



## Communicating With a Narcissist

When speaking to a narcissist, it can be helpful to use communication techniques that assert your needs while managing the conversation more effectively. Speaking to a narcissist can be challenging, and these techniques may not always work, but here are some sentences and strategies to consider:

### **Set Boundaries:**

"I'd appreciate it if we could take turns talking and really listen to each other."  
"I need some personal space and time for self-care. Can we talk later?"

### **Use "I" Statements:**

"I feel [express your emotion] when [describe their behavior]."  
"I would like to discuss how we can work together more effectively."

### **Stay Calm and Assertive:**

"Let's try to have a respectful conversation without interruptions."  
"I value our relationship and want it to be healthy for both of us."

### **Avoid Jargon or Accusations:**

"I'm not an expert, but I'd like to understand how you see things."  
"Can you help me understand your perspective?"

### **Be Empathetic and Affirming:**

"I hear that you're passionate about [their interest]."  
"I understand you've had some challenges, and I'm here to support you."

### **Redirect or Deflect Attention:**

"That's an interesting point, but let's get back to our original topic."  
"I'm curious about your thoughts on [related subject]."

### **Stay Solution-Oriented:**

"Can we focus on finding a solution together?"  
"Let's discuss how we can work as a team to address this issue."

### **Acknowledge Their Feelings (if genuine):**

"I understand that you're frustrated. How can we resolve this?"  
"It's clear this is important to you; let's figure out how to make it work."

### **Set Consequences:**

"If we can't find a way to communicate more effectively, I may need to limit our interactions."  
"I'd prefer not to engage in conversations that are hurtful or unproductive."



## Helps Counselling

It's important to prioritize your own well-being and consider seeking support from a therapist or counselor if the relationship is causing you significant distress.

Additionally, setting and maintaining boundaries is crucial when dealing with a narcissist.

*Contact us at [info@helpscounselling](mailto:info@helpscounselling) if you would like further assistance.*