



Coping Strategy for Dealing with Narcissists

- Set up a strategy
- Set clear boundaries
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- Practice self-soothing
- learn to walk away
- Practice detachment
- Find a support community
- Abdicate taking responsibility for the narcissist
- Don't take a narcissist's behavior personally
- Don't expect understanding or empathy from a narcissist
- Never use NPD as a weapon
- Focus on the reality and not the potential
- Get reality checks from those you trust
- Stop making excuses and denying the severity of the problem. (Adapted from Hotchkiss, 2003)

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.