

Why Narcissists Pick Fights

[00:00:00] Welcome to another episode of Negotiate Your Best Life. In this episode, we're gonna be talking all about why narcissists pick fights.

[00:00:17] Narcissists love to pick fights. They love to pick fights. Why do they do that? Why do they do that? Well, you have to go back to what a narcissist is, right? I mean, at their core, they are a person who has no feeling of value inside. Now, I always have to be careful when I say that because. . All human beings have inherent value.

[00:00:55] All human beings have inherent value. They don't [00:01:00] feel like they have any inherent value. They don't feel that way. So inside they feel totally and completely empty inside. It's like they are starving, gasping for breath, desperate for air. Desperate to survive. And so they're trying to get all of their feeling of value from the outside world.

[00:01:33] And so you come along totally innocent thinking, Oh my goodness, here's this amazing person because they. I'm going to present myself as this amazing, charming, confident, charismatic person, and they know how to do that. They shape themselves. [00:02:00] They, they, they're like communion. They mirror you. They present themselves to be exactly.

[00:02:11] what it is that you wanted to see, that you wanted them to be. So here they come along and, oh my God. It's like the stars have aligned and this is whether or not it's a business relationship or a personal relationship, by the way. So here, this person comes along. Love bombing you to death and you know, so you know, they're totally and completely empty inside.

[00:02:49] You wanna fill this gap inside. They want you to fill it. So you are trying to desperately feel they're [00:03:00] taking, taking, taking, and you can't fill this. It's like this empty hole black hole. You're left feeling totally and completely and utterly depleted. They're still starving, they're still gasping for breath.

[00:03:21] And this is this, you know, cycle that happens now that's, you know, the love bomb phase started. You're like sucked in. Now you're locked in. And then you go into this devalue phase, right? That's the second phase. And you know, now you're stuck there. And that's where you start to see them starting to pick these fights.

[00:03:51] And, you know, you, you're, you're going, what, what's going on? And why do they do that? Well, they [00:04:00] do that for this, this need for supply. Right, because that's the, they're almighty, they need that, they need that to live on. That's their food. It's their lifeblood, it's their oxygen. So they do it for a number of reasons.

[00:04:18] It's, it's not just for supply. I mean, yes, it's a, it's just for supply, but they, they want to. Get under your skin. They wanna trigger you. They want to see you squirm. And it's for a number of reasons. Okay? I mean, and, and depending on where you are in the relationship, whether you're still in that devalue phase and the love bomb phase, whether you're in that middle of the relationship or are you in that discard phase, right?

[00:04:56] Are you in the devalue phase? Are you in the discard phase? Are you [00:05:00] still in that middle of the relationship? Because if you're still in the devalued love bomb phase, where they're kind of going back and forth between that, you know, then they just sort of pick fights to, to try to, um, get you off balance to, to establish control over you, to, to get you into a place where they are establishing who is boss here to, to get you to shift that dynamic where they're conditioning you.

[00:05:46] Okay. Because at the beginning of the relationship, you know, you think that, you know, there's this relationship that's happening [00:06:00] where you know they are in love with you or, or they. You know, even if it's a business relationship that they're enamored with you too. That, you know, you, you guys both really like each other, that there's this, you know, thing going back and forth where there's this mutual respect going on in some way.

[00:06:28] but what you don't realize is that they're actually conditioning you in some way. Right? So what they wanna do is, is start shifting the dynamic of the relationship. So that you can start being conditioned by them and start, you know, feeling off balance [00:07:00] so that they can start, you know, getting you feeling like this hot cold, hot cold.

[00:07:09] You're frustrated by them. You're wondering what's going on. They, they laugh at you. They laugh at your frustration. They, they laugh at you being, you know, upset. You know, they enjoy the process of seeing you be off balance. You know, I, I often say it's like a kid, you know, who is enjoying seeing a, an earthworm.

[00:07:43] Who, you know, move around when they pinprick it, because that's what it's like now if you're into the discard phase of the relationship and the

narcissist is seeing that you're refusing to be controlled [00:08:00] at that point. Now it's a whole different situation. And, and by the way, I have a whole video. On what happens when a narcissist sees that you have, or, or, or realizes that you refuse to be controlled?

[00:08:17] Because now they're picking fights for a whole different reason because now they're trying to trigger you for a whole different set of situation, a whole different set of reasons because. If you are in litigation, if you are in a divorce situation or you know some other situation where they wanna trigger you for some other reason to use things against you, they're probably picking fights to [00:09:00] try to use your emotional reaction against you.

[00:09:06] Because they want to say, Oh, look, there's the crazy one. There's the, the one who's, you know, the, the toxic one, and, and then they can get you to do things. Say things. Act in ways that they absolutely use against you while they sit over here, calm, cool, and collected. So that's when you really have to watch yourself, because that's when they're going to use text messages against you, emails, against you have witnesses against you, your depositions against you.

[00:09:54] You know, I've seen. Them make faces of [00:10:00] people in depositions. So that people get emotional, make faces of people in court so that they get emotional. You gotta be really, really careful because they'll get you to get emotional on social media. You know, they'll write things. In, you know, those, uh, co-parenting apps.

[00:10:26] Like, Oh, I just wanna confirm that you just said that I can have the child for the weekend and you know, you never said that. And then you go all ballistic on them and then they use that against you. You know, you gotta be really, really careful. Remember that every text, every email is a potential trial exhibit.

[00:10:49] So, you know, at that point I always say, You know, litigating against a narcissist is like getting arrested. Everything [00:11:00] you say or do is going to be used against you because you become public enemy number one. At that point, when you're dealing with a narcissist, it's like, you know, everything is black and white with them.

[00:11:15] There's no gray area. You're either for them or against them. And if you're not for them, then you are against them. There's no like, Oh, let's wish each other well, and, you know, I'm just going to go be happy for you, and we're

gonna go off into the sunset and everybody's gonna wish each other, you know, a happy life.

[00:11:38] It, it doesn't work that way. I know I tried to do that when I had a narcissistic business partner. I thought, you know that we're gonna be able to. Have a, a cordial relationship going forward and, and, uh, you know, it just doesn't work [00:12:00] that way. They, they, they, they just are absolutely incapable of, of doing that because they're narcissistic injury.

[00:12:12] kicks in and they feel slighted and, and they just cannot do that. They've gotta line up their flying monkeys. They gotta get everybody against you. They've gotta make it seem like it's your fault, that there you're not, you know, that you're. In relationship anymore, and you know, it's gotta be a thing. And so, you know, you're not gonna, you're not gonna have this nice little thing no matter what you try to do.

[00:12:51] And by the way, you know you're not gonna be able to. give all kinds of nice things at the beginning and they're gonna [00:13:00] see how generous you were and, and then, you know, garner favor at the beginning of the negotiation and be able to, you know, make it, you know, seem like, Oh, look how nice I was, and, and, and be able to, you know, have that work in your favor for settlement.

[00:13:22] No, they'll just take all that. and, and then, you know, you're just gonna be like, you know, still at a disadvantage because they're gonna just take and then, you know, start from that point going forward, you know, and, and then you're gonna be like, Well, I gave you all of this. And they're gonna be like, And your point is what?

[00:13:47] That I was entitled to. , you know, they, they won't see that as you giving anything whatsoever. They're just going to think that they were entitled to that. No matter what you say [00:14:00] it, it won't make any sense to you, and you're gonna be like, Well, you weren't entitled to that. Here's all the reasons why it won't matter at all.

[00:14:09] So, you know. They're gonna pick bites. They're gonna move goal posts, they're gonna do things, They're gonna try to trigger you because that's what they wanna do. It's gonna give them supply, and as long as they're gonna get supply out of it, they're gonna continue to do that. They, they need to create that animosity.

[00:14:30] They need to continue to get that supply out of you. And as long as they're getting supply, they're gonna keep coming back to the well. So the only way you're gonna be able to stop that is to shut down that supply source. That's the only way you know, and I talk about that in my slay methodology with the strategy and the [00:15:00] leverage and anticipating and focusing on you and breaking out the different types of supply sources into diamond level supply and coal level supply.

[00:15:10] And I talk about that in depth in other videos, in my leverage videos and in my Slay programs. And you just need to rise above. , and I want you to put that in the comments right now. Rise above. Rise above because you can. You need to create boundaries. You need to create boundaries. You need to rise above.

[00:15:37] The first thing you need to do is create boundaries for your own sake, your own health, your own sanity, and you need to start doing some self care. I have a whole video on self-care to cope with narcissist. Watch that video and I have a whole [00:16:00] series of videos, so make sure you watch those. And I have a free crush my negotiation prep worksheet.

[00:16:08] Get that a crush my deal.com. Crush my deal.com and join my free private Facebook group. At at Narcissist negotiators with Rebecca Zung, for sure. You're gonna wanna do that, and if you don't have your own therapist, go to Better help.com/. Rebecca Zung and get the help and support that you need. We receive commissions on that.

[00:16:39] It does not cost you any extra. We just want you to have the help and support that you need. We only recommend services that you, that we trust. We just want you to have the help and support that you need. And remember that today's a great day to start negotiating your best life. They only [00:17:00] win. If you give in and the help and support that you need is right here.

[00:17:07] We've helped literally thousands and thousands of people, so don't give up. Don't give in. We're here for you and we will definitely see you in the next podcast or the next video. and remember, Rise above. All right, nama Slay.