

N.Y.B.L. Podcast Ep 176 (7 Strange Behaviors of Covert Narcissists)

[00:00:00] **Rebecca Zung:** Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. In today's episode, we are gonna be talking about the seven strange behaviors of covert narcissists. Yeah, I know covert narcissists are the absolute worst ones. They're the ones that I can't stand the most because I had to deal with them myself.

[00:00:28] So I can't wait to dive into this episode. And by the way, if you wanna know a lot more about narcissists in general, I am so excited to share with you that my brand new book *Slay the Bully, how to Negotiate with a Narcissist*. And When is in Pre-order? Oh my gosh, I am like, So dying to share this with you.

[00:00:50] And if you pre-order it now, it's [slay the bully.com](http://slaythebully.com). You actually get early access to the entire manuscript. Yeah. [00:01:00] So make sure you do that and you get lots and lots of other bonuses too. So go to [slay the bully.com](http://slaythebully.com) and grab that. All right, now let's dive in to this amazing juicy episode. Have you ever seen a covert narcissist?

[00:01:18] Do you know how ridiculously strange they are when you've had to deal with them? And on this podcast, I am going to go through the seven strangest behaviors of covert narcissist. They are the worst. Hi, I'm Rebecca Zung and I have dealt with the worst of covert narcissists. I know how they are, believe me, because I've had to deal with them myself.

[00:01:52] I have been there not only as an attorney, but personally, and that's why I wanna [00:02:00] help you. Break free from the chains of the worst covert narcissist. The worst narcissist they are, and help yourself negotiate your best love, help yourself break free from the chains of those narcissists. All right? Make sure you do that because I'm here every day.

[00:02:21] I'm here making sure that you can break free from the chains of those most ridiculously. Toxic narcissist so that you can have the best life that you possibly can. It's so time, isn't it time for you to have that life that you deserve? I know I. Overts are the absolute worst. The worst one. You know why?

[00:02:46] Because everybody thinks that they're so nice. Everybody thinks that they're the good ones. Every, they go around pretending like they're the good

ones, and then they're in there with you, [00:03:00] death by a thousand cuts. Little passive aggressive things. Little, tiny, tiny, tiny cuts all the time. I've been there. I dealt with it.

[00:03:11] I had a, a covert narcissistic business partner. And you know, on the veneer, they're the sweet ones, the kind ones, the humanitarians, the ones that everybody else sees as the good people. They're the, the, the pastors, the attorneys, the doctors. Oftentimes these are the people that. Are the, the, the, you know, the older ladies, the, the, the, the ones that are the first ones there to help to, to be in the shining positions of helping, but they're the ones that behind the scenes are doing these passive aggressive little things to [00:04:00] literally make you feel like you're going crazy and.

[00:04:04] That's why it is so hard to get out of these relationships because. You feel like if you do, the whole world is going to vilify you. You feel like if you do, no one is going to be on your side. Everyone's going to think that you're not only the bad person, but you're actually going to be hurting the good person and.

[00:04:35] It. It's a nightmare. It's a nightmare. Oftentimes. So one of the strangest behaviors that I've seen of covert narcissists is that being the victim is everything to them. And this is the one thing that you often see all in, in every covert narcissist, is that they must. [00:05:00] Put themselves into being a victim place.

[00:05:05] And that's what is so crazy about a, a covert narcissist because many times people think of a narcissist as this bragging person, this person who goes around telling everybody how great they are. I'm amazing. I'm wonderful. Look how at all my accomplishments. And so many times when people say, A, a narcissist.

[00:05:31] They don't think of a covert narcissist as being a narcissist. You know, this is a person who is, I'm a victim. I, this person did this thing to me and I, I can never get my way and life isn't fair and I'm always sick and I need somebody to take care of me. And. Or, or, you know, I, I just can't seem [00:06:00] to catch a break in life, or, you know, my family members are mean to me, or my ex did a number on me.

[00:06:09] And, you know, so, you know, those are the kinds of things that you often see with a covert narcissist. But let me tell you, this is a person where being a victim means everything to them, and if you hang around them long enough, you'll see that this is the person who re will refuse to say they're sorry unless.

[00:06:36] They need to do it because there's an audience there. You know, they'll do it if they, if there's a manipulation factor going on, you know, they'll do it like, oh, in front of the marriage counselor or in front of other people, you know, because it makes them look good in some way, obviously. [00:07:00] You know, if there's a face involved and you know, there's some manipulation that needs to happen as a result, but in, you know, for the most part, they don't apologize.

[00:07:16] You know, I know of a situation where, Somebody, you know, showed up at a funeral. They didn't, they weren't supposed to be there. They only showed up there in order to prove a point, in order to do it as a manipulation tactic. And then, you know, it was sort of a, a way to kind of line up a third party. And then while they were at the funeral, they had to try, try to triangulate in a situation.

[00:07:54] Part of that triangulation was to tell somebody that they love [00:08:00] them, be they love them dearly as part of a family member. And all of it was like, Part of a manipulation scheme. And then when this other person asked this person to apologize, she was able to claim, all I did was go to a funeral for somebody to show much, to pay my respects.

[00:08:23] And I was just expressing that I love a person, you know, this is what they do, they. Act like what? I was just showing that I love a person. I was just showing that I paying my respect. You know, it's, it's this kind of. Plausible deniability and like, how, can you question my, my ethics, my morals, my, my incentives, my motivations?

[00:08:56] You know, that sort of thing. You know, this kind of [00:09:00] potential double entendre. When obviously what I meant was this, what are you talking about? That I, it was meant for a manipulation. That it was meant for something other than just that when they know and everybody else knows that that's not what it was for.

[00:09:27] So that's what I mean, you know? But, But then when, when they're attacked, it's, you know, I can't believe that I've been attacked for this. And look, you know, I, I, my family members are attacking me and, you know, and, and so there they go. Being the victim and, and allowing themselves to be looking like the victim.[00:10:00]

[00:10:00] And not apologizing and even allowing a family member to a family relationship to go by the wayside because they'd rather play the victim. They'd rather play the victim. You know that, that that attention means everything to

them. So that's so strange to me. Number two is stubbornly refusing to do things you ask them to do, even the smallest of things.

[00:10:42] It has to be their choice. It has to be their choice. They're so passive aggressive, even the smallest of things. Everything has to be their choice, you know? So, You know, if you ask them to do [00:11:00] something, the answer is like they don't want to have to do anything. But they'll offer to do something. They wanna have to offer to do something, but they don't wanna be asked to do anything.

[00:11:12] So even if they would normally wanna do it or they wanna have to participate, or if it's something they would wanna do, but they don't want to be forced to have to do anything that they don't wanna have to do by somebody that they consider to be their target, their. The person that they think that they're being manipulated by or whatever they feel like they wanna have to, you know, be, you know, they don't wanna be obligated to do anything, you know, so if you ask them to do it, the answer's just gonna, you know, they wanna knee jerk and say, no.[00:12:00]

[00:12:00] Even the tiniest, tiniest of things. So it, you know, you ask them to pick something up, but it's on their way home from work, you know, that's completely out of their way. Completely out of their way. And it's a huff. And it's a puff and I guess so. And you know, they don't really wanna have to do it unless.

[00:12:26] Unless, of course there's an audience, uh, then of course, of course I wanna do it. Let me show, uh, the world, how nice I am, how kind I am. Look at me being the good person. Then of course they want to then of course, let me. Offer to do it, but if there's not an audience, then they don't wanna have to do it has to be their choice.

[00:12:58] Very [00:13:00] passive aggressive. Very passive aggressive. So you know, if you ask them to do it, then they don't wanna have to, they may even say they're gonna do it, and then, Conveniently forget or say they're gonna do it, and then suddenly there's 15,000 excuses why they can't. Oh, you know, I ended up having to be stuck in traffic.

[00:13:32] I got stuck at work. I didn't end up going that direction. Sorry, you know, whatever. Very passive aggressive. You know, very stubbornly refusing to do things that you ask them to do, even the smallest of things.[00:14:00]

[00:15:00]

[00:15:40] Number three, public persona, completely different than their private persona. That rage is always just below that surface. It's almost as if they, they just can't stand you. Like they [00:16:00] just hate you. You know? It's just that judge, the judgemental side that that competition that. That, that it's like there's this boiling underneath them all the time.

[00:16:15] You know that public persona it, that public persona is, look at me, look how helpful. Look how kind I am. Look what a good person I am. You know, somebody is sick, somebody's at the hospital. Let me rush, let me be there. You know, somebody just had a baby. Let me breathe the first to bring the food. Let me be, you know, the one to sign up to help with, you know, I don't know, habitat for Humanity, whatever it is, I am the one, I'm your person.

[00:16:53] But the at home or behind closed doors, or at work or whatever it is, the business [00:17:00] partner, you know, there, there's that. I don't wanna have to do it. I don't wanna have to be there. I don't wanna be there for you. There's that rage just below the surface, that withholding of information that I, I happen to conveniently forget things about you.

[00:17:20] I, what was, you know the name of your thing again? I can't remember. You know, I, I don't. You know, you interrupted me. You know that all that little stuff right below the surface all the time. Number four is holding grudges. One of the next strangest behaviors that you see about. Covert narcissist is that they hold grudges about something that you would've totally forgotten about for years.

[00:17:55] Literally for years. Suddenly [00:18:00] you realize that they're, they've been holding a grudge about something that you totally forgot about for years, and you didn't even realize they were holding a grudge about some that particular thing until. It got brought up and you almost didn't even remember that particular incident until somehow it came up in conversation and you realize, oh my God, this person is holding a grudge about this thing that happened like 15 years ago.

[00:18:35] And. I didn't even realize that they remembered that thing or whatever it was. It was some kind of a conversation that happened. In an office about something and I didn't even realize that I had said something to them and they're still holding a grudge about it. Or it was an [00:19:00] incident that happened at a wedding at, you know, uncle Boris's wedding at over the lasagna, and I didn't remember I had said anything about that, and they're still holding a grudge about it.

[00:19:16] Uh, you know, a normal person, which, you know, maybe had had a conversation about it, you know, that day, maybe two weeks later, even a months later, six months later, hey, you know, when this took place at Uncle Boris's wedding, you know, it upset me and let's work this out. No, not with a covert narcissist.

[00:19:38] They're gonna hold it forever. And even if you try to work it out, nope, you are. Forever scorned and done. And, and that's it. I mean, they will hold that against you forever. You know, I mean, they just [00:20:00] drink that poison and that's it. And you know, it's just the craziest thing with them. So, you know, like I said, with narcissists all the time, you're either for them or against them.

[00:20:17] And once you are against them, you are, you are against them. So they hold grudges about things for years. That's one of the strangest things about covert narcissist. But the other thing about that that's really strange is they don't even bother to tell you that they have, you've slighted them in this way.

[00:20:36] They just hold it. So that's another thing that's pretty crazy. The other thing that I think is a strange behavior about covert narcissist is that they spend lavishly on certain things, but then they are super cheap about certain things. So you'll see [00:21:00] that they will spend lavishly on themselves. They love to have the name brand things.

[00:21:08] They love to have the beautiful homes or the, the really nice things for themselves, but then they are super cheap about gifts. And super cheap about tipping super cheap about others things. So it seems really, really ironic in a lot of ways because you know, you'll see that they really wanna have the very, most expensive shoes, the very most expensive handbags, or the very most expensive.

[00:21:50] Cars or homes or whatever. But when it comes to gift giving, they buy the minimum that they can get away with, [00:22:00] or the minimum that they can get away with as far as tipping. Like, they'll be the ones there with the calculator, like what's the, the, to the penny that they can get away with for the tip, you know, no rounding up for them.

[00:22:16] With the tip, what's the minimum that they can get away with super cheap when it comes to that? Oh, why are you spending an extra dollar on this person? You know, very, very lavish on themselves, but very super cheap in other ways. But then it goes back to that thing where they are, you know, they like the veneer, but not.

[00:22:45] You know, they want to make sure that they are, you know, what's going on underneath it's, it's the veneer, but underneath they are. You know, that boiling rage, that passive [00:23:00] aggressive, you know, that they, that in a way they are the most dangerous of all the narcissists because they aren't out and about with their narcissism, at least with the grandiose they're, they everybody, how bragging and boastful they are.

[00:23:21] The next thing about. That I think is really strange about covert narcissist is that they are chameleons, you know, wherever they are, whoever they're with, that's who they pick up the behavior about. So, you know, if they're with somebody who's loud and, and, and, and, uh, Part life of the party, then that's who they'll be.

[00:23:46] And if they're with somebody who's kind of quiet, then they'll be more like that. They even kind of dress the part. You know, I used to be the target of a covert narcissist, and she used to kind of [00:24:00] dress exactly the way I would dress. And it was super weird. Super weird. I mean, she would kind of twin me and it was.

[00:24:11] Really kind of gross and weird. And I mean, one of the things that a covert narcissist will do is they will stare at you a lot. I don't know if you guys have seen this, but they will stare at you because they're kind of studying you. But one, uh, super strange behavior of a covert narcissist is they will stare at you quite a bit and.

[00:24:37] Part of the reason for that is that they are studying you to see what you are doing because they want to start to be able to mirror you, and that is because they are chameleon. Right, because I wanna be able to take on your personality and become like you so that you will like them more, [00:25:00] so that they can start to love bomb you a little bit more love bomb you when they need to.

[00:25:05] And remember, love bombing doesn't just happen at the beginning of the relationship. Love bombing can happen even during the relationship when they need it to manipulate you again and again and again. All right, so, and the last strange behavior of a covert narcissist is the subtle put downs. They are very, very good at that.

[00:25:31] The, one of the most strange behaviors of a covert narcissist is those strange little subtle putdowns. They're very, very good at that. Very, very good at that. And they will work them in to the conversation when they need to, you

know, so something like, oh. You know, you look [00:26:00] so great, you know, since you've lost all the weight.

[00:26:03] I mean, you know, too bad about the stretch marks, you know, but I'm sure they'll go away. I mean, look at you, you, you look so much better. I mean, look how far you've come. Wow. So good. Wow. I mean, I, you know, I heard about somebody else who. You know, was not dieting at all. And her boyfriend would say something like, to people at a, you know, a barbecue or something like, oh, my girlfriend won't be having any dessert.

[00:26:40] She's on a diet. You know, something like that. She wasn't on a diet, you know, subtle putdowns, they're very good at that sort of thing. I mean, it's, it's just. You know, there was another one that I'd heard of [00:27:00] where a boyfriend said to a girlfriend, someday we're gonna have really, really great kids. They're gonna be so perfect.

[00:27:11] I mean, they're gonna get their brains from me. And the ability to work really hard from you. Something like that. Like what? They're not gonna be able to get brains from me. You know? Like something like that. I mean, you know, it's just little subtle putdowns that aren't, you know, they're just not cool.

[00:27:35] They're very, very good at that. Very, very good at that. So, Those are the seven strange behaviors of covert narcissists. They can drive you absolutely crazy and if you are dealing with a covert narcissist, it is the most difficult thing to get out of. It will drive you absolutely bonkers and so you will need help and support for [00:28:00] sure.

[00:28:00] Make sure you join my free private Facebook group, narcissist Negotiators with Rebecca Zung. And make sure that you get the help and support that you need in the form of therapy. I have a sponsor. Uh, it is better help. You can go to [Better help.com/rebecca Zung](https://www.betterhelp.com/rebecca-zung) to get the help and support that you need there.

[00:28:21] Make sure you also get my free download, my free. Uh, freezes for disarming narcissists. You can get that@disarmthenarc.com that will help you, help you with emails. It'll help you with, you know, conversations Disarm the narc.com. That will help you in so many different ways. Thanks for listening to this episode of Negotiate Your Best Life.

[00:28:48] Remember that I have brand new episode. Shows just like this on my YouTube channel every single day. So if you want to be empowered every single [00:29:00] day, head over to my YouTube channel. And also you can

follow me on Instagram at Rebecca Zung or my TikTok at Rebecca Zung as well. And remember that you can pre-order my book right now, it's [bully.com](https://www.bully.com) and get early access to the manuscript as well as tons of other bonuses.

[00:29:21] And make sure to register for my brand new webinar, my new masterclass at Break Free From Hell, and it's breaking free from hell. Take back your power emotionally, physically, and spiritually. I can't wait to support you in your journey to taking back your power and otherwise, I will see you right back here for the next.

[00:29:47] Episode of Negotiate Your Best Life. I am so excited to supporting you and remember that today's a great day to start negotiating your best [00:30:00] life.