

How to Survive Living With Someone Who Has Narcissistic Personality Disorder (NPD)



Are you living with a narcissist?

Struggling to keep your sanity?

If you live with a narcissist it can be a very difficult experience. You may find yourself becoming incredibly frustrated.

Living with a narcissist can even start messing with your head. You may start believing that everything is your fault.

Whether you're living with a narcissistic parent, a significant other, a friend, or a child, you can learn to cope.

The steps below will help give you some excellent tips on how to survive living with someone who has narcissistic personality disorder, or NPD.

1. Set Boundaries

It's very important to set boundaries when living with a narcissist.

You may have to accept a certain amount of behavior from the person you're living with, but that doesn't mean you should accept it all.

You don't have to let everything go. Instead you should know where the line is and refuse to let the person cross it.

For example, if your partner has unruly spending habits, you need to speak up and let him or her know that their actions don't align with your wishes before their behavior gets out of hand.

If there is behavior that you can't tolerate, you must speak up when your boundaries are crossed.

2. Develop Your Negotiation Skills

While it can be difficult to deal with a narcissist, there are ways to manage it. By developing and learning about conflict management and negotiation skills you may be able to better deal with a narcissistic person's tendencies.

When the narcissistic person uses his or her forceful personality to push your buttons you can learn about the best ways to respond.

When you know exactly how to negotiate and respond during a conflict, you will have much more power when a difficult situation arises in your home.

3. Practice Self Care When Living With a Narcissist

NPD includes many symptoms including "An inability or unwillingness to recognize the needs and feelings of others." As a result, it can be difficult to get your own needs met when living with a narcissist.

It can often seem like everything is about them.

A narcissist works on satisfying their own needs, while sucking the life and strength out of the people around them. As a result, it is important that you work hard to take care of yourself.

Find things to do for yourself, whether that means focusing on a hobby or participating in a group activity outside of the home. Start relying on the people in your life who care about you deeply and spend more time with them.

While you may be a giving person at heart, you may need to learn to start putting your own well-being first.

4. Understand Them Better

People who have narcissistic personality disorder often have a lot in common. It can be a huge benefit to you to try and understand more about their situation and symptoms.

When you learn about their symptoms and the games they play, you can recognize them easier when they occur. You can also learn about the proper methods for reacting to their behaviors.

5. Know Your Role

No man is an island, and the same is true for people who suffer from narcissism. It can seem weird to think about yourself in this way, but you should try to determine what your role is in their life.

What things do you do and what decisions do you make in your relationship that pleases them? What displeases them?

By seeing more clearly why they need you and how they view you as part of their lives, you can begin to develop important boundaries. You can learn to better cope with their erratic behavior and demands.

6. Be Careful With Their Words

Narcissists are often pathological liars. Sometimes they can prove unreliable even with the simplest of topics. It can be a mystery as to why they would lie about the things they do.

Because of this, it's a good idea to take the words that come out of their mouth with a grain of salt.

Don't be sure about anything that they say. It can pay to put everything they say and do through a filter. Pay special attention to what they are saying and whether they are lying. Decide carefully what to believe and what not to believe in order to avoid becoming the constant victim of their deceptive behavior.

7. Don't Take the Blame

Those with narcissistic personality disorder can often lead the people around them to feel responsible somehow for their own unreliable behavior. They may blame you for everything that happens to them.

Narcissists thrive on drama and often blame others for their behavior, unable to see the thorn in their own eye. It's important to remember not to blame yourself for their behavior. Ever.

A person makes their own decisions. Don't get into the habit for placing blame on yourself for someone else's actions or shortcomings.

8. Walk Away

When a narcissistic person shows intense displays of emotions that are completely uncalled for such as narcissistic rage, it is often not the right choice to argue with them. Their deceptive and conniving behavior is hard to endure. It's useless to "fight fire with fire."

In these situations, it's often a much better choice to simply walk away.

If you're caught in the midst of a temper tantrum, sometimes you have to simply leave. This may mean leaving the house or leaving the room. Or it may simply mean ignoring them.

Sometimes a response will only serve to give them more material to work with. Walking away can often be the best choice for de-escalating the situation.

Final Thoughts

If you're living with a narcissist, it can be difficult. However, you can survive.

It's important to adopt a few habits of your own in order to avoid getting the life sucked out of you. By keeping a level head you can avoid falling prey to their many traps.

In the end, you may find that it can be easier than you thought to become a master of dealing with their difficult behavior.