didn't do it, but they will absolutely take credit. for doing the work. Absolutely they will take credit.

[01:56:31] Why wouldn't they take credit? They were there the whole time. They helped you work on it the whole time. What are you talking about? They were supporting you the whole time. It's that low key competitive thing and they are absolutely always going to be supporting Just below the surface rage, just below the surface, you [01:57:00] know, and then if you call them out on it, they act innocent, but they're not innocent at all.

[01:57:08] You know, if they say they're going to pick something up at the store for you, they forget and they constantly forget, but. They didn't actually forget, but and then if you call them out on it, I can't believe that you would accuse me Oh my god After all that i've done for you I've been there for you every step of the way I have been the one Who has been the the biggest voice for you.

[01:57:41] I have been your biggest fan You know, they turn into they are the victim so that that's how it turns around so, you know, you can never say anything because then they are the victims. So the most hidden agenda always. [01:58:00] guaranteed is to keep you squirming, to keep you under their thumb. It's really no agenda.

[01:58:08] It's just to constantly make you insane, to keep you feeling like you're crazy, because you can never quite pin them down and if you try to tell people about it, no one will ever believe you because everyone else thinks that they are so nice. One thing is that they have a public persona that is so nice and so kind and they're like humble and sometimes, you know, charming and I'm wonderful and I know the ones that I dealt with.

[01:58:47] They were actually female and a lot of times people don't even think that covert narcissists can be female or narcissists at all can be female. I know for me, I thought [01:59:00] narcissists were really misogynistic, boastful, bragging, the type that would come into a restaurant, demand the best tables, were treating women poorly, tell everybody how great they are.

[01:59:13] That's not necessarily what a narcissist is. Just because you say something good about yourself, that doesn't make you a narcissist, you know? A narcissist can be humble on the surface. This is a person who publicly can be wonderful, but privately... is pure hell for the person who they're dealing with. And that is what a covert is covertly, you know, only the people who are dealing with this person really knows what it's like.

[01:59:48] And that's why it is so awful to deal with them. That's one of the reasons why they're a covert narcissist. So that's the first thing. The second thing is [02:00:00] that they're passive aggressive. You know, what that means is that, you know, they might say that they're going to pick something up for, for you from the store, uh, because they're going there anyway.

[02:00:14] And they just accidentally forgot your thing. Ugh, I meant to get that, I forgot. Passive aggressive. They say that they're going to complete a task at work that is supposed to be for you. And it just doesn't ever get done. And then you have to kind of keep nagging them about it. That is passive aggressive.

[02:00:39] There's always this plausible deniability around them where they can kind of go, I thought I did that. You know, I didn't mean that for you. That is always something that you're dealing with with a covert narcissist. Number three. is they use [02:01:00] guilt a lot of times to manipulate people. It's okay. I'm fine.

[02:01:07] I'll just sit over here by myself. I've done so much for you. I go out of my way to do so many things for everybody else, but no one does anything for me, but that's all right. I'll just sit over here. by myself, that kind of thing. So they use guilt to manipulate people to do things for them. So that's the third thing.

[02:01:36] Number four is that they are very easily slighted. So, you know, you're constantly kind of tiptoeing around their emotions. You know, you never really know how they're going to take something because they're very fragile. Just the slightest of things can make them their [02:02:00] feelings be hurt, or they're going to set them off.

[02:02:03] They're going to be upset about it, or they're going to feel like they're being criticized, or they feel like they're being judged about something. So, you know, you constantly have to having to worry about how they're going to take something because they're extremely. easily slighted. That's something that's very typical of a covert narcissist.

[02:02:25] Sometimes they're called the vulnerable narcissist because of that. If this is resonating with you guys so far, give me an amen in the comments. Let me know what you guys think. If you guys have seen this, give me examples of the kinds of things that you guys have seen with this or, you know, people that you've seen that you've dealt with.

[02:02:44] I'd love to know what you all have seen and dealt with with your covert narcissist so far. And by the way, if you are dealing with this. Make sure that you are joined my free private Facebook group, Narcissist Negotiators with Rebecca Zung, because [02:03:00] you do need to have the right kind of support. I have a sponsor on this channel, which is BetterHelp, and you can go to betterhelp.

[02:03:08] com forward slash Rebecca Zung to get that help and support that you need as well. We receive commissions. It doesn't cost you any extra. We just want you to have help and support. Okay. So the last one, is definitely the one that is always the case with covert narcissists. And that is that they always play the victim.

[02:03:32] Always poor me. It's always life isn't fair. And let me tell you with the covert narcissist that I have seen in my life. They will play the victim to the point they will ruin their own relationships with even people close to them if necessary to continue looking like the victim because it's [02:04:00] so important for them to remain being the victim.

[02:04:04] so that they can get sympathy from people. I find it very sad that that's how they get supply. They get supply from being the victim a lot of times. They won't apologize to people because they've got this underlying rage, this underlying boiling jealousy rage that's always going on. But it's this anger, rage, jealousy thing happening.

[02:04:32] But for me, I'm the victim. And they're very good at reversing conversations when you try to call them out on things by turning it around so that they're the victim because of that guilt thing and the whole thing so that they're once again the victim. I mean, you can never win with them. You know, if you're dealing with a covert narcissist, it ain't good.

[02:04:55] And they will suck the life out of you. They will drain [02:05:00] you to your core. I've been there. All right. So, so nice. So kind. So wonderful. Everybody thinks that they are wonderful. They come, they friend you. They are your best friend. Everybody thinks that they are wonderful. They ingratiate themselves within everyone.

[02:05:20] But you know, they're kind of like in everyone's business. They sort of find themselves everywhere they need to be. That's sort of how they are. They just sort of really in touch with everything that's going on, especially if it's a company. They see where the best synergies are. They see where they can collapse and, and they are really, really great for that idealization phase.

[02:05:47] You know, they want, they look for those opportunities to attach themselves to the right people. They're excellent opportunists and they're, they're kind of [02:06:00] like meerkats. You know, they're always looking around for that best opportunity and where they can attach themselves to that best person to make themselves look the best.

[02:06:15] You know, where can they look the most significant and be seen and, and, and be valued. the most, right? And they want to be in that, that spot, that spotlight. If they attach themselves to you, are that person at that moment, you know, so whether it's a business partnership or if you're at work or whatever it is, it's because they have decided that you're the one that should be attached to in that moment.

[02:06:52] And so if that's the case, then, you know, you're going to be a good one for them. But [02:07:00] if all of that aligns and that's fantastic at the beginning, once they attach themselves to you, so that's number one, then you start to find, well, number two, they end up not following through on the things that they're supposed to be doing, say that they're going to do things.

[02:07:22] They end up not doing them. So, number two is that they're very, very passive aggressive. Assign themselves or you assign them certain things to do. Where is it? You are kind of confused by it because they seem like they're going to be an amazing partner or somebody to be working with. And it's not happening.

[02:07:44] And they always have some sort of excuse for it, or, or they just don't respond to you at all. But, you know, they've always got some sort of family issues, some sort of family emergency. Some sort of something going on [02:08:00] and you start to feel during this time that underlying sort of competition coming on.

[02:08:08] Now, you're starting to feel that and you're starting to feel that they're sort of triangulating right? So, number 3 is that's when you're starting to feel that sort of competition going on. That's where you're starting to feel where there's, they treat you a little bit like they are superior to you and you are inferior, little digs, little subtle digs, little subtle devaluing where, you know, they kind of forget things about you on purpose, things that you know, that they knew about you, they kind of put themselves in superior positions if, There is an opportunity.

[02:08:57] All of a sudden they left you off of [02:09:00] it. Oh, inadvertently, they might have inadvertently left you off of emails for meetings or information about clients, you know, all of a sudden things are starting to happen. And when you question them about it, they are, what, what are you talking about? You know, they don't own up to it because, you know, everybody still thinks that they're so wonderful, so nice.

[02:09:28] And they even say things to you, like how much they think of you. It's confusing because the way they're acting is different than the way they conduct themselves. And so you're, you're starting to feel confused about this underlying thing that's happening, you know, the passive aggressive behavior, this underlying competition, things that they're forgetting and the way they, they still seem like they're your friend or they still seem like they're supposed to [02:10:00] be.

[02:10:00] sort of on your side. Then the next thing is they start setting themselves up as sort of the, they're friends with all sorts of other people and that they have stronger sort of relationships with other people. They still, they start setting themselves up. as they are the go to person. They are the go to person within the relationship with you, so that you are kind of the secondary person in the relationship.

[02:10:37] And because they want people to sort of see that you are now kind of wronging them in some way, that you are now sort of the bad person. They want to sort of set themselves up as kind of the victim of you if anything ever happens. They want to make sure [02:11:00] that they've kind of got these third

parties aligned with them and they want to make sure that you know that these third parties are aligned.

[02:11:12] You know, so they'll kind of drop it in that close they are to this person or that person, especially if this person or that person is superior to you, somebody that you look up to, somebody that is perceived to be higher up on the food chain in some way, more famous, more influenced, whatever it is. It doesn't have to be even within the same company, but they want to make sure that whoever this person is, it's Whether it's the illusion of influence or, or whatever it is that, you know, that they know, or whatever it is that there's this perceived feeling that if there was ever a fracture between you and them, [02:12:00] that they're going to be absorbed into the higher level of society as they see it.

[02:12:08] You're going to be left out in the cold. That's what they kind of want to make sure that you feel. Um, that's the next one. The next one is You start to see some, maybe even potential situations where they start treating you almost as a subordinate. Now they're starting to give you tasks to do, where you are kind of becoming, where you're doing things for them, they might even, say things to you in public or in front of others that make people think that you're their subordinate in some way.

[02:12:50] They might put something out on social media or something that kind of makes people believe this, even [02:13:00] if it's not true, or they treat you like this in some way. If this is resonating with you in any way, I'd love to know that you've seen it or put just put totally in the comments or put I've seen it in the comments or something that you guys have seen so far because I know for me it was very similar to this and I know for me I even started to see some unethical behavior at this point I was taken aback and if you actually say something to them at this point about behavior That is, you know, potentially unethical or not above board, or you try to call them out on whatever it is that they're doing, they are really, they turn it around, like It is such a huge, Oh my gosh, I can't believe you would question me.

[02:13:56] Then they become the victim. They reverse [02:14:00] it so that they become the victim and you are now comforting them. The next thing is that they will pretend like you didn't know, they didn't know that you were trying to either take time off or that you were trying to not be scheduled on a certain day or do something like that.

[02:14:26] You know, they'll, they'll start to try to sabotage you. So they might even like tell clients or people like that, that. Oh, they don't know where you

are. You know, make it seem like you just didn't show up or make you come in on those days, make you work on those days, that sort of thing. The next thing is that if something good happens with you, and this is the last one, number seven, is that they will absolutely not be happy for you whatsoever.

[02:14:59] I [02:15:00] mean, they'll be like, Oh, great for you. Well, congratulations. I mean, they'll try to muster it, you know, if they're trying to still hide it, but, you know, you can, you'll be able to start to tell that they're not actually happy, you know, and by the way, you know, this is still, you know, all, if they're still with you, still working with you, but I just want to add sort of like a PS to this, if you decide that you're no longer for them and now you're against them, or now you're actually pulling away and they know it.

[02:15:34] This is when gloves off, mask off when it comes to a covert narcissist. This is when they just absolutely go insane, you know, removing your access, doing things. This is when you start to see a side of them where you think, Oh, what happened to the nice one? Wow. They'll start sending you really nasty emails being just [02:16:00] absolutely horrible and you think, wow, I didn't even know you had it in you to being like this.

[02:16:06] And all you're trying to do is actually maybe try to have cordial and you try to extend an olive branch. You're trying to be nice, trying to wrap things up in a good way. They will not be able to do that. I'll tell you that right now. And by this time, you will have had all the energy sucked out of you.

[02:16:24] You will be a shell of yourself having dealt with them and you'll just be, I gotta get out of this thing. So believe me, I know I've been there. I've been exactly where you are. And I can just tell you that the best thing for you is going to be putting those boundaries in place and not talking to anybody, not talking to any of their flying monkeys either.

[02:16:48] I mean, because they try to, you know, put themselves in this place of a puppet master or whatever. And I can tell you that the other people around them don't see [02:17:00] what's going on. And it's just not going to be helpful for you to try to remain in contact with them or the other people in their world. It's better for you to try to cut ties with as many people that are close to that narcissist.

[02:17:13] as possible to for your own sake, your own sanity, your own soul. Believe me, I have been there going crazy and wondering what in the heck is going on. I did not realize that there was such a thing as a covert narcissist. I thought. Narcissists were loud, bragging people, people who would boast and

tell everybody how great they are, people who would go around demanding the best tables in restaurants, or people who were, you know, men who were misogynistic.

[02:17:52] I really did not realize that there was such a thing as a covert narcissist, a person who [02:18:00] could actually be a female, for example. When I was in a situation where I was in a business partnership with somebody who was female, for one thing, I found myself going crazy and feeling really bad with this person.

[02:18:20] And this is after I'd had my law practice as a very successful attorney. I've been recognized by U. S. News as one of the best lawyers in America. I mean, had a career. I was. So confused about what was going on. I didn't realize that this person could be a narcissist until somebody had actually pointed out to me that that's what this person was.

[02:18:44] And so I think it's important for you to also understand what the differences are between a covert and an overt narcissist. I mean, they're both narcissistic, meaning that they have these underlying feelings of. [02:19:00] emptiness inside. They don't feel any sort of value inside. They're trying to get all their feeling of value from external sources, but they go about it in very, very different ways.

[02:19:13] The grandiose or overt narcissist goes about it. in very overt ways, very grandiose type of personality. Whereas the covert narcissist is a much stealthier type of narcissist. They try to avoid that spotlight and unless it's kind of a stealth sort of a way. They kind of go about things in a more of a passive aggressive kind of a way.

[02:19:45] They're more, a little bit more introverted and they don't have that brash sort of personality. that you generally tend to see with an overt narcissist. And they don't want to [02:20:00] risk any sort of public humiliation. It's more of a victim y sort of personality. And that's, that's what you sort of see with a covert narcissist.

[02:20:12] I mean, I remember thinking, Oh, I don't think this person is a narcissist. I think they're just really, really insecure. Which is true. So number one, number one thing that you're going to see with a covert narcissist is you're going to see this as a person who is very passive aggressive. You know, they're going to criticize from the sidelines.

[02:20:34] You're going to judge from the sidelines, but they're more passive aggressive, meaning they'll maybe agree to do things. They're agreeable from the outside. But they're criticizing on the inside, like everybody thinks that they're super nice. They smile a lot. Oh, yes, absolutely. I will do that thing. But then they [02:21:00] maybe just don't follow through.

[02:21:01] They just don't do it. Or they might inadvertently leave you off of that email at work. Oh, I thought I put you on there. I didn't mean to leave you off. You know, it's very passive aggressive types of things where you're finding yourself, should I say something and should I not? That's the sort of thing you'll see with a covert narcissist.

[02:21:24] Not overt in your face, covert. Second thing that you're going to see with them is that they're very condescending. They act superior. But again, underlying, very underlying. They'll belittle you in a covert sort of a way. Oh, that's so great that you've lost all that weight. I mean, too bad about the stretch marks, but I mean, my gosh, so great that you, you did that, you know, kind of condescending, sort of superior, often a little bit sarcastic.

[02:21:58] belittling you, but just [02:22:00] under the surface. It's, I'm, I'm so nice. I look at, I just gave you a compliment. I'm so sorry if you took it that way. They've always kind of got this plausible deniability right there. They're very good at just skimming that surface of being able to deny that they did anything wrong.

[02:22:22] Right there. The next thing is they're very, very threatened by direct questioning or direct honesty. I know that narcissists.

[02:22:37] And you know, when you go directly to them and you ask them pointed questions about something, they, why didn't you do this? Or what's going on with this? That's when they become like the victim. Oh my gosh, I can't believe that you would question me. And they might start crying if they're a [02:23:00] female. This is when it becomes.

[02:23:02] about them and they become, I can't believe you question my honesty or something like that. They're very, very threatened when you start directly questioning them on anything. The next thing is they, they swing very much between with the person that they idealize. They swing very much between like, They think this person is fantastic.

[02:23:30] And then they also are putting this person down. It's like they think the person is ideal, and they put them on a pedestal, but then they also are

devaluing them in some way. And it's, it's very, very, very confusing. Clearly, number five, their public image is Totally different than the person that they are behind closed [02:24:00] doors.

[02:24:00] Person that they want everybody to see is oftentimes a humanitarian. They're the first person to show up when somebody is sick. They're the first person that shows up at the hospital or they send the baskets. You know, they make sure that their public image is absolutely pristine. You know, many times these people are clergy, they're doctors, they're nurses.

[02:24:29] They're attorneys, you know, they're very good people. The majority of the people see them as that person. Many times the only person who knows them to be this covert narcissist is their target or just the few people that they target. It's definitely quite different. The next thing is that they often are quite unreasonable.

[02:24:58] with what their expectations [02:25:00] are of people, especially their people that they target, you know, whoever it is, their person is. That's number six. Number seven is that whatever your issues are, become their reason for being a victim. You know, for example, they didn't do something that you, that they were supposed to do.

[02:25:25] And so you question them about that. Well, then that becomes their drama about it. They had a funeral, they had a this, they had a that, and now it's, whatever it is, it's much, much bigger. And then the fact that you attack them about it, it makes you the bad person, and then you end up basically apologizing.

[02:25:52] to them. And so your issue never even gets addressed. And in fact, you feel bad about it. The next thing is [02:26:00] number eight is that they use other people's vulnerabilities. I'm trying not to use certain situations that I know so well in my life because I don't want the narcissist in my life to come knocking on my door again.

[02:26:17] But so for example, if they see that if somebody is sick. They will go show up to that situation and make sure that they are seen doing all the things that they need to be seen doing in that situation. But you know, if, if there's not an audience, then they won't be there. You know, they like to use other people's

[02:26:50] extremely, extremely reactive to any kind of criticism, highly, highly easily [02:27:00] slighted, highly easily reactive to criticism. They cannot take any sort of criticism whatsoever. The next thing is that they Often times, fake

illnesses, fake injuries, I know some that are often chronically ill or chronically injured because they get attention for that.

[02:27:30] They get attention from not just their spouse, but they also get attention from others in the community or people around them. And so they are just chronically sick so that they can get people to have sympathy for them. Covert narcissists like to be the victim. You know, sometimes they're even called the vulnerable narcissist because a lot of times they can be downtrodden [02:28:00] or that sort of thing.

[02:28:01] You know, it's, it's sad. Honestly, it's so sad. And, you know, I want you to put that in the comments. It's so sad. So sad, even though, yes, it can be draining for you. Honestly, you have to be sad for them because that's how they live. They will honestly, many times, compromise a relationship with their own family members in order to continue to get attention from others.

[02:28:38] Because they would rather have that. So the next one is they will stonewall people. In other words, they will just stop talking to people completely. If that is what they need to do, then that is what they will need to do. The next one is They completely have no introspection whatsoever. No self [02:29:00] awareness.

[02:29:00] No, like, let me take a look at my behavior. Let me take a look at how I need to be responsible for how I might have caused hurt or harm to this person and might need to apologize to this person and really have empathy for that. You know, a lot of times you might just hear latitudes from them. You know, they're just not aware of how their, how their behavior actually impacts others.

[02:29:36] The next one is They're extremely envious of others, constantly looking at how other people are living, what they're doing, comparing themselves. And there's this underlying rage about it, underlying jealousy about it. They can't be happy for somebody else. You know, [02:30:00] somebody else actually says something about.

[02:30:03] look at what I've done or look at what my child has done. Oh, that's just great. That's great for you. You know, they really can almost barely choke out a, a congratulations for them. That's actually sincere. They really can't be happy for someone else. The next thing is that they often gossip. They often triangulate.

[02:30:26] They even often pit people against each other. You know, they'll say things about this one to that one, and they'll say this one said this thing about that one, so that they can get people to not like each other because they really want both of those people to rely on him or her, you know, they want to be the center of everything and they don't want those two people to be friends with each other.

[02:30:53] So they kind of gossip but also want to divide people and keep
[02:31:00] people just friends or relying on them. That's that. The next one is they constantly need reassurance. How did I do? I want acknowledgement. Look at all the things that I did for you. You need to tell me how great I did. That's the next one.

[02:31:19] The next one is that they fixate on others. They fixate on other people and, and what they might've done to them or their, their misfortunes, or, you know, they really, they almost get like obsessed. with other people and what's going on with them. This goes back to that comparison thing too. You know, they're just so wrapped up and what's going on with other people and what's going on with this person, that sort of thing.

[02:31:46] It's just, it's, it's exhausting. The next one is that they, they change with whoever it is that they're around and because they're constantly working hard [02:32:00] to, to flatter or fawn to win favor or to be with whoever the next person is that they're going to win favor with and get the best supply around.

[02:32:11] It's always this game to see who they're going to get the next best supply around. And so that it's this chameleon like behavior to sort of fawn or, or be flattered by, and working the room almost in a way, but trying to stay kind of stealth, and because they don't want to get too much attention. They're trying to stay humble.

[02:32:36] They don't want to be the center of attention because they don't want to make it look like they're bragging. And so that's sort of the next one. The next one after that is that they gaslight you. They gaslight you constantly. All narcissists gaslight, but covert narcissists really love to gaslight. You know, they rewrite [02:33:00] history to whatever version they want to rewrite history on, and they constantly try to make you think that you're crazy.

[02:33:08] We talked about that, and you agreed, or they'll take pieces of conversations and work them in. and conveniently try to make it seem like that was the version that was discussed, even though many times they know what was actually discussed, or they know what was the intent, or they know how

things are supposed to be, but they, they almost purposely twist things just to make you crazy.

[02:33:40] Just to have a conversation a certain way, it's a, it's a very exhausting way to live, but it's, it's, it's a gaslighting where it's, it's a rewriting of history just to make you think that you're crazy or rewriting of facts just to make you think you're crazy. The next one is [02:34:00] an exaggerated sense of entitlement.

[02:34:02] You know, they don't feel like things should apply to them. They feel superior, they feel like they should have a better situation than they do, or, you know, the rules shouldn't apply to them, the situation shouldn't apply to them, why does this one have that one and I don't, but yet they don't want to have to say it out loud.

[02:34:22] You know, it's just sort of under the surface, you know, you might know that this is how they feel, but the rest of the world doesn't know that that's how they feel. It's a smiling. It's like nothing is ever good enough for them. You can never satisfy them is nothing is ever good enough for them. The next one is that in some ways they admire the grandiose narcissist.

[02:34:48] They admire how the grandiose narcissist is so brash, is so confident. It's just out there because they kind of want to be like that themselves.

[02:35:00] They attach themselves to people who they think are going to make them look more special through association. So they're always looking to see who they can attach themselves to, to make themselves appear.

[02:35:21] More prestigious just by association. That's number 20. We're almost there. And the last one, 21, is they love to use guilt and shame to control you and to punish you. That's what they love to do. They want to Make you squirm, but through guilt through shame. Oh, I can't believe you're doing this I can't believe you're leaving me here It's okay.

[02:35:55] I'll be okay. I'm over here by myself [02:36:00] That's all right. I'll be fine You know that sort of thing guilt shame to control you to punish you and this whole video is on phrases That a narcissist uses to lower your self esteem. And by the way, I have phrases to disarm narcissists, which you can check out and grab for yourself.

[02:36:26] And you can get those at disarmthenarc.com, disarmthenarc.com and use those to help yourself in emails, text messages, and even conversations. So let's talk about how. Covert narcissist,

[02:36:45] scuttly, very subtly, very stealthily, and I think they're the worst ones when it comes to this because in, in a lot of ways, the most dangerous because nobody else can see it. Death by a thousand cuts. Come at [02:37:00] you in the worst way, lower your self esteem. I've dealt with them, so this is why I'm like, ugh.

[02:37:07] It's so painful. The reason why they're the worst ones is because when you go to tell people about it, people are like, uh, No, that doesn't seem so bad, or maybe you're misunderstanding, or they seem so nice, or I think that you're misreading it. I think that maybe you're overblowing it because they're really kind people.

[02:37:36] They're so wonderful. You know, most of the time when you go to tell people about it, They don't see it or it doesn't seem that bad because it's little tiny things. They add up and they end up driving you crazy just a little bit at a time. And so [02:38:00] the kinds of things that a covert narcissist will do to lower your self esteem, they're not going to openly say, Hey, you are a piece of crap.

[02:38:14] You know, they don't, they don't say it like that. It's tiny, tiny little things like wow, you look great since you lost the weight. Oh, too bad about those stretch marks, but you know, I'm sure you can get rid of those, you know, over time, but I mean, you look great, you know, like it's like little things like that.

[02:38:37] Or, you know, you've definitely lost that baby weight. I mean, you have a little ways to go, but you've come a long way. You know, it's like little things like that, or they might say something like, you know, super mean or, and then they'll say. Oh, I was just joking. Oh, you can't take a joke or, you know, how come you're so [02:39:00] oversensitive, you know, something like that.

[02:39:02] And a lot of times if you're in a relationship with them, you can tell that they're not happy for you. There's that undercurrent of, of competition. or passive aggression, like if something good happens to you, they'll be like, Oh, that's great for you. That's wonderful. Congratulations. And you know, when you question them on it, aren't you happy for me?

[02:39:37] I just said, I was happy for you. I just said, congratulations. Yes. Congratulations. Congratulations. And then when anybody questions it, they can say, I said, congratulations. And then they'll even be the first ones to maybe have a party for you and make it [02:40:00] seem like they're so happy for you. But you know that there's this undercurrent.

[02:40:06] that they're not, that there's this thing and they actually weren't happy for you. I mean, I remember, you know, having this person in my life who was a long time partner and she would say, Oh, what was the name of your book again? I can't remember, you know, and it was like, it meant to be a dig. She knew what was meant to be a dig and I knew what was meant to be a dig, but nobody else could see that.

[02:40:40] You go to tell somebody about that and. Everybody else in the world would be like, why is that so bad? That's not a big thing, you know, but little things like that add up over time and you know that that's what it's meant to be, you know, or if somebody says [02:41:00] congratulations on your new home, oh, you know, I see that it's on the water.

[02:41:05] I mean, you're going to have to deal with the mosquitoes, but That's a bummer. You know that that's what that's meant to be is like, it's meant to be a dig, but other people won't necessarily see it that way, or a covert narcissist might try to guilt you into things, you know, they might say, you know, you just go on and have fun.

[02:41:33] I'll just stay here. It's okay. I'll be fine. Don't worry about me. And you know, That that's like to make you feel bad and to, to also sort of lower your self esteem, especially if you are a child of a covert narcissist. And you know, another way that they, they try to lower your self esteem is to, [02:42:00] to try to make you feel bad and in another ways, like nothing you ever do is good enough.

[02:42:07] You know, you're trying to make them happy and you're trying to say, fulfill what it is that they want. And they'll be like, yeah, that's, that's good. Thank you. You know, and, and you can just tell that no matter what you do, it's never quite measuring up. You're never going to get there. They'll never say, great job.

[02:42:37] Thank you. You know, you're, you're amazing. You're wonderful. They'll always sort of make you feel like, you're falling short. You're just, yeah, that was good. But I mean, you could have done better, but okay. Thanks. So just to try to keep you feeling like you're never quite good enough, [02:43:00] or I gave you so much.

[02:43:03] I give you so much and you don't ever really give back to me. You don't really show me enough. You know, they might pull that one too. I give you everything. You don't ever do anything for me. So they always feel like

whatever it is that you're doing doesn't measure up, doesn't pull enough weight for them so that you always feel like you're falling short.

[02:43:30] for them so that they're kind of turning themselves into the victim no matter what, what you do. So that's another thing that they do. And by the way, if you've seen any of this, Give me an amen in the comments. I'd love to know if you agree with me in this so far. So, you know, and they're really, really good at what I call plausible deniability, clean hands of the covert [02:44:00] narcissists are the best at this, the best at this.

[02:44:04] You know, so that no one can touch them, meaning you, when they, when you go to tell people what they've done, they can always be wide eyed and innocent and be like, what are you talking about? I didn't do anything wrong. I was simply just giving them a compliment. But how can they have taken that badly? I said, She had lost the weight.

[02:44:36] She took that badly. I, I was just saying how great she looked. Oh my gosh. You, you know, like that. And, and they, they literally are like, oh. What? So they have this like whole plausible deniability thing and again they become this victim. Clean hands, you know, so they're [02:45:00] very good at keeping themselves clean as as much as possible.

[02:45:05] you know, another thing that they'll do is give people a gift that, you know, the target knows is some sort of a put down or it's some kind of a sale item or some sort of a clearance rack, something. I don't know. Something that the target knows is meant to be a message of some sort, but everybody else thinks, Oh my gosh, goodness, this person gave them a gift.

[02:45:36] How nice, but the target knows that it was meant to be some sort of a message, some sort of a put down, or it might be even like a third party message. you know, like a way to triangulate in, in some way, but everybody else is like, you know, Oh, look, they gave a gift. How nice, you [02:46:00] know? So that's the kind of thing that they'll do as well.

[02:46:04] It's very, very stealth, very, very manipulative, always with an agenda. Always, of course, because with narcissists, there's always some sort of an agenda. They want to make sure somebody's watching. There's some sort of reason for what it is that they're doing, right? They always want to be able to keep that level of control, keep that level.

[02:46:32] Of that power dynamic so that you are sort of feeling that kind of squeeze from them, but in a very, very targeted way, you know, they're, they're

much stealthier about it then. The grandiose, the grandiose come on super strong. I think more of that bull in a china shop way and not as smart [02:47:00] about it in a lot of ways than the covert narcissist.

[02:47:05] If you're dealing with a covert narcissist, you definitely do want some level of support because I know when I was dealing with a covert narcissist, I felt like I was going crazy. It was one of the most horrible times in my life. And so if you are dealing with a covert narcissist, definitely get support, definitely get the help that you need.

[02:47:34] It's going to take some time to get that turned around. You know, I say step one, don't run. Step two, make a U turn. And then step three break free. You know, you're turning this ship around and it takes time. You weren't conditioned overnight and you're not going to be deconditioned [02:48:00] overnight. But when you're negotiating with a narcissist, You have to turn things around so that you can start feeling that power dynamic shift.

[02:48:13] Let's talk about three examples of narcissists who play the victim. And really, narcissists who play the victim are a form of covert narcissist. And if you want to know more about the covert passive aggressive narcissist, you can definitely check out my video on that topic. And this is really my least favorite in a lot of ways because I had to deal with a covert passive aggressive narcissist as a business partner myself.

[02:48:43] So let's talk a little bit. First about narcissists. And then let's talk about a covert passive aggressive narcissist, because I think it's really important that you understand what we're talking about before we talk about these types of narcissists who [02:49:00] play the victim. OK, so a narcissist is a person who has no inner sense of value.

[02:49:07] This is a person who is really the most insecure person on the planet. course, they have no inner sense of value. And because of that, I kind of likened it to a person who's like literally starving. They're starving for attention. They just need so much to have love and all of that. But But it's almost like those receptors have closed in a way.

[02:49:33] It's like if, if a cell has receptors or something, it's like there's a damage that has been done and nothing can really go inside anymore. So it's not like you can love them and it'll go and penetrate. It's like they're starving, but you can't feed them. It's like this black hole in a way, but yet they're starving.

[02:49:55] They feel like they have to grab [02:50:00] food wherever they can. And this food that they're trying to grab is what we call narcissistic supply. And they're trying to feed their ego with it all the time. Feed, feed, feed, feed, feed. They're going to try to feed it with external stuff. And you know, it's going to either come in the form of what I call quote good things.

[02:50:25] Which is kind of the external things that you see like adulation, compliments, money, prestigious friends, prestigious jobs, you know, all the things that you necessarily see. And then there's like what I call the dark underbelly of narcissistic supply, which is things that they wouldn't necessarily want people to see, which is.

[02:50:47] The devaluing people, degrading people, treating people poorly. And they wouldn't necessarily want people to see that they treat people badly all the time. They know that they shouldn't necessarily do [02:51:00] that. So usually they do that in private or whatever. We're going to get into this. the ones who play the victim here in a second.

[02:51:07] So those are, you know, how they get their supply in a, in a lot of ways. Okay. And then there's like the covert narcissist, the overt narcissist, all those sorts of things. Okay. And it is a bit of a spectrum. And when you're going to negotiate with them, which is what I focus on, it's a very special type of situation because it's not like a give and take.

[02:51:33] same way as when you're dealing with a normal, reasonable person. You can't have a situation the same way. You do have to deal with it in a very different way. Okay. So let's talk about these narcissists who play the victim. These are the ones who aren't the ones out there breaking and boastful, telling everybody how great they are.

[02:51:58] They are the ones that [02:52:00] are much more Tending to be what I call more passive aggressive, they seem more downtrodden. So the first one is, I'm not good enough. This is the one that's like, they're always putting themselves down. I'm not good enough to play that game or I'm not good enough to go date that person.

[02:52:23] Or I'm not good enough to go try out for the play or to go apply for that. Scholarship or whatever it is. But a lot of times this particular narcissist is doing this because they are trying to get people to pay attention to them. And it's again, it's a way of manipulating. It's a way of manipulating people around them.

[02:52:52] And sometimes they do it to. pit people against each other. And sometimes they do it to get people to feel [02:53:00] guilty. Sometimes they do it to get people to not do things that they would normally do, like have a life or whatever. So this is number one, the I'm not good enough narcissist. Number two is the you're the bad one.

[02:53:16] This is the super guilt trip one. So this is the one that is always on their high horse. because maybe you cheated at one point or something. And so they get to lord that over you for the rest of your life. And because of that, they never have to ever look at anything that they ever did. The perfect examples I see, I've seen of this is when I was practicing law and I practiced divorce law, I would see, for example, a situation where a husband would be, you know, unfaithful.

[02:53:55] The wife would get to tell everybody that the husband had been unfaithful and the [02:54:00] person was the bad one. And, you know, she got to play the victim, but what she didn't mention was that, you know, she had sex with the husband and like. five years before that. And, you know, that the husband, you know, by the time he had been unfaithful, you know, it was because she hadn't had sex with him in several years.

[02:54:20] And, you know, should he have probably left the marriage long before that, maybe, you know, and there's a lot of things that go into that. But, you know, she got to play the victim because of that. And so, you know, she got to be on her high horse because of that. And so she got to play the victim. He was the bad one.

[02:54:40] So that's number two. Number three is the poor me, the poor me narcissist. This is the one with that uses their sob stories as a reason to not have a life, as a reason to never do anything with [02:55:00] themselves, right? You know, like they, they constantly have attention for themselves because it allows them to continue to get attention that way.

[02:55:10] And, you know, there is a payoff. sometimes for being the victim. And you know, for those of you who are out there watching this, I want you to listen to this sometimes because as long as sometimes you allow yourself to be the victim or that you point the finger at the other person as being the villain, then that continues to have you be the victim.

[02:55:32] And I want you to remember, I'm not saying that you're the narcissist at all, by the way, but I'm just saying. Don't continue to have yourself be a victim either, but I'm saying that sometimes people who keep themselves stuck

in these situations are because they are narcissistic and it's because they know that it keeps them having attention for themselves and they use it to be manipulative.

[02:55:58] And I know that there's [02:56:00] somebody that. You know, my husband and I have in our lives that, you know, uses sickness and uses sub stories to, as a way of manipulating people in their lives and uses it to manipulate friends and family and, and that sort of thing. And it's just not okay, especially when they use it as a way of passive aggression, uses as a, as a way of pitting people against each other.

[02:56:25] And that's what you see sometimes with narcissists. It's a secret tactic that is guaranteed to put a narcissist in their place. is narcissistic fluffing. And I know this seems so crazy, but it's bartering to get what you want. I call it fluff for favor, vomit later. So what you do is you ethically manipulate the manipulator.

[02:56:53] You go up to them and you say, Hey, can you do the QuickBooks. You are [02:57:00] so much better at it than I am. And so then you get something that you want, they do it. And then, you know, if you need to go vomit or, or shower later, that's fine. But you got something that you wanted and it puts them in their place.

[02:57:19] You got something that you wanted and they're none the wiser, right? So it's a little secret tactic that's guaranteed to put them in their place. You take your ego out of it, fluff for favor, vomit later. So that's one secret tactic that's guaranteed to put a narcissist in their place. Another secret tactic to put a narcissist in their place.

[02:57:47] It's a great way to gather leverage against them is to keep them talking. They have no idea what you're doing. They love to talk about [02:58:00] themselves. They love to tell you all about what's going on. And then you will figure out. What's actually motivating them. Remember that what really motivates a narcissist is how they look to the world.

[02:58:17] What I call diamond level supply, that supply that feeds them, that motivates them is their ego. So it could be that new girlfriend or that the employees that they work with, whoever it is, that makes them, that beefs up their ego the most in the world. It could be those A level people that are around them, right?

[02:58:44] Whoever it is that's motivating, that's driving them, keep them talking because they will tell you what's motivating them. They cannot help themselves. [02:59:00] And that will help you in the long run. Okay, keep them talking, find out what's motivating them. That will help you. That will help you put them in their place.

[02:59:16] Next, the next secret tactic to guarantee to put them in their place. is get them to respond to you in writing as much as possible. They always lie, they always contradict themselves, and then that becomes fantastic leverage for you. If you keep track of all of that, then you will be able to put it all together and use that against them.

[02:59:51] as leverage. They will never believe that you actually took the time to put all of that [03:00:00] together. Now remember to use one form of writing as much as possible with them because If you use text, or if you use all these different forms of email, or all these different forms of other types of writing, they will use all these different ways to make your life miserable.

[03:00:24] They're DMing you in your Instagram, in all these different forms. And it drives you absolutely crazy. And on top of that, if you end up having to go to trial with them, you're trying to remember where was that? Where did that come in? Did that come in through my Facebook messaging? Did that come in through my Instagram messaging?

[03:00:44] Where did that come in from? And you don't want to have to deal with all of that and you don't want to have to try to remember that. So you want to try to keep your writing In one form, as [03:01:00] much as possible, and you really should have it be email if possible. Really should be email if possible, because if it's email, Then you have a time and date stamp.

[03:01:16] It's something that's provable, and it's the least likely to be manipulated down the road. When it becomes a trial exhibit, they're much more difficult to be entered into as evidence. Because when you go to use them as trial exhibits, they want the entire conversation usually. And so texts are not usually...

[03:01:43] great for trial exhibits. You usually need to have an entire conversation and that's why email serves as a better form of writing. And I really do recommend that when you're talking to narcissists because [03:02:00] they will lie. They literally will say something and then completely contradict themselves in just one conversation later.

[03:02:14] They will say, I don't want to have to be in this job anymore, or whatever they say. And then 10 minutes later, they'll say, I never said that as if you are dealing with an insane person. So as much as possible, you want to have them be in conversation with you in writing. And a lot of this, by the way, is in my S.

[03:02:42] L. A. Y. program. But one of the ways that you can really start to gather all of this is by using my Crush My Negotiation prep worksheet. It's a 15 page ebook, which you can definitely get at [03:03:00] winmynegotiation.com and get that free ebook. And get started with that if you know it's everything all in one place.

[03:03:09] So go get that to get started. Okay, so number four is call them out when things aren't adding up. When they literally just say, I didn't say that. You can just say, but you did. You can actually, you have the right during conversations to say, I can see that you are saying things to me that aren't truthful or we can resume this conversation when you're ready to have a conversation with me that is truthful or something like that.

[03:03:45] I mean, call them out when things aren't adding up. But you know, you do need to be careful because if you are dealing with somebody who is volatile, then you don't want to put yourself in any kind of harm's way. You know, you certainly [03:04:00] don't want to do that. Other thing I do want to caution you on with this particular one is that if you are going back to number three where you are catching them in lies in their writings and things like that.

[03:04:15] You don't want to let on that you know what you have, all right? So be careful about that. The next one is act like you don't care. You know, so is guaranteed to put them in their place. Because if you don't care, then It just absolutely drives them bonkers. They just can't stand it when you don't care what's going on.

[03:04:44] Nothing drives a narcissist crazy like your complacency, like your apathy. They just, that's the one thing they want more than anything is your, your rise. You to be [03:05:00] engaged with them. But if it's sort of like a pushback thing where you're not pushing back. Then they don't have anything giving them that supply.

[03:05:09] If you see the truth in what I'm saying so far, put truth in the comments below because you know that what I'm saying is the truth. The next secret that's guaranteed to put a narcissist in their place is stop defending

yourself. When you defend yourself, You are literally saying to them that there is something there.

[03:05:36] They're giving credence to their arguments and you definitely don't want to do that. Never explain, never justify, never overshare, never defend yourself. You can stand in your power.

[03:05:55] I know that that's your first inclination is to go, Oh my [03:06:00] gosh, you know, you want to defend yourself and on everything point by point by point. I know I do too. Do not defend yourself. That's number six, another secret tactic that's narcissist in their place. is to stand your ground when they try to move goalposts.

[03:06:22] Certainly don't negotiate against yourself. I've seen people do this all the time. Well, they haven't responded. Let me go back and maybe reduce or something. No, stand your ground, especially when they try to move goalposts. You stay firm. Do not allow them to do that. When they move those goalposts around, They are jerking you around and they're getting supply from that and don't allow them to do that.

[03:06:52] They're doing that because they want to see that rise from you. Don't allow that. Let it go. The next thing [03:07:00] is to create strategy before making your moves. It is so common when you're dealing with a narcissist to feel you're constantly in survival mode and you just are swinging all the time and you feel like you're just putting out fires constantly and you don't have time.

[03:07:24] to sit back and create a vision and to create an action plan. But you need to, you need to create that strategy before you make your moves. And then you will be standing in power and you will actually get to the goal of where you want to go. It will be so much more powerful for you. The next. thing is to create invincible leverage.

[03:07:53] Going back to what I said in number three, which is where I started to create the foundation for this, [03:08:00] is to create an almost like an invisible fence around that narcissist. Once that fence becomes visible, it's almost like turning on the light. And they realize, Oh my goodness, I'm cornered. It'll be so much more powerful for you.

[03:08:18] I'm setting you up for the S. L. A. Y. methodology here. You see that? Strategy, leverage, anticipating where they're going, being two steps ahead of them. And then finally, number 10. is focusing on you, you being on the

offensive, your incredible, 100% super powerful mindset. You have to believe that you can win before anybody else.

[03:08:45] can help you. But if you don't believe that you can win, nobody can help you. You have to believe it. Then that's the most powerful secret tactic that's guaranteed to make sure that [03:09:00] you are going to be the most powerful person in whatever room that you, you stand up in. Because let me tell you, there are always going to be narcissists in this world.

[03:09:12] They will always be toxic. No matter where you go, but if you focus on you, your powerful mindset and how strong you are, that's kryptonite to narcissists, right? You need outrageous methods for taming those covert narcissists because I think they're the most dangerous ones.

[03:09:36] They're the ones that everybody else thinks are the nice ones, the kind ones, the sweet ones, the humble ones, the humanitarians, everybody else thinks they're wonderful. If I had a dollar for every time, somebody would say to me, Oh my goodness, she's so nice. She's so wonderful. She's [03:10:00] so amazing. For the two covert narcissists that were in my life, I'd be, you know, a bazillionaire by now.

[03:10:08] Seriously. You just want to think that you're crazy. You think that you're crazy because everybody else thinks they are like the most insanely wonderful person, people on the planet. And that's why you don't want to tell anybody about it because you start to feel like if I tell anybody about these people, no one's gonna believe me.

[03:10:35] No one's gonna be on my side. No one's going to support me in this. Everyone's gonna think I'm a terrible person. Everyone's gonna think I'm the bad one. Everyone's gonna think I'm the not likable one. There must be something wrong with me because obviously I don't get along with this person or I'm the one that this person went after or maybe I just don't [03:11:00] see it.

[03:11:00] It's just goes on and on and on. And when it comes to these covert narcissists, it's just. the most nightmarish experience of your life because they are passive aggressive, because the methods that they use are so incremental, so tiny, so under the radar. And the way they do it is their hands remain clean in a law setting.

[03:11:30] We used to call it like, are your hands clean? And that's the way I look at it with narcissists, these covert narcissists, they keep their hands clean. You know, they're able to do things in such a way that they don't have anything

coming back to them. That plausible deniability, so that They can sit there and go wide-eyed and innocent.

[03:11:58] What? [03:12:00] Not me. I didn't mean it like that, or how could you accuse me of such a thing? I certainly. always have your best interests at heart. I love you and I support you, you know, and so you just cannot ever feel like you can attack them because they become the victim, because they make you feel guilty, because no one will believe you.

[03:12:35] And so. You have to protect yourself in every possible way. I mean, when it comes to these people, it's just insanity. I mean, if I told you the stories of the things that I dealt with with these people, you wouldn't even believe it. And so I know what it's like to deal with them. I [03:13:00] do know, and I had to get myself out of these situations before I even had access to.

[03:13:08] information like mine, videos that are out there, like you guys have access to, you know, you guys have so many more resources now available to you than I ever did. When somebody first mentioned to me that I was dealing with a covert narcissist or covert passive aggressive narcissist, the number of resources available on that was so skinny, so thin that I was so desperate and hungry for information, but now you guys have.

[03:13:44] a lot more available to you. So that is something to definitely be grateful for. And you have access to port, which is also something to be very, very grateful [03:14:00] for as well, because you know that you're not the crazy one. You know that it's them and not you, which is also something to be grateful for and feel very blessed about.

[03:14:11] And you do need to have support. And by the way, If you need additional support, definitely join my free private Facebook group. And if you need additional help, get my free phrases for disarming narcissists, which you can get at disarmthenarc.com, disarmthenarc.com, get those for sure. And if you need.

[03:14:38] support in dealing with them and you don't have access to your own therapist. We have a sponsor here on this channel, which is BetterHelp and you can go to betterhelp.com forward slash Rebecca Zung and get that help and support that you need. We receive commissions on that. It doesn't cost you any extra, but [03:15:00] we just want you to have access to help and support that you need.

[03:15:04] Okay. So number one. Be indifferent to them. Be indifferent to them. That is one of the most, it seems outrageous, but just absolutely almost like your eyes are glazing over. I mean, yes, go no contact, of course. But if you have to be in contact with them, which there are times that you do. It's almost like you are a pod or a Stepford wife or a a robot.

[03:15:42] You know, if you're a man, you, you're just like, oh yeah. Hello, Uhhuh, , I see you there. Yep. Nice to see you again, right? Mm-hmm. , you're just almost like a, a robot in interacting with them. [03:16:00] You're just completely indifferent. I see you, you know, anything about you doesn't affect me. I'm not whistling in any way.

[03:16:11] I'm not upset in any way. You know, I don't feel like running. I don't have any sweat on my forehead or my nose. I just am going about my day. You know, that's number one. You know, you're just completely oblivious. You know, that's the kind of thing that I did, you know, they will step up their game and do more and more outrageous things to get your attention and you're just outrageously like, okay, I see that you're showing up at this outrageous place.

[03:16:43] That you totally don't belong at. Hello. I see you here. Mm hmm. That's nice. You know, ignore. So that's number two, ignore any and all attempts by them to get [03:17:00] a rise out of you. To get attention from you, to get supply from you in any way, shape or form. So they're going to try to get supply from you. You know, they're going to befriend your friends.

[03:17:22] They're going to start showing up at crazy places. Suddenly, now you notice that they're friends with this person, or now they're hanging out with your other family members, or just crazy things to try to get you to have some reaction. And you're just going to be like, okay. Great. That's wonderful for you.

[03:17:50] Congratulations. Wonderful. Good for you. You know, nothing will be of any interest [03:18:00] for you that is anything, you know, wonderful. You know, like it's all the same, you know, as if you're just drinking your morning coffee and eating your cereal. Every single thing is exactly like that. Every single thing.

[03:18:20] Ignore any and all attempts to get any rise. It's all like this for you, every single thing that they do, everything. It's just like you're reporting the news. Oh, I see that you're doing this now. Never explain, justify, or overshare. You're just reporting facts. You're just looking at things. You're observing.

[03:18:47] You're just like flat like that. Okay, that's number two. Number three is you're going to block all channels of communication. [03:19:00] Every single thing. Block them on social media. Block every single thing. This is what I did. You block everything. You do not want to see them in your feed. You do not want to look at them.

[03:19:15] You do not want to be triggered by them. You don't want them looking at you. You don't want them showing up in your email. You don't want them texting you, make it so that their emails go directly to your junk box. So block all channels of communications and their minions also. You don't want their little minions contacting you.

[03:19:38] Block them. Put that in the comments right now. Block them. Number four, succeed beyond their wildest dreams. You make it so that you are So successful and so beyond what it is that they [03:20:00] ever imagined that you don't even care what it is that they're doing because you don't need them. You don't need their supply.

[03:20:10] You don't need their validation. You don't need any conversations with them because you don't need. Any kind of supply from them at all. Who cares about anything with them? That's super outrageous. That will tame them completely. And number five, this will tame them beyond tame them. This is the worst one of all and the best one for you.

[03:20:42] Wipe them from the CPU of the memory of your brain like they never existed. Who cares? Because you just move on with your life. You are successful beyond your wildest dreams. You have blocked them from all channels of [03:21:00] communication. You have completely, you know, your value and worth. You know who you are.

[03:21:06] That is the most outrageous method for taming a covert narcissist. And that is the most outrageous method for yourself. And that is how you truly break free. That's the best. Now, how do you do that? How do you really move on from a narcissist, right? That's the true question. That's like the big question.