

Phrases Narcissists Use to Control You

[00:00:00] Welcome to another episode of Negotiate Your Best Life. I'm Rebecca Zung. In today's episode, we're gonna be talking about the ways that Narcissist puts stress on your body. There are so many different ways that narcissist puts stress. On your body. I mean, we know that narcissists stress you out in lots and lots of ways, but did you know that narcissists also put stress on you physically?

[00:00:31] That's what we're gonna be talking about today. We all know that narcissists cause stress, but did you know that narcissists actually put stress on your body too? It actually manifests in you physically, and I'm actually gonna talk about that. You're not gonna want to miss this. Hey, I'm Rebecca Zung and I am a narcissist [00:01:00] negotiation expert, and I have.

[00:01:02] Millions of people through this channel, and thousands of people through my law practice, through my coaching practice, and through my programs. And I really have dedicated myself to helping people break free from toxic relationships. So you're gonna wanna make sure you subscribe to this channel and hit that notification bell.

[00:01:22] Because I upload brand new videos every single day, I am dedicated to giving you free, free, free, free content. Because I want to make sure that you know how to shift that dynamic. Turn it around. Actually pivot so that you can go on the offensive for a change and not feel like you're constantly on the defensive, right?

[00:01:46] So make sure you subscribe to this channel and hit that notification Bell and I have all kinds of free resources as well. Including a Free Crush, My negotiation prep worksheet, which you can [00:02:00] get@crushmydeal.com, and all sorts of free things. So you're gonna wanna make sure that you grab all of those things.

[00:02:08] Okay? So ways that narcissists put stress on your body, and you're gonna wanna watch all the way till the end because there's something that I didn't know. There's something really that everybody thinks that they know about, but there is it, It's actually something that, it's not as common as you might think.

[00:02:29] It's something that everybody thinks is super common and it's, it's something that's different than everyone might think that I wanna tell you all about at the end here. So the first one though is chronic fatigue and in issues like on your, on your adrenal systems and all, you know, you're just so tired all the time.

[00:02:50] You don't even realize how tired you are. I mean it, you know, it affects like your sleep. I mean, I know for me, when I was dealing with a [00:03:00] narcissist all the time, I had a narcissistic business partner and my husband and I actually. A narcissist in our family that we had to draw some really pretty strict boundaries with.

[00:03:13] And until we even realized that we were. You know, I was waking up in the middle of the night thinking about it. I was, you know, thinking about it, you know, in the morning and during the day and, and brushing my teeth and all of this stuff. And it just, it takes all of your energy and you don't even realize what's going on.

[00:03:39] And, and it just, it just, it really causes this massive amount. Fatigue and stress on your body and, and so you have this chronic fatigue going on, and you don't even [00:04:00] realize how tired you are until you start to recover from it. So that's number one. You just are chronically fatigued and tired, and you don't even realize why.

[00:04:15] So that's the first one. Another way that narcissist put stress on your body is it, it really is actually stemming from the adrenal problems and the chronic fatigue is weight problems. Because what happens is when you have so much stress on your body, It actually starts to cause issues with your A1C levels and it slows down all kinds of other issues in your body, your metabolism, and everything else.

[00:04:58] And so you actually start [00:05:00] to develop weight problems, which actually causes all kinds of other issues in your body. Not to mention problems on your joints, which in turn causes more problems with fatigue and more problems with your other systems and your other organs and everything else, and one contributes to the other, which contributes.

[00:05:25] It's, it's just an ongoing cycle with that because, One actually. Once you, your systems all start slowing down, then your, your weight problems compound and then that actually causes more issues with everything else. I mean, you know, and then you're feeling worse about yourself and then, you

know, especially if your narcissist is maybe even making you feel bad about how your weight problems.[00:06:00]

[00:06:00] You know, or making you look or something like that. It just even contributes worse. You know, you feel bad about yourself, your self-esteem gets lower and you know, it's, it's just compounding, compounding, compounding. And so that leads me to number three, which is another way that. Dealing with a narcissist can put stress on you and stress on your body, which is that you can start to have panic attacks, depression and anxiety.

[00:06:39] You know, this is where it starts to affect your mental health and you know, and, and now you really don't have the energy or the. Either wherewithal to want to do anything about [00:07:00] losing weight or you don't feel, you just feel lethargic and you don't want to do anything about getting out of bed, or you just, you don't have the.

[00:07:17] Energy to wanna get up and go exercise. You don't have the, the joy or the lightness or this feeling in your body. I mean, vibrationally your energy levels. I mean, you can actually measure how you're feeling and the lower level energy, you know, the lower level, uh, um, The lower levels of, of, of, of emotions are actually lower vibrational, um, as far as how you measure.

[00:07:54] So feeling such as sadness or [00:08:00] anger or regret, you know, those lower level feelings are actually lower vibrational energies, Feelings such as happiness and joy. And contentment. They're much, much higher vibrational energy levels and, and so it's interesting because you don't feel like doing anything, and it all ends up compounding on itself.

[00:08:27] And so that takes its toll on your body because you just don't feel like doing anything. And then, It gets worse and worse and worse, especially if this person is now continuing to degrade you or debate you or say things to you like you're worthless. Or you're good for nothing or no one loves [00:09:00] you, or, I've talked to everybody in the neighborhood and everybody agrees with me that you're worthless.

[00:09:06] Or no one in your family even loves you. You know? And they say these things like that. And you know, I have a whole video on the kinds of phrases that narcissists use in narcissist favorite phrases, which you can definitely check out. And you know, they say these things by the way, because they don't feel good about themselves.

[00:09:31] They hate themselves. And you know, you need to take care of yourself and you need to have self-care. And I have a whole video on self-care to cope with narcissists, which you should definitely tech check out. And so they lie to you. They say these things because they feel like crap about themselves and they hate themselves.

[00:09:49] And you know, the way people treat other people is always a reflection of the way they feel about themselves. It has nothing to do with you and you can't take it personally. I know [00:10:00] it's easier said than done, but it is the truth. So these are just a few of the ways that narcissists put stress on your body.[00:11:00] [00:12:00]

[00:12:23] Another one is number four, chronic pain and digestive issues. You know, you can start to develop issues with autoimmune diseases, irritable bowel syndrome, fibromyalgia, lupus, all sorts of issues like that. I've. Many people talk about those kinds of things to me, and you know, that's a major problem, a major problem, you know, which is why you [00:13:00] definitely need to start taking care of yourself, even if it's just breathing exercises, somatic exercises, you know, put your hand on your heart, put your hand on your stomach in the morning and say, You know, I, I am healthy, I am loved, I am at peace.

[00:13:22] You know, just start doing those kinds of things. Start at least a few times a day, stop and take some deep breaths. And when you're in stress, you don't realize that you start breathing in a much more shallow way, and then your cells are not getting oxygen to them. And so, you know, set your alarm a couple of times a day to go off and just take some deep breaths and breathe deeply a few times a day.

[00:13:55] Just even that will make a huge difference for [00:14:00] you. So I want you to put in the comments right now. Breathe to remind yourself to breathe. Because just doing that, I don't want you to do that right now. I just want you to stop, take a couple of deep breaths, and when you breathe in, just remind yourself to breathe in positive energy.

[00:14:23] And when you breathe out, breathe out all of that negative energy that you are holding in. Just re just, you know, imagine you're breathing in it positive. And when you breathe out, you're just exhaling and you're getting rid of negative energy and just doing that makes a huge difference. And number five, see ptsd.

[00:14:57] And I'm saying this because [00:15:00] most people think of PTSD. And the difference by the way is PTSD is when you have been exposed to one set of events in a quick manner. So it is, you know, like a car accident or war or something. You know, one thing, a complex PTSD. So complex post traumatic stress disorder means that you have been exposed to something continuously over a long period of time and it actually causes a much greater, uh, effect over time on your body.

[00:15:47] So it's complex post traumatic stress disorder, and that is, Much, much worse for you. And that's what happens with people who have been [00:16:00] in longer term relationships with narcissists. And that's what I wanted to tell you about is number five and how narcissists put stress on your body. And that is why it is so important that you take care of yourself.

[00:16:19] That is why it is so important that you, you look for an exit plan when it comes to narcissists, and that is why I do what I do. If you don't have access to any kind of, In person, uh, therapy. I do have a relationship with an online therapy company. Better Help. Better. You can go to [Better help.com/rebecca](https://www.betterhelp.com/rebecca) Zung so that you can have access to good therapy.

[00:16:53] We do receive commissions on that. We only recommend services that we trust. We want you [00:17:00] to have access to good therapy. And I also have a free Crush my negotiation prep worksheet that you can grab it [crush my deal.com](https://www.crushmydeal.com). It's a free 15 page ebook and I have a free Facebook group support group for you, which is Narcissist Negotiators with Rebecca Zung, and you can just grab the link below to join that as well.

[00:17:25] Lots and lots of free resources right here for you. Thanks for joining me on this episode of Negotiate Your Best Life. If you haven't subscribed already to this podcast, we would love for you to go ahead and do. Subscribe, rate and write a review. We would love for you to write a review for this podcast.

[00:17:49] A five star review would be amazing, and if you haven't subscribed to my YouTube channel, I invite you to go ahead and do that as well. We [00:18:00] upload brand new video. Over there every single day. And I invite you to also follow me on Instagram, and I'm also on TikTok now as well. And if you need additional support, we do invite you to go to [Better help.com/rebecca](https://www.betterhelp.com/rebecca) Zung and.

[00:18:25] Go ahead and get additional support there. We do receive commissions for that, but we only invite you to get support from services that

we trust. We we offer that as a service because we want you to get the help and support that you need. We also. Invite you to download my Free Crush, my Negotiation prep worksheet.

[00:18:53] It's a 15 page free ebook, which many people have actually won their entire [00:19:00] negotiations just on that, which you can get@crushmydeal.com. I also have a free. Facebook group, which you are invited to join, which you can join at Narcissist negotiators with Rebecca Zung, and we invite you to join that there.

[00:19:20] There's so many resources for you. Remember that today's a great day to start negotiating your best life. They only win. If you give in and there's no point in doing that because we have so many free resources out there for you, so much support there for you because we want you to know that there is a huge community right here supporting you.

[00:19:48] Right? So we will be back next Monday with another episode of Negotiate Your Best Life, Sending you so much love and so much light. See you next Monday.