



Self-Soothing Chart

	At Home	At Work
WITH A NARCISSIST	Excuse yourself and call a friend for support	Nod your head as if you're listening and take deep breaths until you feel calmer.
	Excuse yourself and say that you'll return when he/she is calmer.	Surround yourself with an imaginary plastic bubble and watch the words bounce off of you.
	While in conversation, envision her/him as a scruffy, messy toddler having a tantrum.	In your mind's eye, shrink them down to the size of a mouse and listen to them screech.
	Trust your intuition that always informs you when a battle is about to start. Then, take yourself away, go for coffee, and read a book.	Memorize and use the non-defensive statements when you're in the midst of a narcissistic tantrum. Practice saying them in a confident manner.
	If your partner treats you rudely around others, simply get up and leave the room. No apologies necessary.	If the narcissist at work is embarrassing you, stay calm and feign as if you're writing something down until the maelstrom passes.
BY YOURSELF	Attend a weekly support group like CODA, Al-Anon or some spiritual/religious fellowship.	Get weekly support from a mentor or someone you trust to help maintain your sanity.
	Move your body daily to release tension: yoga, dance, exercise, brisk walk.	Before you come home at the end of the day, take the time to gentle down before you walk in the door.
	Participate in some pursuit that brings you joy and relief from stress: reading, art, writing, jogging.	Use an affirmation daily: "Not one more day am I allowing _____ to decide what kind of day I'm going to have."
	Take a class in something that really interests you. It is a life-saving tool to refocus on yourself.	If you spend much of your time in fear or dread, ask yourself if the fear is more about the present or the past.
	Avoid self-pity by making a daily gratitude list.	Resist the urge to use your spouse as a "target" for your fear/anger.

Rokelle Lerner, *The Object of My Affection Is in My Reflection: coping with Narcissists* (Deerfield Beach, Florida: Health Communications, Inc 2009) Permission to use material granted, September 20, 2010.