

N.Y.B.L. Podcast Ep 139 (Shut Down a Narcissist's Gaslighting)

[00:00:00] Welcome to another episode of Negotiate Your Best Life. I'm Rebecca's song. In this episode of Negotiate Your Best Life, we're gonna be talking all about the five most toxic kinds of people. These are the types of people you just do not need in your life. I mean, Yeah, you don't need these types of people in your life, and that's who we're gonna be talking all about today.

[00:00:31] Here we go with the five most toxic kinds of people. All right, so number one, The complainer. The complainer. This is the person that is just going to drag you down. They just never are happy. Have you noticed that this person [00:01:00] goes from relationship to relationship and they always seem to have the same kinds of complaints about whoever it is that they're with.

[00:01:13] I mean, the same boyfriend, the same job, the same whatever. They're constantly complaining. They're always a victim. Never can get anything. Right? And by the way, these complainers are you usually covert narcissists and they're usually passive aggress. If you wanna know more about a covert passive aggressive narcissist, I have a whole video on that can definitely check it out.

[00:01:48] I even have a whole video on covert narcissism in relationships we can definitely check out because I actually had a whole situation on that [00:02:00] myself. Yeah, not fun. I actually think that covert narcissists, The worst ones because they're like the stealthiest ones. But these are the complainers and, and these are people that are so toxic because they're constantly unhappy.

[00:02:25] Like nothing they anyone ever does is good enough. You know, I mean, you go out to a restaurant with them, they're unhappy. I've been there, like, I've had people like this in my family, where everybody in the whole table, the whole party ends up having to get up and leave because they weren't happy with something that happened.

[00:02:53] You know, this is not a good thing. You know, you leave this person after being with them for a couple of hours and you [00:03:00] just don't even feel good. You know, you've been with these people before, right? You wanna

actually get up from being with people, af after a few hours and feel good. You wanna feel lighter, you wanna feel happy, like, right?

[00:03:19] I, I mean, that's what you wanna think. That's where you wanna feel. So, I mean, I remember, you know, somebody was talking about somebody and they were like, Oh, when he walked into the room, you felt happier. And when he left the room, you felt sad. Like that's what you wanna feel. And, and that is not a person that when they came into the room, they were like bitching and moaning the whole time.

[00:03:53] No, So the complainer, you don't need that person in your life. That's [00:04:00] a toxic person. All right? The next type of a toxic person that you don't need in your life. Number two, the competitor. This is a person, you know, This person, like no matter what you say. They got it either better than you or worse than you.

[00:04:25] You've been around this person. Like you got a cold. Oh, I got a cold. And it is like, uh, you know, I'm, I got a sore throat and I got a fever. And it's like, Oh, okay. Yeah. I just said I had a cold. You know, But they gotta, they gotta be sicker than you. They gotta be worse way sicker than you, you know? Or, And you're just like, Oh, I just thought I had a cold.

[00:04:51] I'd never mind, you know? Or you gotta say, you know, I, I, I'm like [00:05:00] excited about this opportunity that I have or something. And, you know, they're excited about their opportunity and, you know, whatever. And it's like, okay, great. I mean, You know, recently I was telling somebody that I hadn't seen in a few years that.

[00:05:26] You know, I was what they asked me what I was up to and I was telling them, you know, that I was doing this stuff on YouTube now or whatever. Cuz they were just asking me what I was up to and they had to go and tell me that they knew somebody else that was also on YouTube and had like way more subscribers and was, I was like, Oh, that's great.

[00:05:49] You know, it's like they have to have, be competitive, you know? And so, There's just these people that always have to be [00:06:00] competitive no matter what. Even if it's the smallest thing and you know, you just, you can't have a normal relationship with somebody like that because you, you just, you constantly feel that whatever it is that you're going to say.

[00:06:24] Is going to be either one up or it's not even just from themselves. It's somebody that they know or something else, and it's just not comfortable. You

just can't even have a comfortable conversation because they think that you're competing with them. , even if you're not, and then that's uncomfortable because they're having this [00:07:00] competition.

[00:07:01] And I, I mean, I know for myself, I'm thinking to myself, who's competing? I'm not. But they think that you are. And it's just, it's not, it's not fun. It's toxic, and it just makes it, you know, again. You wanna be where you've left that person. You spent time, your time, which is precious. Life is short and you feel better.

[00:07:30] Okay, so that's number two.[00:08:00] [00:09:00] [00:10:00]
[00:11:00] [00:12:00] [00:13:00] [00:14:00]

[00:14:58] The third [00:15:00] type of toxic person that you don't need in your life. The judger, the judger. This is a person who's constantly judging everything that you are doing. Not only that you are doing, but that everybody else is doing too. You know, this person's not good enough or that person's doing this, or you know, everything is being judged all the time and.

[00:15:34] That again, is not something that you need. I mean, even if they're judging something that's going on on the news or on television or, you know, they're kind of constantly, always, it's almost like they're looking down, they're spectacles or down their glasses. Hmm, hmm, hmm. What's going on,
[00:16:00] Right? And. You know, this is a person who's definitely very insecure in themselves, so they want to prop themselves up again.

[00:16:16] Very narcissistic thing to do. Probably a very covert narcissistic thing to do. Oftentimes it's a, uh, passive aggressive. Type of move, you know, Oh, you know, you've lost weight, but you know, you've got a ways to go, but you know you look better than you did. You know, that kind of thing. Who needs that? Right?

[00:16:44] So that's number three. Number four for number four is even worse than the judger. Number four is the back stabber. Ooh [00:17:00] ye. Number four is the back stabber. Let me tell you, if somebody is constantly backstabbing people, especially people that you know, That other person thinks that that person is their friend.

[00:17:24] That person is a hundred percent backstabbing you because if you think that they're your friend and then they're backstabbing, you know somebody else that they think is your friend to you. That's not good. Not good.

So you know, you don't wanna do that. And that's really what that is, is flying monkey situation.

[00:17:57] That's smear campaign situation. [00:18:00] That's a very, very narcissistic thing to do. Narcissists like to divide people. They like to make people be pitted against each other. because that's how they make sure that people aren't aligned. You know, They wanna make sure that people aren't ganging up on them, so they divide people.

[00:18:28] And I do have a whole video, by the way, on how to shut down a narcissist smear campaign. Something that you might wanna check out if you are a victim of a narcissist smear campaign. And you know, if you do have that situation and you wanna shut them down, you should definitely put that in the comments right now.

[00:18:50] Shut them down. Shut down toxic people. It's time to shut them down. So put that [00:19:00] in the comments right now. Shut them down. It's time to shut them down. All right. And we come to the most toxic type of person. I save the best for last, of course, the most toxic type of person, the one that we definitely, nobody needs.

[00:19:27] I think because this is the one who's out of integrity and without integrity, nothing works. So this is the one that no one needs. And so if you see this, this is massive red flag, this is the flag that you see and you just run away, this is the one that you know. Um-mm. I think this is, This is the one where you go, No, no.

[00:19:55] Thank you. I'll, I'll, uh, I'll, I'll [00:20:00] keep to myself. Thank you very much. The liar. The liar. Big narcissist. Move. Big, toxic move. You don't need liars in your life. You know, remember how Maya Angelou said, When people show you who they are, believe them the first time. If somebody's a liar, they're a liar, and you, you, you can't go, Well, they were having a hard time.

[00:20:34] They didn't mean it, you know, especially if it's a major lie. I mean, you just can't. You really can't explain those kinds of things away. Don't, don't allow liars in your life. Don't allow people in your life who are [00:21:00] going to not have integrity, who don't, don't have res enough respect for you as a human being to tell you the truth.

[00:21:11] You don't have enough ex respect for your time to tell you the truth because that wastes your time, your energy, No, liars are the worst, the most toxic, and you know, don't, don't explain that away. So those are the most toxic

types of people. You don't need these people in your life. You need to shut them down, cut them out, go goodbye, and there's enough good people in the world.

[00:21:46] People who are compassionate, have empathy, have integrity. You know, when you raise your standards, you don't get your goals, you get your [00:22:00] standards. And when you raise your standards, then you get good people in your life.

[00:22:08] Thanks for joining me on this episode of Negotiate Your Best Life. If you haven't subscribe to this podcast, we invite you to do that now, subscribe, rate, and write a review. We would love a five star review. If you haven't gotten my free crush, my negotiation prep worksheet, you can grab that now@crushmydeal.com.

[00:22:32] It's a 15 page ebook, which many people have gotten their entire negotiations. One just on that Crush my deal.com. If you haven't joined my free Facebook group and you need additional support, you can do that. At Narcissist Negotiators with Rebecca Zung, we'd love to see you in there. If you need additional [00:23:00] support, I have a partnership.

[00:23:01] With better Help, you can get additional support and therapy. With that, Better help.com/rebecca Zung, we only recommend services that we trust. We do receive commissions on that, but, What we have our partnership with that because we want you to have access to online therapy with services that we trust.

[00:23:31] If you don't have the help and support you need. There is no reason for you to sit out there and not have access to it. We have lots and lots of free resources here for you, and remember that today's a great day to start negotiating your best life. We will be back here again next Monday with another episode of Negotiate Your Best Life, Sending You so [00:24:00] much light and so much love.