

Phrases Narcissists Use to Control You

[00:00:00] Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. In this episode, I'm gonna be talking all about phrases that narcissists use to control you so that you can spot them and shut them down before they happen. Let's talk about phrases that narcissists use to control you. There are a lot of different ones that they use, but the good news for you, for all of us is that narcissists actually do use the same types of phrases that.

[00:00:49] You know, in all different sorts of situations. I mean, the one thing I often say is that they're horrible. They're heinous, they're [00:01:00] toxic, but it's almost like they use the same playbook. They are actually pretty predictable in their behavior now. Are there different types of narcissists? Absolutely, there are.

[00:01:21] There are covert narcissists. There are grandiose narcissists. There are malignant narcissists. And, and by the way, if you wanna know more about covert narcissism in relationships, I do have a whole video on that. I do believe that covert narcissists are probably the most dangerous type of narcissist in a lot of ways because they're the most difficult to detect.

[00:01:52] A lot of times. They're the, the, the, the stealthiest ones, they, they look [00:02:00] kind and sweet and you know, a lot of times. They paint themselves as a victim. You know, sometimes there's like downtrodden, Oh poor me. You know, they guilt trip people a lot of times and so that's, you know, a lot of times the coverts are the most difficult ones to spot.

[00:02:25] And I actually, the two that I had to deal with that targeted me. We're both coverts, so I do, you know, they're, they're very difficult are the coverts. But I digress slightly, just slightly. Uh, so phrase, going back to phrases that narcissists use to control you. One of them is, No one else will [00:03:00] love you the way that I will, or no one else understands you the way that I do.

[00:03:09] No one else will deal with you. You know, basically try to make you feel like you're so disgusting, repulsive, horrible, whatever. in some way that you know, You might as well not go anywhere else because they're the only ones who can, you know, manage you, handle you like, you, love you, whatever. But yet somehow they love you.

[00:03:44] They like you, they deal with you, they manage you, but you know, you might as well stick with them because they. they do, you know, but it's like kind of messed [00:04:00] up because, you know, why do they stick with you and like you and love you, or whatever it is. I don't know. It's, it doesn't, it kind of defies logic, but yet that is something that they often will say, you know, So it's, it's sort of, To get you to stay because if, if you go anywhere else, you, you know, you're, you're gonna be rejected.

[00:04:30] You'll be alone, you'll be isolated. So you might as well stick with this person who's basically mentally, psychologically, and, and spiritually abusing you, . So that's number. number two is, you know, they talk in absolutes like everyone else thinks this or no one [00:05:00] else thinks that. Like basically to try to get you to believe that whatever it is that you think is just.

[00:05:11] Stupid, dumb, ridiculous. Not based in reality, you know? So if you're trying to make a point to them about something that you think usually about, something about them, then they'll, they'll try to use this collective. Who the hell knows who You don't even know who everyone else is or no one else is. But these, you know, nebulous, whoever's [00:06:00] don't agree with you.

[00:06:04] they all agree with the narcissist, whoever these people are, so, you know, but it's, it's meant to try to make you feel bad. It's meant to try to make you feel like your opinion is completely discredited. Invalidated means nothing and. Therefore you shouldn't have it because, you know, whoever their flying monkeys are, they all are lined up with them and against you.

[00:06:46] So there, okay, so that's, that's the next one. So that's another, you know, kind of phrase that narcissists use to control you [00:07:00] another. Type of phrase that narcissists use to control you. And there are gonna be several of these. We're gonna go into the types of phrases that narcissists use within the gas lighting realm.

[00:07:16] Okay? And, and by the way, you have a whole video on how to shut down gaslighting, which you should definitely check. As well, but, so these are the types of phrases that narcissists will use to make you think that you're crazy because gas lighting is meant to make you think that you're crazy. It's meant to make you feel like, Whatever it is that you're thinking isn't true, you're you.

[00:07:52] You can't you to make you question your mind, to make you question your reality, to make you question [00:08:00] what it is that you believe that you saw or you heard, or what you're seeing Isn't what you're seeing or what you're

hearing isn't what you're hearing or. The conversation is that you believe took place, isn't what you took place.

[00:08:15] You know, your feelings aren't your feelings. That that's, that's what gas lighting is. So they will say things in a gas lighting realm such as you're over sensitive. , you know, you, you, you know, so you're oversensitive is to invalidate your feelings. So if you are feeling like, uh, hurt about something that took place, then they'll say, You're over sensitive.

[00:08:56] You shouldn't be heard about that. That's meant to [00:09:00] invalidate your feeling. Another gas lighting phrase is something like, We talked about that and this is what we agreed to. You agreed to this, don't you remember? And you'll be like, We didn't agree to that. We never had that conversation. , we agreed to this or that conversation never took place at all.

[00:09:30] You, you know, I mean, and, and so they will change the details of a conversation or they'll basically say that you agreed to something that never took place whatsoever or you know, that, that sort of thing. So, you know, that's total gas light. Complete gas lighting or they'll, you know, you'll say, you said you'll, you'll say, you [00:10:00] said this.

[00:10:00] And they'll say, I never said that. I never said that at all. Again, that's gas lighting. Okay. They'll say things like, You're delusional. You're delusional. Gas lighting. You know, when you're, when you're trying to say something about, You know, something about how something took place or how you're, you're feeling about something or your perception of something that's happening, you're delusional.

[00:10:34] I mean, that's totally meant to just say you're crazy. I mean, that's straight up gas lighting, straight up gas lighting. You're just jealous. You know, if you see. Well, you know, a text message between somebody and a coworker, you know, maybe it's your husband and a coworker that looks flirtatious or [00:11:00] something and you know, doesn't look totally appropriate.

[00:11:03] You're just jealous, you know, and, and it turns out maybe you weren't just jealous. Maybe there was something going on between them. You, you know, that sort of thing. That's all. Gas lighting. Those are all gas lighting types of phrases. And you know, they're, they're, they're designed to make you think that you're crazy.[00:12:00] [00:13:00] [00:14:00] [00:15:00] [00:16:00] [00:17:00]

[00:17:32] You know, another type of gas lighting is in conversation where you're. Have a conversation with them and you'll say, I wanna talk to you about, you know, these text messages that I saw. And they'll say, Why are you bringing that up now? and you say, Well, when would be a good time? And they'll say, Oh, I don't, I don't like your tone.[00:18:00]

[00:18:00] Oh, well, I I didn't raise my voice. Oh. Yes you did. You just raised your voice. And, and now I, now I can't talk to you because you're raising your voice at me. And, and, and, and now you, you can't get to the point of it because it's. They keep interrupting you about that. Oh, now you just interrupted me. Oh, now it's about this.

[00:18:24] Oh, now it's about that. And you can never get to the actual point of the conversation because they keep talking about other things and you know, they'll bring up something else or they'll bring up something else, or they'll bring up something else. You know, project deflect, lie deny. Okay. So if you've seen any of this so far, I would love to see it totally in the comments, cuz I'm sure that you guys have seen.

[00:18:57] Some of this so far. [00:19:00] Okay. And then the next kinds of phrases that narcissists will use to control you are what I call guilt trip phrases, guilt trip phrases, and you will definitely see this with covert narcissists. This is. So much, you know, because of the victim mentality with covert narcissists. I mean, this is the one thing that you always see with covert narcissists and I have a whole video on the one thing you always see with covert narcissist.

[00:19:31] You should definitely check it out. So guilt trip phrases. . You know, so this is like, especially if you try to leave a covert narcissist. You try to leave a narcissist, you know, they might try to say things like, uh, you know, I would die if you leave or don't leave the family. I would commit suicide if you leave, or.

[00:19:59] You [00:20:00] know, you know, you can't leave the family, you know, Oh, I can't believe you're spending time over there. I can't believe you wouldn't be with the family. You know, and, and so they'll try to, Guilt trip you the, you know, you know, so that you don't do the kinds of things that you wanna do. They'll try to make you feel bad about.

[00:20:28] You know, having a life or doing other things or that, and so they, they will use phrases like that to try to guilt trip you back into doing the things that they want you to do. So, You know, that's a little bit more passive aggressive. And, and, you know, you will see passive aggressive types of

phrases from especially covert narcissists, you know, like, oh, you know, you've, you've [00:21:00] definitely you, you know, you've lost weight, but you know, you still have a ways to go.

[00:21:04] You know, things like that. I mean, you know, passive aggressive types of things from covert narcissists. It's like, Not so nice kinds of things. Like they try to say nice things, but then it ends up not being so nice. You know, that sort of thing. But that's not phrases used to control you. Those are just passive aggressive types of things, but that's another whole story.

[00:21:29] This podcast is really, totally focused on the phrases that narcissists use to control you. So, If you have seen any of this, give me a totally in the comments. If you are dealing with a narcissist, make sure to subscribe and hit that notification because you definitely will want to get the help and support that you need and make [00:22:00] sure to join.

[00:22:00] Free private Facebook group Narcissist Negotiators with Rebecca Zung. And make sure to grab my free crush, my negotiation prep worksheet at uh crush my deal.com. Crush my deal.com. You definitely wanna do that. Free 15 page ebook because you know it. I've had literally thousands of people win their entire negotiations just on that.

[00:22:31] If you are needing extra support, you can go to better help.com forward slash rebecca Zung. To get that extra support that you need as far as psychological support or therapy. We do receive commissions on that, but we want you to get the help and support that you need because please don't sit out there alone.

[00:22:55] We just want you to have the help and support that you need, so, Thank [00:23:00] you for joining me today. I am so glad that you are here. I am so glad that you are part of our world, part of our community, and remember that today's a great day to start negotiating your best life and make sure that you are have subscribed and.

[00:23:23] And, and have become a part of our community. Don't sit out there alone. Get the support that you need. They only win if you give in, and you're not gonna do that, okay? Because the support is here for you, and I will definitely see you in the next episode.