



Setting Boundaries

Setting healthy boundaries when dealing with a narcissist is an important step to prioritizing your well-being. When dealing with a narcissist you can be met with resistance or manipulation. Stay firm in your decisions and seek professional help if you find it difficult to maintain these boundaries. Here are some guidelines around boundary setting:

Emotional Boundaries: Limit the emotional investment you make in the relationship. Avoid expecting empathy or emotional support from the narcissist.

Self-Care Boundaries: Prioritize self-care without feeling guilty. Set aside time for activities that nurture your physical and mental health.

Communication Boundaries: Be clear and assertive in your communication. State your needs, expectations, and limits in a calm, respectful manner.

No-Contact Boundaries: Consider limiting or cutting off contact if the relationship becomes toxic or abusive. This could include setting boundaries for phone calls, texts, or in-person meetings.

Boundary Enforcement: Be prepared to enforce your boundaries consistently. Narcissists may test your limits, so it's important to stand firm in your decisions.

Avoid Explaining Yourself Repeatedly: You don't need to justify or explain every decision or boundary you set. Narcissists may use this as an opportunity to manipulate or invalidate you.

Trust Your Instincts: Trust your intuition. If something feels wrong or unhealthy, take it seriously and set boundaries accordingly.

Financial Boundaries: If applicable, set clear boundaries around money and financial matters. Be cautious about co-mingling finances or making financial commitments that may be exploited.

Limit Personal Information Sharing: Be cautious about sharing personal or sensitive information. Narcissists may use such information against you.

Keep a Support System: Maintain a strong support system outside of the narcissistic relationship. Lean on friends and family for emotional support.

Contact us at info@helpscounselling if you would like further assistance.