

# N.Y.B.L. Podcast Ep 247 (If You Want to Shut Down a Narcissist and Take Your Power Back Then Watch This)

[00:00:00] **Rebecca Zung:** Let's dive into how you can defend your space, foolproof ways to set boundaries with narcissists. First, in life, we encounter all kinds of various challenges in dealing with narcissists, and one of the most draining experiences is how do you even start. The first thing that you can do is recognize those red flags.

[00:00:24] I talk about step one, don't run. Step two, make a U turn. Step three, break free. You are completely turning this thing around. You are course correcting. And the first thing you need to understand is that they've been grooming you from the beginning. Forgive yourself for that because they are the most charming, charismatic people on the planet.

[00:00:49] They, they've actually been mirroring you. They use mirror neurons and I actually talk about this in my book, how they, they actually are. So good at [00:01:00] knowing how to present themselves to you to become the exact perfect version of what you wanted to see from the beginning. They attach themselves to strong, capable, deserving, respectful people.

[00:01:17] They don't want to attach themselves to you because you have so little value. They attach themselves to you because you have so much value. So remember that. Remember that that's why they want to keep hold of you. That's why they, they love using you as a source of supply. It's actually the biggest scam on the planet that they make you feel like you're so full of not value, right?

[00:01:45] It is huge scam. So remember that you are actually strong, capable, and amazing. So, so filled with value. They don't want the clearance rack item. So recognize [00:02:00] that red flag. That's number one. Your first step, don't run, put that boundary in place. That first step to defending your space is to identify those red flags of narcissistic behavior.

[00:02:14] They tend to exhibit those consistent patterns such as constant self centeredness, mirroring you, flooding you with all of that lack of empathy and pretending like that they like the same things as you and all of that. They use

people for their own gain. And remember if they are love bombing you again, it's all a manipulation.

[00:02:38] Everything they do is a manipulation, especially when it's for their own gain to get you back into their lair. If you are noticing that they're constantly dominating conversations and they're not really showing a genuine interest in you, your opinions, your feelings, your emotions. They're [00:03:00] constantly interrupting you.

[00:03:01] They're constantly diverting that conversation. Why are you bringing that up now? Constantly saying you're interrupting them. Constantly saying that you're talking too loud or whatever it is. You know that this is not a genuine. a person who's really for you. If they're not willing to take responsibility for their actions, if they're constantly blaming others, blaming you for any problems that they encounter, that's a red flag.

[00:03:33] Next. Trust your gut. Trust your gut. Trust your instincts. If something feels off or emotionally draining when you're in the presence of this person, listen to your intuition and acknowledge your emotions. Start looking at this person as if they're a third party. Start to observe them. Start to look and go, is this right?

[00:03:58] I don't think so. [00:04:00] And, and start to almost as if you're reporting the news. And it can start to help you see what's going on and start to understand what's happening from a different perspective. You know, Wayne Dyer used to say, when you change the way you look at things, the things you look at change.

[00:04:18] And you can start to see your feelings are valid. And you can start to see that having ignored them for so long has just led to you just feeling exhausted. When you walk away from... being in that person's space and you feel exhausted, that is a huge sign. I remember somebody saying to me, when you start like Googling narcissism, or you're starting to like research things, that's probably a sign too, right?

[00:04:47] If you're with this person, you're feeling uneasy, you're feeling like uncomfortable after interacting with them, the spidey sense around them is just telling you that something is. off. It probably [00:05:00] is. Pay attention to those cues. Your heart actually knows what's going on before your brain knows what's going on.

[00:05:08] You know, your body reacts physically to somebody before your brain reacts. That is the next thing. The next thing that you can do is create those actual boundaries. The way that I say this is if that first boundary that you can create is just to say You can't speak to me in a disrespectful manner, or your approach is not working for me.

[00:05:36] Just start expressing your needs, expressing your limits, and not being afraid to express that. That's a huge. Step forward and just acknowledge yourself in that, say, I'm proud of myself in making that huge step and protecting yourself and protecting [00:06:00] your well being and showing your yourself and that narcissist that you're no longer tolerating their manipulative behavior and allowing them to invade your personal space.

[00:06:14] face and invade your sense of self respect. That is a huge step forward for yourself. You know, just say, I'm not comfortable with that. I'm not comfortable with having you speak to me this way. I prefer not to continue this conversation until you are ready to speak to me in a way that's respectful or in a manner that's respectful, or I prefer not to have this discussion right now.

[00:06:37] Whatever it is. That works for you and that is fine if a narcissist is demanding that you have a conversation at a certain time, you can say no, this time doesn't work for me and you know, I would say making a plan, Stan. I am not available until this. particular time. And when we meet at that time, [00:07:00] this is going to be the agenda.

[00:07:01] This is going to be the scope and then not allow the conversation to go beyond that scope. Not, not go beyond that agenda. That is you taking control. That is you saying, this is how it's going to go. And that is completely okay. I always say. Here's what's negotiable. Contracts, issues, terms. What's not negotiable is your self worth, your self respect, who you are.

[00:07:30] That's the next thing. And then the next thing is to stay firm, stay consistent. Once you create those boundaries, just sticking to them is so essential. Be calm. Be assertive. You don't have to be emotional. Don't, in fact, don't be emotional because once, once they know that you've gotten under your skin, then they know they have you.

[00:07:54] Avoid getting sucked in, drawn in, pulled in, because once they go. [00:08:00] Fishing, they start baiting, they start baiting, and they will try to bait you. 100%. They're going to try to bait you. They're going to say whatever they can to try to bait you. So they know what your weak spots are. They're going to be pushing, pushing, pushing.

[00:08:13] And then the next piece is to make sure that you surround yourself with people who are supportive. Make sure you do that. I do have a support group. It's Narcissist Negotiators with Rebecca Zung in Facebook. Make sure you join that. I also have a sponsor on this channel, which is BetterHelp. Make sure you join that too.

[00:08:35] If you need therapy, so it's, it's betterhelp. com forward slash Rebecca Zung. It's a sponsor in this channel. It doesn't cost you any extra if you use it. It's. there if you need it. And we just want you to have access to something that you can trust. And also, you know, make sure that you've gotten my book at slaythebully.

[00:08:53] com because we have access right there to a free master class right [00:09:00] now and in a free workbook and, and behind the scenes access to all kinds of really cool stuff, which is right now available for a limited time. So make sure you get that to support yourself, support yourself and surround yourself with supportive and Understanding individuals who can uplift you, validate your feelings, positive influences, can help you maintain your strength, especially during these challenging times.

[00:09:24] And you know, with narcissists, they're constantly trying to isolate you, constantly saying things like everybody else thinks, no one else thinks, you know, trying to make you think like you're the only one out there. So seek out family and friends who you can share your experience. Experiences with and learn from others who face similar situations.

[00:09:44] These connections can provide you with insights and strategies for dealing with narcissists effectively. As I said, engage in the online communities like the ones that I have. Uh, provided here. [00:10:00] I have a YouTube channel. I have an Instagram. I have all kinds of things available for you that are free. So remember that your voice matters.

[00:10:10] Your happiness is worth defending your light, your soul. It's worth defending. That's why these boundaries are so, so, so important. Protect yourself, pave the way for becoming healthy, becoming the best version of yourself. You were meant to shine. You were meant to born. You were, you were meant to have your soul be fulfilling the high God's highest purpose for yourself.

[00:10:38] It's almost disrespectful to God not to do that. So let's continue supporting each other on this journey of personal growth. You know, so how do you deal with this? How do you deal with this? So let's talk about. a few things

that you can do to put into place to start shifting that dynamic. Okay. [00:11:00]  
Because I want to talk about that because you've been conditioned by the narcissist.

[00:11:05] They condition you from the beginning of the relationship, you know, just by them doing some things and then getting away with it a little bit. by little, a little, a little more, a little more, a little more, a little more. And so, you know, you get more and more paralyzed, a little more and more frozen, a little more hopeless, helpless.

[00:11:27] And it's, it's very, very difficult because they are emotional vampires. You feel the life draining out of you. You it's extremely painful. It causes extreme trauma, which manifests in you physically as well. So, you know, you have to understand that the cognitive dissonance that's going on in your brain because of the constant gaslighting and all of the things that they do, it's not something that you can just turn around [00:12:00] immediately.

[00:12:01] It's something that you have to do with baby steps. So I always say step one, don't run. Step two, make a U turn and step three, break free. You know, you have to, you're turning this around to shift that dynamic and you have to do it very slowly and surely. So the first thing that you're going to do is create some boundaries.

[00:12:23] When you're, step one, don't run. You have to create those boundaries. Putting some, some boundaries in place so that you can start avoiding that toxicity so that you can start to heal, so that you can. Start to not allow that toxicity that narcissistic rage to be there and you know, you know that they're going to be triggered and you know that they're going to try to trigger you as well.

[00:12:54] So you want to decide up front what you're going to [00:13:00] tolerate, what you're going to allow, and then just start baby stepping it and what you're going to say. You know what? This is not okay. You can't speak to me this way. We will have a conversation later when you're ready to talk to me in a proper tone or something to that effect and be super crystal clear about, about that.

[00:13:26] And when they have those tantrums, which they will, you know, they're going to try to guilt you. They're going to try to blame you. They're going to try to shame you. They're going to try to go do all of the things that they will do. And you just have to be strong. Because they're going to try to wear you down and pick at you and chip at you.

[00:13:46] And you have to be strong and say, no, I'm not, I'm not giving into this. All right. The next thing that you can do is just say, so step one, don't run. Step two, [00:14:00] make a U turn. And that's when you start shifting that dynamic. And you start to say, I'm going to start to talk to you and I'm going to start to present my arguments.

[00:14:12] This is all part of my S. L. A. Y. methodology. Strategy, leverage, anticipate, and focus on you. You don't apologize for it. You, you stand in your power. You don't defend yourself. Never explain, justify, or overshare. Don't defend yourself, because when you defend yourself, you're giving the other person power, and you don't want to do that anymore, right?

[00:14:35] I'm not apologizing anymore for my actions. I'm not going to Be allowed to be made to feel guilty for anything and I'm not falling into that trap and I know that your rage is terrible, but I'm not going to be sucked back in because you're a bully or because you're a terrorist. It's [00:15:00] terrorist tactics is what it is.

[00:15:02] And you, you can't surrender to that abuse. You have to set and enforce those boundaries and not justify the fact that you have them. You know, that's when step three break free starts to happen. You know, 99 percent of a negotiation happens before you walk into a room. Why do I say that? Because it's all in your mindset too.

[00:15:29] And you also have to be on the offensive. It's focusing on you. S L A Y, Y is you, right? So, educate yourself, do the things that you need to do, and understand that regardless of the type of narcissist that you're dealing with, whether it's covert, grandiose, malignant, they all have some form of narcissistic rage that gets triggered, regardless of the type of [00:16:00] narcissist that you're dealing with.

[00:16:02] I know because I dealt with them for more than 20 years as an attorney. I've seen it firsthand. I've had a front row seat as an attorney. I have facilitated many, many, many mediations. Many negotiations as an attorney. I have coached people on the highest level and I know what that looks like. I know what their tempers look like.

[00:16:30] I know what their rage looks like. And I know that they enjoy it. They get a sadistic pleasure out of punishing others. They use that punishment to control people and they use that, that rage. It's, it's a way to get people to do what they want. You know, just sort of like a two year old having a tantrum on the floor.

[00:16:58] They use that [00:17:00] anger. They use that rage to get. their parents to do what they want, and that's what narcissists are doing, too. So, so, um, what is the best advice that you would give to someone who is dealing with a narcissist who is, you know, in a situation where they're just, like, thinking, I don't know how I'm ever going to get out of this thing?

[00:17:20] What would you say to them? Um,

[00:17:27] my piece has a, has a high price tag. And, um, if I got to let go of some money to get some peace, I will do that. I will not let people walk over me, but I will not let that actual, you know, the vase or whatever, you know, the idea that I need to beat him or her, uh, I need to beat the day and the, and I beat the day if I find some peace in it and that, you know, there.

[00:17:56] Make them ancillary. It's hard to do, but your life is about your [00:18:00] day. He is, he or she is just a part of your day and make them ancillary. It is a job. It is hard, but it is doable. Hmm. I like that. And, and what about boundaries? I just had that thought. Like, I teach people to like create boundaries. Um, you know, emotionally, physically, whatever boundary type they need to create.

[00:18:23] What would you say to that? I think it's absolutely necessary during this lockdown. I have I have boundaries. I'm not allowed to read emails after a certain time because it's it's it's not a good time today. I'm only allowed to consume a certain amount of news. You know, I insert limits and boundaries on what I do.

[00:18:41] So I can I can, um, I can be in charge of all of the incoming information because between Facebook and Twitter and Instagram, you get a lot of emotional incoming from all over. And people are emoting and they are emoting to the world. And if you're consuming [00:19:00] all of that, you're consuming raw people, other people's raw emotions, and you don't need to do.

[00:19:04] So you should limit yourself with respect to the exposure that you have to incoming. Uh, agitation and irritation. Yeah, I think that's great. Um, and you know, I also teach people like, you know, as far as like boundaries, sort of like tactical responses, such as if they get a long email that says, you know, you're a deadbeat, you suck in every way, whatever.

[00:19:31] Uh, but there's like one piece in there that says. What time do you want to pick up Johnny on Wednesday? You could just, like, write back and say, I'm in receipt of your email, I disagree with your allegations, and you can pick

up Johnny at 3 o'clock on Wednesday. Yeah, and I think that's a very, very good idea because if you don't buy into, they did, they sent it for a reason.

[00:19:54] They didn't send it to convince you of that, they sent it to upset you. So, if [00:20:00] 20 minute me mail, Took 20 minutes to write a damning email. And then you come back with, yeah, you can pick them up at nine. That's a, that's, that's a victory. Then you put that in the win column. That is a victory. It is so true. I love that you put it like that.

[00:20:19] So let's talk about how to say no, just say no to that narcissist. Okay, so no is the single word that narcissists never want to hear. They want to believe that they have full power over you, full, uh, Spengali magical abilities to get you to do whatever you want, they want you to do. You know, they want it.

[00:20:46] They play these Jedi mind tricks. But they're not Jedi. There's, they're, you know, more like Darth Vader, uh, to try to make you think that you have to do whatever it is that they want you to do. So [00:21:00] the first way that you can start thinking about how to say no to that narcissist is by starting to.

[00:21:07] Understand what it is that stops you from wanting to say no to them. Is it that you're afraid? Is it that you're intimidated? Is it that you're thinking that there's going to be some sort of backlash? Is it that they are saying that they're going to expose you? Is it that they're saying that they're going to withhold affection from you?

[00:21:32] Withhold sex? Is it that they're going to, um, make you feel bad that, that they, they just have such a tantrum that you are going to have to deal with it. And so you just think to yourself, you know what, I don't want to have to deal with their tantrum or maybe, maybe you're afraid that there's going to be anger, uh, or some kind of retribution.

[00:21:56] And, and so what is it that stops [00:22:00] you from? being okay with just saying no to something you don't want to do for a narcissist. For some people, it really is just that you're an empath and you don't want to say no because you don't want them to feel bad because you don't want them to think that you're not there for them.

[00:22:20] You know, it's nice to be needed. It's nice to feel wanted. Sometimes you don't say no because you think that they're finally going to appreciate you. They're going to see all of the things that you're doing for them. I know with a couple of covert narcissists that I had to deal with in my life, I found myself

doing, doing, doing for them all the time because I thought I was being a kind person.

[00:22:44] I thought I was being a generous person. I thought that I was. Doing the right thing. So maybe that's part of the reason why you don't say no. I, I mean, sometimes for me, what I found was I didn't wanna rock the boat. I just felt like, you know [00:23:00] what? It's just easier. I'll just, it, it's easier to do what I, I don't necessarily wanna do, or more than what I think that I should be doing then have to deal with whatever it is that I'm gonna have to deal with on the other side with that.

[00:23:14] Um, and, and. You know, what happens is when you do that is that they expect more and more and more and more, and you never end up getting that validation that you think that you're going to get. And I've spoken to thousands of people all over the world. You know, you guys here, my community, this channel, I have viewers.

[00:23:36] From literally every continent in almost every country in the entire world. And so I've spoken to enough of you to know that this is a universal thing. They often target empaths and you know, and, and, and empaths are people who feel very deeply for people who have a lot of compassion, who have a lot of empathy for people.[00:24:00]

[00:24:00] And, um, they, they like empaths because they can. They know that you're going to have a hard time saying no. The other issue is that maybe you just want to be nice. I think that maybe this could be more of a, a female issue. I'm not really sure, but I know that a lot of men struggle too with being people pleasers.

[00:24:24] And you know, maybe you're just a people pleaser in general. You don't want people to not like you. You don't want to be the one who's. Not, you know, going along with things. Um, I, I heard Oprah speak one time and she was talking about how, um, you know, she was, she didn't say no to somebody that, with something that she didn't wanna necessarily do because she, she didn't want people to think that she wasn't nice.

[00:24:53] And she relayed the conversation by saying she had told her boyfriend Stedman about that and Stedman [00:25:00] said, Are you nice? I don't think you're nice. He said, I think you are a kind person, a generous person, but you're not nice. What is nice even mean? Right? So, when you start to think about it in terms like that, you start to realize well, Necessarily wanna

be nice, you know, you can be kind, you can be generous, but on your own terms, right?

[00:25:23] So, um, you know, throw away this whole notion of you don't wanna look like you're not a good person. You don't wanna look like you're not kind, not generous. Um, and, and, you know, we as human beings, we like to feel seen, heard, and know that we matter. And a lot of times the way that we get that feeling of, of feeling.

[00:25:45] that we matter is by helping people. It's a good thing to help people, right? But not if you're being taken advantage of. And that's the key when you're dealing with narcissists. You're giving, giving, giving, giving. You're not getting [00:26:00] anything in return. You're making deposits into this bank. You never can take the money back out.

[00:26:04] And so you end up feeling dep Pleased. You end up feeling exhausted and that's what they do. They are energy vampires. And if you want to know more about what an energy vampire is, definitely check out my video on energy vampires, because that's what they do. They literally suck the life out of you until you feel like your soul is gone, tired.

[00:26:30] I know, I've been there, I've had to deal with them myself, and I, I know exactly where you are and, and how it feels. And so how do you start getting your life back? How do you start getting to a place where you start to feel okay about saying no? And you start to, and just little bits of saying no. We'll, we'll see.

[00:26:54] start to help you. So my recommendation to you to start feeling that power is [00:27:00] saying no, just even little things, you know, like, um, empty the dishwasher. No, that was supposed to be your job. You can empty the dishwasher. I'm going to bed, just little teeny things that will start to make you feel empowered.

[00:27:19] Get your confidence back and you'll start to feel like yourself again. Little Baby Steps. You know, the, the, the longest walk just starts with the first step. Right. And that's what you're doing. So the first thing I want to say to you is just say, no. So, and then the second thing that you're going to do once you've started to say no, is you're going to stick to your boundaries.

[00:27:42] You're going to stick to your garden. You're going to stay, you know. Stay the course. Sometimes it's gonna be hard. Sometimes you will stumble. Sometimes you will go back on your word and you'll go ahead and give in.

Don't beat yourself up over it. Every day is a new day. Every moment is a new moment. Just, you [00:28:00] know, the what if game, the regret game, the I shouldn't have, woulda, coulda, shoulda, forget it.

[00:28:06] skip that. Just go, okay, in this moment, I'm going to stick to my guns. In this moment, that's what I'm going to do. I'm going to look forward. I'm going to keep walking. I am going to say no to this particular thing. I'm going to create these boundaries. And once I create these boundaries, those boundaries are going to be steel.

[00:28:23] I'm not holding them back. I'm not pulling them back a little bit. I'm not making them flexible in any way. I'm going to just keep on going with them. And once you

[00:28:37] then you'll start to realize that the narcissist is not as powerful as you think that he or she is. That narcissist is actually the most scared little person on the planet. That's the not so secret secret. Alright, so 8 ways to move on from narcissist. The first thing you have to do, now remember, [00:29:00] You've been conditioned from the beginning.

[00:29:03] You've been love bomb. You've been charmed. They come along. They are the most charming, incredible people on the planet. Seriously, they know how to become exactly what it is. that you need to see because they've been reading you from the beginning. The reason why they know how to do that is because they started off from the time that they were children as needing this as a survival skill.

[00:29:38] I say, you know, like Malcolm Gladwell's like 10, 000 hours to achieve mastery, right? They had like their 10, 000 hours by the time when they were like 10 years old, because this is a survival skill for them to be able to read people, to be able to become exactly what they need you to be, or you need them to be rather.

[00:29:59] [00:30:00] So, They've been conditioning you from the beginning. So the first thing you need to do is go no contact and that's like the hardest thing to do. So I say step one, don't run, go no contact right away because You are shutting down the fumes. You're shutting down that toxic energy, that toxic stuff that's in your, in your air.

[00:30:28] I saw somebody talking one time about this analogy of somebody, and it's kind of gross. So I'm just going to go there. Okay, but it is kind of gross, but I have to go there. This analogy of somebody peeing in your pool, right?

Like if you were standing in your own pool or your own hot tub or whatever, and somebody peed in it, you'd be like, that's disgusting.

[00:30:54] Get out and don't ever come here ever again. But that's kind of what they're doing. [00:31:00] It's like that toxic stuff like there. And you got to get it away from you. So you've got to go no contact so that you can start to clean up that energy so you can start to feel better. Part of the way that you do that is I'm going to say go to number two, which is to start to set boundaries for yourself.

[00:31:27] All right. So how do you set boundaries? Well, one of the ways that you can set boundaries for yourself. is to have one form of communication because one of the things that is going to happen when you decide to move on is that they're going to just go insane because they realize that they're losing a form of narcissistic supply.

[00:31:53] They're losing their grip on you. The difference between you as a [00:32:00] person and you as a possession because they don't care about you as a person. They're gonna love bum you and they're gonna make it seem like they care about you as a person, but they don't care about you as a person. They're gonna go after you as a possession.

[00:32:17] Oh, there goes my form of supply. There goes what I need. They need you to be filling that. That hole for them. They don't care about you as a person. They don't care about your needs or ever satisfying your needs. So they're, but they're going to light you up. They're going to show up at your house or office.

[00:32:42] be sending you all kinds of emails. They're going to be guilt tripping you. They're going to be flooding your inbox. be flooding your emails, flooding your, flooding your texts. They're going to go crazy on you and they're going to guilt trip you. And they know [00:33:00] exactly the things to say. And you just, you can't allow that to happen.

[00:33:05] So you've got to like winnow it down. To one form of communication and you've got to allow yourself to have that space to heal and the communication. If you're having any communication at all, you know, I say no communication at all. But if you're if you have to communicate with this person, then it's got to be only one form of communication.

[00:33:34] And you know, it's only about the kids or it's only about work or it's only about this particular topic. So how do you set those boundaries? You pretend like you're reporting the news. Basically, you, you don't explain, you

don't justify, you don't defend yourself. You don't, you don't need to go point by point by point and explain every single thing.

[00:33:58] If they send you [00:34:00] this. a whole long email on every single thing, accusing you of everything under the sun. You can just say, I deny that. I deny everything you said there. That's all you need to say. And then you can just go through and pick out the one thing that you need to respond to and that's it. And I, you know, I recommend that if you have to correspond.

[00:34:22] You use email or you use, if you have children, you can use one of those apps that you want something that has a time and date stamp. You want something that can't be manipulated. Texts can be easily manipulated and they don't have a time and date. stamp. Okay. So those are the first two ways that you can start to move on.

[00:34:44] The next way that you can start to move on is, is start to get educated, start to get educated, start to get information, start to get all the knowledge that you can, [00:35:00] because the more knowledge that you start to gain, the more that you start to realize, Hey, this wasn't me. This was that and you start to realize this was a person that was broken and you'll start to realize, you know, I, I don't, I can't, I don't need to take this personally because I know that I have value and the faster you start to recognize this.

[00:35:28] that the faster you will start to heal to start to gain knowledge, start to get educated, start to understand narcissism, start to understand whatever it is that you need to understand, whatever it is, the processes that you need to understand, right? So if you are getting ready to go into a negotiation, start understanding that process.

[00:35:54] If, you know, whatever it is that you need to start educating yourself on, that's the next step of [00:36:00] what you need to do. Okay? The next thing that you need to do is start documenting absolutely everything. Document, document, document. Absolutely everything. Document everything that you need to document because you definitely are going to be needing to protect yourself.

[00:36:23] Remember that, you know, they're going to try to trigger you. They're going to try to do things to try to get under your skin. Anticipate that. Start creating a strategy. Start creating your leverage. That's my SLAY methodology. Right? So strategy, leverage, anticipate, focus on you. It works. It absolutely works.

[00:36:46] And remember, your leverage is going to be thinking about your diamond level supply and your coal level supply. What's going to be more important for a narcissist to protect and defend [00:37:00] than the supply that they get from jerking you around, right? And, and that's how you develop it. And, you know, that's what I teach you in my S.

[00:37:08] L. A. Y. program. And by the way, if you don't have access to a support system, you know, we do offer that in my free Facebook group, you know, so make sure you join that. You know, you definitely want to have access to support and, and we do have. a sponsor on this channel, which is better help. And you can go to better help.

[00:37:31] com forward slash Rebecca Zung to get that help if you need it, because we just want you to have access to the help and support that and guidance that you need something that you can trust. We get commissions on that. It doesn't cost you any extra. So that's the next thing. The next thing that you're going to want to do is start to visualize, start to visualize.

[00:37:56] the things that you actually [00:38:00] want. Where is it that you want to go? What is it that you actually want to do? What is it that you want from your life? Because, you know, a lot of times people Don't think about that. When you're dealing with a narcissist, you know, you, you spent so much time defending yourself.

[00:38:22] You, you forget to actually think about what it is that you want. And you, you've been erased for so long too, that you kind of almost forgot about the fact that you get to have needs. You get to have wants, you get to have needs. thoughts for yourself because they didn't allow that for you for so long either too.

[00:38:48] So this is your moment. This is your moment to get to go, wow, I get to have a life and I get to think about the great things in my life. [00:39:00] And. You know, somebody recently said to me that he was going to think about the majors in his life instead of the minors in his life. And I thought that was such a beautiful thought.

[00:39:09] The majors in his life are the big Fs, he said, instead of the small things. So, you know, family and finances and, you know, like the, the major amazing things in his. Life, right? So think about the big things in your life that matter to you the most that matter to you the most. You know? And for him, he included philanthropy and that it's like an F sound, you know, and, and he

considered, you know, all of the major things in his life that matter to him the most.

[00:39:44] So if we think about the things. in your life that matter to you the most. Write those down and start visualizing those things. What matters to you the most and, and start writing them out and start creating a plan for that. And then the next [00:40:00] thing is, I want you to think about taking time to allow yourself to be okay.

[00:40:08] with being sad, be okay with being angry, be okay with sitting with your feelings. So I'm going to just say, allow yourself to go, I'm going to just be okay with whatever it is that I feel, because you know what? The only way out is through. And. You can't rush that. You can't rush that. I just had a whole conversation with somebody who had dealt with a lot of trauma in many different ways because of a husband, because of several different things.

[00:40:42] And she was, you know, kind of upset with herself because she felt like she should be further along. And I reminded her it had only been like six months since certain things had happened, you know, with her husband and with other things. And she was like, you know what? You're right. [00:41:00] Has only been six months, you know?

[00:41:02] So allow yourself time to process and don't be too hard on yourself. If you're still feeling sad. You're still feeling angry. You're still feeling resentful. You're still feeling like you missed the person. That's okay too. Because, you know, especially if you had a life with a person for a long time, that's all right.

[00:41:26] You know, you can sit there and journal out what it is that you're feeling and say, I'm still feeling this or that or whatever emotions. are tricky things, you know, and things can be triggered by the craziest things too. You know, we can be triggered by a smell, we can be triggered by hearing a song, we can be triggered by seeing somebody that you know, you can be triggered just by seeing an interaction because you know, our brain is networked, right?

[00:41:58] And just [00:42:00] the familiarity of certain things causes a network of neurons to be engaged. And then there you are, you know, it all gets lit up in there and things start getting fired up. And there you are, right? So it's okay to have that happen. So the next thing I'm going to say to you is find your vibe tribe.

[00:42:27] Find your vibe tribe because that is Critically important. Critically important to have that support group. And I started to allude to that a little bit

earlier in this, where I said, you know, join, join the Facebook group and find, you know, your therapist and that sort of thing. That is just so important.

[00:42:47] So important. to have that vibe tribe, to have that self care, to find your ways to have your self care, because if you don't [00:43:00] have ways to take care of yourself, have ways to find your vibe tribe. You're not going to make it because you need support. One of the things that narcissists have done from the beginning is isolate you.

[00:43:19] And I do have a, an inner circle that I definitely invite you to join as well. It's my Slay Inner Circle and the link for that is [slayinnercircle.com](https://slayinnercircle.com). You, you want to have a place where you can go, where you can feel accepted, supported, loved, you know, like the old cheers show, right? Where everybody knows your name, find your vibe tribe, find your people.

[00:43:47] You definitely probably are going to want to have some sort of therapy, whether it's from a clergy or a therapist or something really somebody [00:44:00] who can help you with your trauma and you know, dealing because you, you are in trauma. You are definitely. Your body has dealt with a lot of trauma and processing that trauma is so, so important.

[00:44:17] So important. Okay. And then the last thing that I'm going to suggest that you do is find something that you can pivot to find something that when your brain starts to go to the past, I want you to have something that you can immediately pivot to. That is your present and your future. That helped me so much.

[00:44:42] So much. It still helps me. I always joke that I can't leave my thoughts unsupervised because that is so important. That is something that it has been absolutely critical for me. You know, when my thoughts [00:45:00] start going into the dark alley of you know, I call it the ghetto of my brain. I have to find, you know, the good neighborhood again.

[00:45:11] And how I do that is I find like the, the good neighborhood that, that what am I focusing on that's creative for me? What am I focusing on that is helping people like making good videos for you guys are, you know, doing things that I know serve my purpose in life. is doing great things for serving my soul, making me feel better, making me feel like I know I'm doing the right thing in the world, and not allowing myself to go down the path of I'm in victim mode.

[00:45:52] Because anytime you allow the narcissist to rent space in your head free, they're not [00:46:00] paying for that space. You're allowing yourself to be a victim. Don't, don't give them that space. Don't give them that satisfaction. Move on. It's time to move on. It's time to pivot. It's time for you to slay. It's time for you to be the best version that you can be.

[00:46:19] And, and giving them any more time, any more space is not. the best version of your self. So the next video I want you to watch is self care for dealing with narcissists. It's a great video that I did. I have tons and tons and tons of ways that you can engage in self care and because self care is so important.[00:47:00] [00:48:00]

[00:48:49] Today, I'm going to give you six ways to the path, the step by step guidance to take ultimate revenge on narcissists. You don't want to fight or [00:49:00] argue with narcissists. You're going to do this and instead, because if you fight or argue with them, they're going to fight or argue back, you know, how you push against something and push back against you.

[00:49:13] And when you're doing that, they actually enjoy it. That's what they want you to do. That's exactly what they want. They're like, Hey, now we're having a conversation. Now you're giving me what I want. You're giving them food, life, blood, oxygen that does not give them revenge. So, you know, my S. L. A. Y.

[00:49:32] methodology has actually helped people break free. You know, it's strategy, leverage, anticipate, and focusing on you. And so those are the things that you're going to want to be able to do. I always tell people, step one, don't run. Step two, make a U turn and step three, break free, because you're really kind of shifting the dynamic.

[00:49:55] You're shifting the power dynamic because What's [00:50:00] happened is they started off love bombing you. They started off, you know, conditioning. That's what love bombing really is. It's really a misnomer because they really are conditioning you from the beginning to see are they going to be a good source of supply for me?

[00:50:17] So what you want to do is you want to stop that conditioning. So step one, don't run. Stop that conditioning. Stop the bleeding so you don't argue or fight with them anymore because they're going to always be right and you're going to always be wrong right now. You're in this constant losing battle.

[00:50:41] You're never going to convince them that what your position is, is correct. You're never going to get them to go, Oh, you know what? You have a point there. You're never going to get them to, to come to that kind of thinking. You're never going to get them to acknowledge you. Even if it was [00:51:00] a business relationship, because I was in a business relationship with a narcissist.

[00:51:04] I know what you're thinking. You're thinking. Oh my gosh, I contributed so much to this situation so much to this relationship or so much. How do they not see that they're not. And if you think that you're going to give a lot in the negotiations at the beginning, and that's going to garner some sort of favor, and they're going to see how fair you're being and acknowledge that in some way they won't.

[00:51:30] The faulty premise That people go into these situations with is that you try to overlay reason to a person who's unable to see reason. They just literally are unable. So if you really want to take the ultimate revenge on a narcissist, don't fight back. Don't try to argue. It just makes them more aggressive.

[00:51:56] Number two is You need to [00:52:00] set boundaries. You need to stick to them. And that's going to be really, really hard because they don't want you to stick to your boundaries. They want to maintain control because you are a source of narcissistic supply for them. So you're going to need some ways to disarm that narcissist.

[00:52:20] So I have a free resource for you. It's my free 15 key phrases to disarm narcissist. I would go grab that now. You can get that at [disarmthenarc.com](http://disarmthenarc.com). Just go to [disarmthenarc.com](http://disarmthenarc.com). It's a free resource for you. You can use that to write emails. write text messages when you're speaking to them, if you're responding, you know, because they're going to light you up like a Christmas tree with all of their flooding, trying to get that supply source back under control.

[00:52:56] But that's okay, because it's like a [00:53:00] two year old having a tantrum on the floor. You just have to realize that that's what's going on and you're just going to observe it. So that goes into my number three. So number three is don't give them the attention that they crave. Don't give them that satisfaction of knowing that they've upset you.

[00:53:19] Ignore them as much as possible. Kind of got to be like la la la. Just look at the floor, look, you know, have other things that you're going to be prepared to do to look at, write the book that you've always wanted to write,

start your new projects, move on, have other things that you can start to pivot to because you're just going to want to know that you've got other things that you're going to start to think about because you do not want.

[00:53:51] to fall into the trap of giving them the satisfaction of knowing that they've upset you. You want to ignore them as much as [00:54:00] possible. Once you've set those boundaries, you need to stick to them no matter how hard it is. And there's a number of reasons for that. I mean, obviously, if you go give them that attention again, you're back into the cycle, you're back into it.

[00:54:18] And they know there's that supply source, and as long as they know that they can get that supply source, they're never going to leave you alone. They're also going to try to bait you into doing certain things, try to upset you, try to get a reaction out of you, and if they do that, they're going to use that reaction against you, and you're never going to be able to heal.

[00:54:39] As long as you keep exposing yourself to that toxicity, you're never going to be able to heal. So number four is, you know, you have to. start taking time for yourself. And then that really is how you start to take ultimate revenge on a narcissist. Once you don't fight back, once you don't argue with them, that's really [00:55:00] how you start taking the ultimate revenge on that narcissist because once you start to be happy, once you start to have your own life and you're not feeding them anymore.

[00:55:11] That's really what disempowers them. So start to make yourself happy. Start to find your own interest or to have your own source. You know, you'll start to breathe. You'll start to realize you don't need this person anymore. So that's number four. Number five is. Start documenting everything that narcissist does and says, have a notes file in your phone, have some way that you can document in real time, and if you can start organizing it, even better.

[00:55:47] So, you know, I like to organize it by the statute. If you think that there's going to be some sort of a legal case, you know, figure out what statutes are going to be applying to your [00:56:00] particular case. and organize it by the elements of that statute. That's the best way to do it. But if you're not going to have a legal case and find some other way to organize it, you know, summary of lies and inconsistent statements, summary of times that they didn't show up on time, summary of times they didn't pay the bill on time, whatever it is, try to find some pattern of something where you're documenting.

[00:56:27] everything the narcissist does and says, but you know, whether it's the phone calls, whether it's the emails, whether it's the text messages, the faster

you can figure out a way to have things organized, the better it's going to be for you. If you can figure out some way that you can find something by words, by keywords.

[00:56:48] even better. If you can create a timeline, that's even better. You know, some way that you can start organizing and documenting everything the narcissist does and says, [00:57:00] it will make your life so much easier because it will start to become voluminous. I promise you. And they will give you the lots and lots of material, but this will become your leverage.

[00:57:11] So when you're doing your S. L. A. Y. methodology, strategy, leverage, anticipate, and focusing on you. This will start to become your magic bullet leverage, which you will incorporate into your strategy and it will definitely work for you. I promise. Number six is you are going to get support and you're going to get support from a number of different ways.

[00:57:34] I want you to get support from people who have been through this before. I want you to get support. from a network of friends. I want you to get support from a network of maybe family members. Seek professional help if possible. So if you don't have access to therapy, we do have a Sponsor on this channel, which is better help.

[00:57:59] So you can go to [00:58:00] better help. com forward slash Rebecca Zung. We do receive commissions on that. It doesn't cost you any extra. We just want you to have access to services that you can trust. We also have a Facebook group. I have a Facebook group that you can have access to, which is totally free, which is Narcissist Negotiators with Rebecca Zung.

[00:58:22] And I also have an inner circle, which you are welcome to join, which is my slayinnercircle. com and I want you to have access to the help and support that you need. It is so important for you to have a network of friends and family and professional resources that you can count on, that you know, that you can trust, because you are going to need that, especially when you are dealing with narcissists.

[00:58:54] That is how you take the ultimate revenge on [00:59:00] narcissists. You do not fight or argue. with them. Instead, you get revenge by doing these six things. So let's talk about narcissists and their seven deadly sins. One of the things that you should know is that narcissism is a legit personality disorder and it causes people to have no sense of inner value.

[00:59:26] zero sense of inner value. They have to get all of their value from the external and it causes them to have a complete lack of empathy or care for anyone else. There's just something that's broken inside of them that they just can't, they can't feel. a capacity of care for the other person. So understand that there are three different types of narcissists in general, which are the covert narcissist, which I call the wolf in sheep's clothing.

[00:59:58] That's the one that I was [01:00:00] actually a victim of two of them, not husbands, but people in my life. And so I have a, uh, my own serious disdain for covert narcissists, but these are the people that look really nice. They, they appear to be wonderful, kind, good people. Oftentimes they're psychologists or lawyers or doctors or clergy or people who have a lot of respect in the community.

[01:00:26] So that's covert narcissist. The second type of narcissist is your grandiose or overt narcissist is sometimes what they're called. And that's more of what I call the garden variety narcissist. The one that you normally think of when you think of narcissist. That's the kind that goes around telling everybody how great they are all the time.

[01:00:47] And the funny thing for me is that when I discovered that the two people that I was dealing with were covert narcissists, when it was brought up to me that that's what they were, I thought, Oh, no, I. I don't think they're narcissists. [01:01:00] They think they might be insecure, but that's because they're covert.

[01:01:05] The overt or grandiose narcissist goes around telling everybody how great they are. They're very boastful, braggadocious. They, um, they really stand out as narcissists and people will often say, Oh, they're narcissists, which to me, those people are actually less insidious than the coverts because you can see them coming a mile away.

[01:01:26] Um, The third type of narcissist is what we call the malignant narcissist. And this is a type that, uh, can tend to be pretty dangerous and really pretty evil. Uh, this is the kind that might tend to engage in stalking or, um, or violence or threats of violence or something like that, or, or they have no problem, you know, calling the police and falsely accusing people of horrible things like child molestation when they know for sure that that's a complete [01:02:00] lie.

[01:02:00] You know, that's just. so evil and awful and that's a malignant narcissist. And you can have different types of narcissists that are in

combination as well. Like you can have a malignant covert narcissist, that sort of thing. So those are the three types. So now let's talk about the seven deadly sins. So the first deadly sin is shamelessness.

[01:02:26] Narcissists are openly and proudly shameless, especially the grandiose and the malignant type. They're not bound by the emotional needs of others, so they're just shameless in the kinds of things that they go after. And actually, let me amend that and just say I've seen covert narcissists. be shameless and the kinds of things that they think that they're entitled to as well and that they'll go right after.

[01:02:49] They loathe criticism. They consider criticism to be toxic and any hint, smell, whistle, tone of criticism they [01:03:00] will take very, very personally. because it implies that they're not perfect and need to change. Number two is magical thinking. Narcissists want to project that they are perfect. And so they distort everything through that lens.

[01:03:16] And so part of this magical thinking piece is they project their faults and flaws through others. This is part of the whole gaslighting thing. So if you say, Hey, you know, you drop the ball on that deadline to a coworker or an employee, then they're always going to have some excuse as to why it was somebody else's fault.

[01:03:38] Number three is arrogance. They are extremely arrogant and oftentimes they have to feel like they need to inflate their ego by deflating others. So this is where you will see them deflating, devaluing, degrading, cutting down others because they need to [01:04:00] feel like they are superior to everyone else.

[01:04:03] Number four is envy. Oh my goodness. Narcissists are so envious of everyone else and they're envious in every possible way. Life is just not fair for the narcissist. So if someone else has more money than they do, has a better position than they do, got something that they didn't, got attention that they didn't receive, even if it has nothing to do with them, absolutely nothing to do with them at all.

[01:04:33] And most of the time it doesn't, they are extremely jealous of other people. So this is where you'll find them, you know, maybe devaluing somebody else's contribution or not valuing it at all, or poo pooing it or saying that it really didn't matter, or it didn't actually contribute to anything. They're contemptuous and minimize other people's accomplishments.

[01:04:58] And they're so [01:05:00] jealous of them that they just constantly want to bring them down. Number five is entitlements. Narcissists hold an unreasonable expectation of special treatment. They think that they should get the best parking spaces or the best places in the restaurant, or they shouldn't have to wait for anything.

[01:05:21] They think, you know, that everyone should see them as entitled and, and special. And, and if you don't fall in line with that, then you're going to be subject to their ire. Failure to comply with this entitlement piece is considered to be an attack because with a narcissist, you're either for them or, or you're against them.

[01:05:46] You can't just be neutral. You can't just walk away from each other like two normal people or just decide you don't want to work together anymore. Or you just, you know, don't want to be in a relationship anymore. [01:06:00] You can't just wish each other well and move forward. No, no, no. Can't, can't work that way.

[01:06:05] You're either for them or, It's an attack on them and defiance of their will is something that inflames their narcissistic injury, which will trigger their narcissistic rage. Number six is exploitation. And what this means is that narcissists will use people for whatever they need to use them for. They exploit others.

[01:06:31] So the thing about narcissists. That you have to remember is that you really have no value to a narcissist other than what you can bring to that. Narcissists need an endless amount of what we call supply. And supply can be negative or it could be positive. What and what I mean by that. 'cause really no, no supply is good in a sense, but what I mean by that is that.

[01:06:54] Narcissistic supply is anything that feeds their ego. So it could be, you [01:07:00] know, having the biggest house, the biggest job, the biggest bank account, the, the best, um, friends, the most high in the highest places, the most recognition. you know, things like that. But narcissistic supply can also come in the form of treating people badly, degrading, debasing, you know, cutting people down, some of the other deadly sins that we just talked about.

[01:07:27] So once you decide you don't want to be in a relationship with a narcissist anymore, then you no longer have any value to them. And as I said before, you're either for them or you're against them because they're exploiting you. They're using you. So this can take many different forms, but exploiting

others always involves using others without any regard for their feelings or interests.

[01:07:55] And number seven, drum roll please. Number seven is no boundaries. [01:08:00] Narcissists have no boundaries. That's Part of being a narcissist and the interesting thing that I always think about boundaries because I've had to deal with this with the covert narcissists that were in my life is that you're supposed to respect their boundaries.

[01:08:15] They don't have to respect yours. That's how that goes. And so, you know, they'll show up at your work, they'll show up at your office, they'll break into your computer, they'll read your email, they'll read your mail, whatever they feel entitled to do. That's part of the entitlement as well. And this is where if you're talking about a malignant narcissist, you might see stalking.

[01:08:36] So tell us about this six week process. I mean, because I think a lot of people feel more than muted. I think a lot of people feel broken, you know? So, you know, how, how do they pick up these pieces? Yeah. So, um, You know, and I think that if you are new on your journey or if there's, um, [01:09:00] you know, something that's been whispering in you and you want to give it a try, um, I think that the book serves as a really great primer and I think that.

[01:09:13] If people have been on this journey for some time, I think, and, um, those who I know who have read it, um, have verified that they feel validated by what they read. Like, oh, yeah. Oh, yeah. Thank you for reminding me of that. So, um, the book again is very intentionally structured the way it is. And there's a, a few things on the background.

[01:09:43] Um, 1 is that, um, as I mentioned, it's in 2 parts. Um, so 3 weeks and 3 weeks. And the reason I made them three weeks each is because there's some studies on habits [01:10:00] being made or broken, uh, within 21 day, um, timeframe. It's not that cookie cutter, but, uh, there is some of that baked in. And then I also made the process very experiential.

[01:10:17] So there is exercises throughout. And that's important because I wanted it to feel like a immersive experience and not have it be conceptual. Um, I say that it's the difference between thinking about jumping out of a plane, skydiving, and actually doing it like, you know. Um, so, uh, the first, uh, week is all about Detoxing our mind because that's where that's the biggest culprit.

[01:10:55] It's the thing that stands in our way and I could talk more about that.  
[01:11:00] Week two, which I think will particularly resonate with your listeners

and viewers is all about our heart, detoxing our heart. And week three is about detoxing our body, but not the way that we would think about it beyond the eating right, sleeping right and such.

[01:11:22] Um, but truly honoring our bodies as our only sacred vessel through this life. And then the second part is, so you do a lot of excavating and, um, Once you've, you've done so, uh, it actually becomes a by product because you're, uh, I should say connecting with your soul becomes a by product of all the excavating.

[01:11:48] So once you find your soul, not that it ever left, but yeah, right. But I mean, actually seeing it like truly looking within [01:12:00] and, and seeing it, um, then what do you do with it? So chapter four is my very, very favorite. chapter of the book, which is all about play and I could talk about that. The importance of play, um, in adults, in and for adults, uh, week five is pretty much is as woo woo as I get.

[01:12:23] Um, and that is all about, uh, finding one's true north and the dance between soul and spirit and how the soul is different. than the spirit, but both are very needed. And, um, week six is about rewriting one story. Um, I called it for a while. The working title of the book was manifesto like you mean it. Um, the O being in parentheses and manifesto.

[01:12:53] So manifest like you mean it. And, um, it's also everything is [01:13:00] very step by step. I wanted to hold people's hand and walk them through it. So it isn't like, hey, go live your best life. I actually have like a Venn diagram of how to rewrite your story. So yeah, well, I'm, I'm, I'm going to go back to chapter one.

[01:13:18] How do you like excavate your mind? Cause I always joke that I, I'm, I can never leave my thoughts unsupervised. Well, that's actually a gorgeous leaping point. So we go through life. believing everything we think. Multiple studies show that we have somewhere between 17, 000 to 65, 000 thoughts daily. Eighty percent of them are negative.

[01:13:52] Ninety five percent of them are repetitive. So, um, what you're supervising is a massive [01:14:00] negative washing machine that's happening. And we believe it. We wake up at 3 a. m. and believe it. I used to go into major panic attacks. Right around 3 a. m. And I was a total insomniac because I thought, you know, if I didn't hold the world together, who would?

[01:14:18] And the truth of it is that our mind, you know, the, the amygdala, I have a section, um, in, uh, chapter one, um, about the amygdala. And I call it, um, I call her Amy G Dala. And I say that Amy and I have a, uh, love hate relationship because. The amygdala truly doesn't know the difference between perceived fear and real fear.

[01:14:45] So it, it comes in handy if you're about to get hit by a car or fall off a cliff, but it act, you know, the, the same thought process, the same patterns happen when you think about. [01:15:00] You know, someone who may cause you harm, um, which may not be real at all or something that will happen that may not happen at all.

[01:15:10] And it's the same level of it. So, minding our thoughts are super important. And the way that we do that, um, and I am not the first to say it is to step outside of them. Meditation is a great way of doing that. I talk and not, but not everybody is a meditator. So I talk about various ways of doing that, but truly the ability to step outside of one's thinking and realize that we are having thoughts.

[01:15:46] Thoughts do not have us. was one of the biggest aha moments I've ever had. And it's one of those things, like riding a bike, that once you get it, you can't unknow it. So now when I [01:16:00] go into panic mode or whatever, I'm like, would this be real? Yeah. Could it be not real? Yeah. Am I going to hold on to it? No. So, and, and, you know, there's the, the, um, story of the wolf you feed.

[01:16:14] Um, I don't know if you know that. Oh, I'm very familiar, but I don't know if our listeners are. So yeah, I think it's great. It's basically a Native American story. Yeah. Yeah, uh, uh, um, uh, child goes to, um, a chief, um, and says, um, you know, uh, I have these, um, uh, you know, I have good thoughts, bad thoughts, and I'm not sure what to do with it.

[01:16:44] And, um, and he compares it based on totally paraphrasing, but he compares it to, um, a, uh, uh, mad, um, dangerous wolf or a peaceful [01:17:00] wolf and, and basically says it really depends on which one you feed. That's the one that becomes stronger. So, and again, I'm totally paraphrasing, but, um, so we can't control what comes into our minds, but we can certainly.

[01:17:16] control what we concentrate on. Um, so that's, uh, part one of, uh, the book. I mean, the, the week, and then the other part of it is really limiting the content that we consume because from the time that we wake up to the time that

we sleep, we are bombarded with content. and so much of it is mental junk food.

[01:17:40] So I, um, spend some time talking about how to do that. So between those two, there are other little nuggets as well, but those are the two big nuggets of that chapter. Um, and, um, once you actually practice it. It [01:18:00] is life changing. So yeah, I know for me, I always joke that, uh, you know, if I don't supervise my thoughts, I end up like, you know, in the ghetto somewhere, like, yeah.

[01:18:16] You know, so, all right. So now let's head into week two, which is the heart. I think you said, yeah, week two, I think will really resonate with your, um, your viewers and listeners because it is all about the heart. And what is most important about our relationship with our heart is. to not task it with the wrong things.

[01:18:49] So they say follow your heart, which is a complete misnomer. People refer to our hearts as the inner [01:19:00] child. I call it our inner puppy because truthfully, what does that inner child want or that inner puppy want? It wants to be loved. It wants to be encouraged. It wants to be supported. It wants to be cared for.

[01:19:16] Would you allow your child or your puppy to lead the way? No. So when people say follow your heart, they truly mean follow your soul. Your heart needs Protection. It needs your attention. It needs your care and, and that is all. So feel all the feels. And I talk about the, the basic emotions and the complex emotions and why there is the need for them and not making one good or bad.

[01:19:51] Like, we're also, you know, such happy addicts, right? Be happy, be happy. And truly it's [01:20:00] contentment that we're aiming for, not happiness, because happiness is ephemeral. It comes, it goes, much like our thoughts. It's contentment, fulfillment that is lasting. One of the most important parts of the chapter is, uh, what I call, it's a filtration system that I call taser, shield, filter, or hug.

[01:20:27] And again, I think this will resonate with your viewers and listeners. The shield is, and I tell people, I say that Because I believe so strongly that one's heart needs protection and frankly by protecting it by caring for it, you truly set it free because again, it's not bogged down by tasks that it doesn't need to do your heart or your soul.

[01:20:54] I mean, your mind or your soul can take care of it. But the,  
[01:21:00] I, I tell people to gauge situations and people in their lives as you interact within it or with them, does this person expand or contract my heart? And you will know the answer fairly immediately and you should really listen to it. But the filtration system that I, I talk about in the chapter is called Taser, shield, filter, hug.

[01:21:27] Taser are those toxic people that should not be in your life. And you know them, taser them out. And not like real taser, but emotionally, mentally, uh, psychologically, spiritually, taser them out. Shield is a little bit more difficult because, um, those are people that are difficult, who you have to have in your life.

[01:21:53] Maybe it is... Um, your ex who you have to co parent with, or a boss that you may not [01:22:00] particularly like, creating very, very strong boundaries with those people and keeping them. Filter is not oversharing yourself with, not everybody is your people, so don't go on social and just share, um, you know, the fight that you had with your neighbor or, you know, whatever it is.

[01:22:24] People don't have full context for what you are going through. They're going to add their own story and it's just, it's not going to go the way you want it to. So do not overshare. And then, uh, the hug section is my favorite. Um, that's your drive. Those are, um, uh, people who, as Brene Brown says, have, um, earned a seat at your table.

[01:22:48] And those people, you allow to criticize you, you go deep with them, and you are very, very real with them. So, and I could talk on and on about,  
[01:23:00] um, uh, week two. But it is especially important for those who are in unhealthy relationships or in relationships with narcissists because it isn't a matter of really even dealing with the other person.

[01:23:26] It's truly protecting your heart in a way that that protection is so evident. that they can't penetrate it. So it isn't this battle. It's, it's purely creating this like super defiant. I don't even want to call it like an aura that they can't penetrate.