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How Does It Feel When the Narcissist No Longer Matters? Article cover created by the author using Canva, including the background image. Its a clear sign that youre back in control, and they cant manipulate your mind anymore. This is the start of a new chapter where you can live peacefully, without their influence hanging over you. Youre free to move forward and breathe again. It feels amazing when the narcissist no longer matters like a tiny speck that you dont even pay attention to anymore. They cant control you anymore. But getting there takes time and work. The first thing you need to do is heal. You have to take a step back, think about what happened, and accept that the relationship almost broke you. But youre still here, getting stronger and learning from it. You start to realize it wasnt just you. Narcissism affects so many people, all around the world. At first, it felt like you were the only one going through it. You thought the gaslighting, silent treatment, financial control, and Written by Kim Saeed - Author, Researcher, Educator on June 6, 2018Being the target of narcissistic hatred is the most confusing experience youll have in your life. Its wrought with ironies, opposites, and sleight of hand. Just when you think youve come out of the nightmare, you wake up in the middle of another one and there doesnt seem to be any relief in sight. Its absolutely soul-shattering to give your all to the narcissist and feel like youve finally made some progress in getting through to them, only for them to smack you down with the most hateful, scathing episode to date. Its as though they truly hate you down to the core of your soul. As if they can barely stand to be in the same room with you or breathing the same air as you and they probably have told you this in so many words, but you are so traumatized by the sheer spite in their voice during these episodes, you have a hard time remembering everything they said. The irony is that just when things seem to be truly over, and youve accepted in your heart and soul that its time to move on, the narcissist changes back to being seemingly nice, perhaps even affectionate. Its so utterly confusing. Why do they do this? Are they a tortured soulwho is so wounded inner self the narcissist appears to hide, buried deep within them? As a person who loves the narcissist, its usually easier to believe they have no control over these conflicting behaviors. We can identify with what we believe is their inner painbut this is a story we tell ourselves. A story which keeps us enmeshed with them in a tempestuous cycle of insane highs and lows that ultimately depletes us of our very soul. There is a reason they do this, but its hard to digest. Sometimes, though, we need the truth because its the one thing that can finally set us free. The reason youve found yourself the target of narcissistic supply. This is why they seem to hate you but wont let you go easily. The narcissist views you as a feebleunderling; one which provides them with wonderful supply. So, though they couldnt care less about you as a person, they dont want to give up the fringe benefits that go along with engaging in a relationship with youalbeit it a torturous one. They wont let you go because you are providing them with the things they need to survive as a narcissist. These things may consist of money, housekeeping, taking over the responsibility for their adult obligations, cleaning up their many messes, staying with them while they carry on affairs, and providing them a convenient receptacle for when they need to vent all their pent-up negative energies and rage onto someone. Therefore, it does no good for you to show your vulnerability to the narcissist and, further, why they seem to dislike you even more when you to just be quiet about it all and go back to the person you were before you discovered who they really are. This is why, when you try to make them see how theyre hurting you, it is utterly pointless. In fact, its during these moments you see into the true core of the narcissists personality and its chilling. Nonetheless, in your mind, you love them and have bonded with them, and so you try to humanize them, believing they must think and feel the same way you do, but just have a hard time showing it. They are nothing like you and no amount of unconditional love will finally break through to the narcissists wounded self. This will never happen and its important to accept this painful truth. Narcissists love to blame other people for their nasty behaviors. In turn, you may respond by being more supportive, understanding, kind, or compromising in an effort to persuade the narcissist to halt their betrayals and cruelties. Instead, what happens is, patterns of deception and denial are established. This may be to avoid the narcissists wrath or keep the peace, proving to the narcissist system of enabling. A system the narcissist fabricates from the very start. Its vital to understand that when the narcissist is being nice, its an integrated part of the abuse. A reward, if you will, for sweeping their last attack under the rug and going back to your agreeable self. The one who will smile at them while they carry on with their normal deplorable behaviors as though everything is on the up and up. Additionally, they understand that if they give you a glimpse of the person they pretended to be when you first met, you will do everything in your power to keep the golden illusion that things can be like they were before. This is how trauma bonds become stronger over time. If you go along with this mirage, youll be like the legendary solitary traveler who believes they found water in the desert, only to find theyve traveled deeper into the middle of nowhere with nothing around them to sustain life. Written by Kim Saeed - Author, Researcher, Educator on June 6, 2018Have you ever felt like youre just a pawn in someone elses game? Dealing with a narcissist can leave you feeling drained and frustrated, especially when they thrive on your attention and validation. But what happens when you finally stop playing along? In this article, youll explore the moment a narcissist realizes youve moved on and help you reclaim your peace. Youll learn how their reactions might change and what it means for your own journey toward healing. Get ready to take back control and find clarity in your situation. Narcissistic Traits: Understanding narcissists may react with increased aggression, desperation for attention, or play the victim to reclaim control. Emotional Reactions: They face emotional turmoil, revealing insecurities and may exhibit anger or narcissist: Your lack of attention disrupts their sense of power, forcing them to confront feelings of vulnerability and self-doubt. Moving Forward: Prioritize self-care and establish clear boundaries to promote emotional recovery and regain control over your well-being. Narcissistic individual. Excessive Need for Admiration: Narcissists constantly seek validation from others to bolster their self-esteem. Lack of Empathy: They struggle to understand or care about others feelings, often prioritizing their needs above everyone elses. Entitlement: Narcissists frequently expect special treatment and see themselves as superior to others. Manipulative Tactics: They use gaslighting, guilt, or intimidation to control situations and people around them. Sensitiveness to Criticism: Even minor critiques can trigger intense reactions or defensive behavior. Relationships as Tools: To a narcissist, relationships serve a purpose, primarily for their emotional gain or validation. Superficial Connections: They often maintain numerous shallow relationships serve a purpose, primarily for their emotional gain or validation. Superficial Connections: They often maintain numerous shallow relationships serve a purpose, primarily for their emotional gain or validation. Superficial Connections: They often maintain numerous shallow relationships as Tools: To a narcissist, relationships as To are absent. Fear of Abandonment: Narcissists may seem unaffected, but a genuine threat to their control can lead to desperation. Projection: They blame others for their shortcomings, viewing themselves as victims in every situation. Inability to Change: Narcissists rarely recognize their harmful patterns, making personal growth unlikely. Understanding these aspects of narcissism clarifies how these traits influence interactions. When you absorb this knowledge, you strengthen your position and regain control of your emotional well-being. Increased Aggression: You may notice that they become more aggressive. They might lash out verbally or engage in passive-aggressive tactics to regain your attention. Desperation for Attention: They might engage in erratic behavior, trying different methods to get you to notice them. Expect calls, unexpected visits, or social media posts aimed at sparking your interest. Withdrawal: A narcissist may pull away, displaying sulky or distant behavior. This reaction often occurs as they contemplate their loss of control over you. Playing the Victim: You might see them adopt a victim mindset, blaming you for what they perceive as your lack of engagement, further highlighting their emotional investment in your reactions. Insecurity: As they realize you dont care, underlying insecurities may surface. This can manifest as jealousy or self-doubt, particularly regarding their self-worth. Narcissistic Rage: You might witness intense emotional outbursts. This extreme reaction typically occurs when they feel their superiority or entitlement is threatened by your indifference. Desire for Reconnection: Despite their anger, a narcissist may display a strong desire to reconnect. This struggle exemplifies their dependency on external validation from you, demonstrating their recognition of your lack of interest. Indifference from you creates significant changes for the narcissist. It disrupts their sense of control, leading them to confront emotions they typically avoid. Narcissists thrive on control and admiration. When you stop seeking their attention, it triggers feelings of vulnerability. They may experience a loss of power, as you no longer validate their self-worth. This shift can cause them to scramble for ways to regain their influence, resulting in erratic behaviors. For example, they might attempt to manipulate you through guilt or rekindle your interest by flaunting achievements. Ultimately, this loss challenges their grandiose self-image, forcing them to confront a reality where youre no longer an audience for their drama. You may notice several behaviors in the narcissist when they realize you dont care anymore. They might display heightened aggression, attempting to provoke a reaction from you. This could manifest as insults, threats, or passive-aggressive comments. Desperation for attention often follows. They might reach out frequently, trying to bait you into conversations or conflicts. Some may resort to victimhood, claiming you abandoned them, hoping to incite guilt within you. Other reactions include withdrawal. They might isolate themselves, sulking over your perceived rejection, or attempt to find new sources of validation through others. Narcissistic rage may surface as a response to the shock of your indifference. This outburst can be unpredictable and intense, showcasing their anger and frustration about losing control. Despite their overt reactions, the narcissist remains dependent on external validation, seeking to draw you back into their sphere with various tactics. When you reach a state of indifference toward a narcissist, moving forward can bring clarity and healing. Your well-being takes precedence at this point, and taking practical steps can help you regain control. Prioritize self-care to foster emotional burdens. Physical Exercise: Use meditation or deep breathing to reduce stress. Focus on the present and let go of past emotional burdens. Physical Exercise: Commit to regular workouts. Activities like yoga or jogging enhance mood and boost your physical health. Social Connections: Surround yourself with support and validate your feelings. Professional Support counseling. A professional can equip you with strategies to manage feelings of hurt or resentment. Establishing healthy routines helps you rebuild your sense of self, allowing you to reconnect with your passions and interests. Defining clear boundaries protects your emotional space. Effective boundaries include: Communicating Limits: Clearly express your limits regarding interaction. For example, if you prefer not to engage in certain topics, assert that choice decisively. Enforcing Distance: Limit contact if necessary. Create physical and emotional space to diminish their influence over you. Responding Consistently: Maintain consistent responses to their attempts to provoke. Do not engage in their games, as this reinforces your boundaries. Prioritizing Your Needs: Focus on your needs first. Do not feel guilty for prioritizing your well-being over their demands. Implementing these boundaries nurtures your self-worth and aids in moving forward from unhealthy dynamics. Reaching the point where you no longer care about a narcissists validation can feel liberating. Its a powerful step toward reclaiming your emotional well-being. As you move forward focus on nurturing yourself and establishing those crucial boundaries. Remember that their reactions are more about their insecurities than your worth. This newfound indifference can disrupt their control and push you toward healing. Embrace this change and invest time in activities that bring you joy and peace. You deserve to feel empowered and free from the emotional weight of unhealthy relationships. Keep prioritizing your needs and watch as you flourish in your journey. When a narcissist realizes youve moved on, they may display increased aggression, desperation for attention, or victim-playing to evoke guilt. They might also withdraw or exhibit unpredictable rage, reacting to your indifference with confusion and frustration. To protect your emotional space, establish clear boundaries. Communicate your limits, maintain distance, and respond consistently to provocations. Prioritizing your needs and nurturing self-worth can help keep unhealthy dynamics at bay. Dealing with a narcissist can lead to emotional exhaustion, anxiety, and diminished self-esteem. Their manipulative behavior may cause confusion and hurt, making it essential to prioritize your mental health and seek support during the healing journey. Narcissists thrive on validation and control. When you show indifference, it disrupts their sense of power and forces them to confront their insecurities, often leading to angry or desperate attempts to regain your attention and manipulate you back. Start your healing journey by practicing self-care. Engage in mindfulness, exercise, and spend time with supportive friends. Consider professional therapy if needed. Establishing routines that nourish your emotional well-being will help you regain your sense of self. Follow us on Social Media! Im Nina, and Im very passionate about spirituality. Exploring the depths of the soul and connecting with the divine has always been my source of inspiration. Join me on a journey of self-discovery and inner peace through my writing. The discard stage of a narcissistic relationship is the one that is most worrying. Not because you are finally on the cusp of getting rid of them once and for all. Instead, its the moment you have a choice to make. Do you use the time to break free forever? I hope these three words the narcissist uses before they discard you help you with your answer. Ive no doubt youve been there at some point or another. If were taking into account the dynamic of a narcissistic relationship, the cycle is going to hit you at the discard stage eventually. Discard can be tough to experience, not least because you see a very toxic side of a narcissist, who for once, is keen to show you their true colors rather than disguise them like usual. Its painful, for sure. But no more painful than youve been tolerating throughout your time with them. What does discard actually mean though, and what does discard is a way for the narcissist to push you away abruptly. They can do this by saying mean things to you, making you feel even worse about yourself than you already do, insulting you, criticizing you, belittling you. It can even look like the silent treatment, or worse case scenario: ghosting. Being ghosted without explanation is the worst. It can drive people crazy to not have answers, or to have that closure but I hope you know at this stage: closure can come from you. No answer is the answer you need. So the exit strategy is clear cut in the narcissists mind. See also What Not to Do When You Want to Shut Down a NarcissistThey want out, or they want attention. You've become too much for them in terms of your kind, compassionate and intimate desires. You're they are: I deserve better. Can you believe the narcissist has the nerve to say those words to you, after all theyve put you through? Its a difficult pill to swallow, but they do it as a final insult to you before they depart. And its supposed to be a phrase that sticks with you that you never forget. They want you to think about it at 2am when you cant sleep. They feel its time you saw their truth and not an attempt at manipulating you one last time. But you know, like everything with the narcissist, there is an ulterior motive at play. Easier to manipulate. Right. Youre not actually somebody they could find a better version of, youre just somebody who is no longer bowing down to the rules of this narcissistic game. They want a form of supply back, and so they blame you for growing up and awakening to their toxic traits. Now youre the problem because theyve got to a point where they cant do what they want with you arent easy to manipulate. It proves youve outgrown the tired narrative that what they want a form of supply back, and so they blame you for growing up and awakening to their toxic traits. Now youre the problem because theyve got to a point where they cant do what they want with you arent easy to manipulate. It proves youve outgrown the tired narrative that what they want a form of supply back, and so they blame you for growing up and awakening to their toxic traits. say, goes. See also The Real Reason Narcissists Move on So QuicklyYouve now got to a place where your life can truly begin, so in my eyes, this is a winning statement. You just have to see it that way rather than let it eat away at you. Its what all narcissists were born to do, and what theyre so good at. Flipping the blame has been something theyve done throughout their time with you, so let it be no surprise that they exit stage left in such a dramatic manner with this phrase. In reality, its you who deserves better. You have had to deal with their bullshit for as long as you have, and youre overdue for a healthy, loving relationship. That might look like just getting to know yourself all over again, or real reason why the narcissist wants you to hurt. The assumption that its because youre a horrible person is tiring, but one that fits with the low self-esteem theyve handed to you during your time together. But when you look further? Wow. You really find the truth. The narcissist wants you to feel the pain they feel. Theyre trying to hand it to you, likewaster to you during your time together. But when you look further? Wow. its some kind of emotional hand grenade. They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? They dont want the weight, the emotional injury, nor the risk to their own image. See also How Do Narcissists Test Your Boundaries? somebody you really want to be with? Do you feel like you could really love and trust somebody like that for the rest of your life? No. And no. So the discard is a good thing. Well, a good idea would be to just allow them to say whatever it is they want without shouting or even raising your voice. Dont beg them to be better if they only stayed. Dont tell them you tried your best. Instead, the best thing you can do is calmly and coolly respond with: We both know that youre wrong. Refuse to engage any further in the matter, and allow the discard to dissolve the toxic relationship you once thought was the answer to all your prayers. It wasnt, and it isnt. It was the start of the erosion of your character, and the narcissist was responsible for it all. They felt so low about themselves that theyre actually hitting the ground with their own insecurities, and they wanted you right beside them to feel better. So they managed to get you there. From a person who wouldn't hurt a fly to one who would do anything to make it work, including succumbing to the narcissists power and control. But surprise, surprise, surprise, surprise, surprise, surprise, surprise, surprise, surprise, the Moment the Narcissist Realizes They No Longer Own You Article cover created by the author using Canva. When the narcissist starts to lose control over you, its like holding something that slowly falls from your hands. Imagine youre holding a cup of coffee, and youre about to take a big sip. But just as you try, the cup slips from your hands and spills everywhere. In that moment, you know you have no control anymore. Its simple, but it shows how quickly things can go wrong. In your relationship, the narcissist had a much stronger hold on you than you ever thought. It was like they understood your dreams, goals, and everything you wanted, making you feel like they were the perfect person for you. When you first met them, you were probably feeling weak or unsure, and they took advantage of that. They knew exactly what to say, and you believed them. You started to think that they really understood you. You might have thought, How is this person still single? They are amazing. Or, Why dont they have many friends? Whats wrong with everyone else? You might have even thought, What hard things did they go through in life? All these things made you think they were someone special, someone who could really connect with you. Now its clear, it was all just lies and games. That was their fake side, their mask. The stories they told you about their past? Some maybe true, some maybe not, who knows? What we do know is that they saw you. They saw your good qualities, your energy, and they wanted to control it. They wanted you where they wanted you. For some time, they were good at it, right? But then, something changed. The mask fell, and you had that moment when everything made sense. You realized that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. Removing them from your life, blocking anyone who helped that cutting them out was the only way to move forward. neutral, stay boring, and stay out of their sight. And if neither of those work, its time to make a plan. Think about what you even knowing but now you see the truth, and that changes everythingThe narcissist knew how to keep you close, and they did it well. Maybe you got married or started a relationship, and then you found out you were having a baby. Maybe you were the one pregnant, or maybe they were, either way, it made the connection even stronger. With a baby involved, their control could last for many years. Back then, you didnt know about narcissism. No one taught you how to see the signs. You didnt know that some people use games to get you into a relationship, keep you there, and stay in control the whole time. It was something you didnt expect at all.Lets say you married the narcissist and had kids. The narcissist knew that having children would tie you to them for a long time, at least until the kids were mature enough to live on their own. And they made sure to use that to keep control over you. You might think, Why would anyone do that? Well, its simple. Someone like that wants to control you, make you feel trapped, and keep you with them. They want to make sure you cant escape. But it wasnt only you they wanted to control, they also wanted to control your kids. Being parents wasnt enough for them, they wanted little versions of themselves. They didnt care about working together with you to raise the kids. Instead, they focused on going against the way you wanted to raise them, always trying to make things harder for you. When the narcissist has you in their control, thats when they feel they can do anything. Theyve already trapped you in confusion or a strong emotional bond, and you dont even realize it. You didnt know what gaslighting was. You didnt know what gaslighting was. You didnt know what gaslighting was. You didnt know about things like mirroring, blaming you for everything, or their angry outbursts. You didnt know about how they could hurt you with money or words, you didnt see any of these things coming. All you knew was that the person you met, the one you thought you knew, changed. It felt like once you took that next step like married, moved in together, or anything big everything in the relationship changed. And that change was real, even if you didnt fully understand it yet. In a narcissistic relationship, there are three important moments. The first one is when you meet them. Imagine if they were honest with you and gave you a paper that says, This is me. This is how I treated others before. This is how Ill treat you And when Im finished with you, Ill throw you away like garbage and find someone new. But this never happens, right? They dont say that. The second moment is when the narcissist knows they have control over you, they know theyve trapped you now. The third part is when the relationship ends, but that happens only if you never figured out what narcissism is and what kind of relationship you were in. You found the truth, even if it was hidden. Thats something to be thankful for, not because you had to go through the tough times, but because you figured it out. Now, you can start to heal. You have what it takes to fix yourself. You can leave, cut all ties, and go no contact, block them from your life for good. Most people never reach that point. They never find the truth. But you did, and that changes everything. They controlled your money, your time, and your mind but now you see it for what it really was. When you were with the narcissist, they always had control over you, especially with money. Maybe you were the one earning most of the money, or maybe you both worked, doesn't really matter. What matters is, no matter how hard you worked, the narcissist always found a way to take your money. You probably ended up with lots of credit card debt, living way beyond what you couldnt afford, or putting your kids in expensive schools that stretched your money too much. But what about you? Were you saving any money for the future? Were you getting ready for emergencies or fixing you to spend. And thats what they wanted, keep you spending, keep you busy, and never let you build any real financial security. When the narcissist had control of your money, you ended up doing what they wanted all the time. Another example is how things changed when you were with them. Think about what you liked to do before you met them, maybe you liked hanging out with friends, trekking, or doing something else that brought you joy. But when you were with the narcissist, you probably stopped doing these things. You didnt hang out with friends or go trekking anymore because they didnt need to stop you directly, but they made sure you were too busy, too tired, or didnt have enough money to do the things you liked. If they didnt want you spending money on something, they would make you think it was a bad idea like, Why spend money on your friends and trip when it could be used for me? They didnt need to say it out loud. They just made sure you didnt do anything that wasnt part of their plan. Im not a narcissist, but lets think about how they controlled you. One of the biggest ways they kept control was by making you believe they were who they said they were. This is the main part of narcissism and how they trap you in the trauma bond. The hard to accept but its the truth. Narcissists dont know what love is, and they dont have empathy. They only care about themselves. People are just tools for them, things they use to get what they need. When you were stuck in this mental confusion, trapped in the trauma bond, it felt like you were locked in a cage. You didnt know how you ended up there, but you knew you had to get out. The problem was, you didnt know what was happening. You didnt thow how you ended up there, but you knew you had to get out. The problem was, you didnt know what was happening. You didnt know how you ended up there, but you knew you had to get out. The problem was, you didnt know what was happening. You didnt know how you ended up there, but you knew you had to get out. The problem was, you didnt know what was happening. didnt know how to explain it. Imagine when the door opened, who would you meet, the nice side of the narcissist or the angry one? It was always a surprise. They might say, Ill be home at 5. Lets eat together. What are you cooking? So you would spend a long time preparing, getting everything ready. But then they wouldnt come home until 9:30. When they finally arrived, they would look confused and ask, Whats going on here? You, tired from waiting, would answer, Ive been waiting for more than 4 hours. Where were you? And they would say, Oh, I was at work. Didnt you get my text? It was always like that, never taking responsibility, just making you feel like it was your fault. They always had some excuse for why they were not there, right? The whole idea was to keep you in that situation. They let you spend hours cooking a big meal, knowing they wouldnt show up when they said they wouldn't show up when they want they wouldn't show up when they want they want they want show up when they want they wan getting attention from someone else or doing whatever they felt like. But they didnt do what they promised. They didnt come home to eat the meal you worked hard on. This is just once or twice, it happened all the time. They controlled you through your phone, your time, and your life but the moment you cut the strings, everything changed. Think about how your phones pinging all the time was part of the control. Every time you heard it, youd quickly check who it was. If it was the narcissist, youd feel something maybe excitement, maybe nervousness. You couldn't just ignore it, so youd reply fast, no matter what you were doing. Youd send them long messages, telling them everything you did, who you were busy and working, hoping they wouldnt add more to your already big list. But it never stopped. When they came home, theyd find something to complain about, or theyd give you a new list of things to do, making you feel like what you did wasnt good enough. Texting was their way to control you, like they had you on a string. Every time your phone made a sound, especially if it was a message from them, you stopped everything to reply quickly because you didn't want more problems. You just wanted everything to be okay. It was like playing Whack-a-Mole, the game where you hit one mole, but another one comes up right away. Thats how it felt with the narcissist. They kept giving you more and more things to do, but never said anything good about it. No well done, no good job. Why? Because they were always trying to outdo everyone, even you. They expected way too much, and no matter how much you did, it was never enough for them. The ones doing things for them attention, the ones doing things for them they controlled, their kids, co-workers, or even friends. They wanted everyone to do whatever it took to make them feel better about themselves. The reason the narcissist controlled all these people is simple: each person was there to give them something, even if they didnt know it. The narcissist doesnt just pick anyone to be close to them. They choose people based on what they can get from them. Maybe its a car, money, connections, or status. These people have to be useful. The narcissist might like someone who has a beach house, a yacht, or even a private jet, anything that helps them feel important or get the attention they crave. The narcissist is always looking for ways to make themselves look better, but it doesnt always need to be something big like a yacht or a big house. Sometimes, its just being invited to a party, barbecue, or some event where they can feel important. They are always comparing themselves to others whether its their co-workers, friends, or even people they see online. They always think about how their current attention is compared to the past. And when they stop talking to someone, they immediately start comparing that person to the new one they are with. But the thing is, the narcissist can never feel truly happy. A stable, calm relationship is never enough. They are always looking for something more, always chasing after the next thing to make them feel good for a short time, but it never lasts. The narcissist loves when there is chaos and confusion. They want to control people around them to feel strong. But when they lose control over you whether its your emotions, money, being around them, or even your spirit, thats when they start to lose power. Its not only about breaking those connections, but when they start to lose power. Its not only about breaking those control over you whether its your emotions, but when they lose control over you whether its your emotions, but when they lose control over you whether its your emotions, but when they lose control over your spirit, thats when they lose control over you whether its your emotions, but when they lose control over you whether its your emotions, but when they lose control over you whether its your emotions, but when they lose control over your spirit, that when they lose control over your spirit your spi and thats a good thing, it means youre taking back control and becoming stronger. You lost yourself in the narcissists control, but now youre finding the strongest version of you. Lets look at this in a different way for a moment. The narcissists didnt only control you in one or two ways, they had many ways to hold you tight. Maybe you didnt see it while right now doesnt mean this will always be your situation. The future can be different, but you have to start planning your way out. Its about knowing when its the right time and being ready to act when that moment comes. Thats why I always talk about cutting off contact, blocking, and making space. But sometimes, people end up stuck with a narcissist, like in a marriage, even when they know exactly who the narcissist is. Maybe youre waiting for your kids to get older, hoping for a divorce, or dealing with money or custody issues. If that you, you get what I mean. But whatever the reason, you need a plan. You can't stay in that bad relationship forever, especially if the narcissist still has some control over you, even if it seems small. That control is still control, and its still affecting your life. When you understand that getting away from these people is the only way to go, you have to ask yourself: if not now, when? Thats why its so important to break those four connections. You have to ask yourself from them. Going no contact isnt just a choice, its something you must do for your own peace. The truth is, the narcissist was controlling you all along, until when? Yes, until they couldnt anymore. Thats why so many of us had to move, change everything, and start new. We left places we thought were home for a long time. Its about getting your freedom back and making a fresh start, far away from their negative influence. We had to let go of people we cared about, people who got fooled by the narcissists lies and believed all the false things said about us. We had to say goodbye to family, friends, and loved ones, even though it hurt a lot. But this is how it goes when you are in a relationship with a narcissist. There are always losses. Its not just the narcissist you need to run from, its everyone connected to them, even if they are just a few steps away. Anyone can become a flying monkey, telling the narcissist everything they are. Thats why going no contact is the key. Once the narcissist no longer has control over you, it feels like a weight is lifted. Its a sense of freedom, empowerment, and a new world of possibilities. Its like waking up to who you really are. Let me repeat that, you lost yourself to find yourself. Before the narcissist came into your life, you didnt fully know who you were in it, you were blinded by the narcissistic fog, unable to see your true self. When that relationship ended whether they left you or you decided to leave, you had to start all over. You had to find your strength, put yourself back together, and begin again, even if it felt hard. You came out of it stronger, like a phoenix rising from the ashes. You started to climb up, leaving the bad stuff behind, and becoming a new version of yourself, one you didnt even know was possible. Maybe youre there now, on your way, or close to it. Youre not the same person you were before. Youre in a new chapter, the best version of yourself, stronger, smarter, and more ready than ever. And this is when the narcissist no longer own you. This is when the present, and leave the past behind. Those bad memories dont belong with you anymore. I hope you found my article informative and helpful. Please let me know what you think, God bless you, Love you all, and take care! Check out our publication about Narcissism if you want to learn more or join us to write: Me and NarcissismYou can check my new account in my bio, where I post daily on Medium. \*Note: Medium Membership required\*I also post daily on Buy me a coffee & SubstackIf you do enjoy my content, you can support me by using the link here.or down below Thank you! 2025 Ryan Hwa Breaking free from someone with a narcissistic personality can no longer manipulate or dominate your choices, their behavior often shifts in surprising ways. Understanding what happens next can help you stay strong and focused on your freedom. Narcissists thrive on control. It fuels their need for attention, power, and validation. When they lose that control, they dont take it lightly. Their reactions can range from dramatic to subtle, but the goal is often the same: to pull you back into their orbit or regain some sense of influence. This article breaks down the changes you might notice after a narcissist loses control over you. Understanding these patterns can make it easier to handle their reactions and protect your peace. Losing control doesn't sit well with narcissists, and their first instinct is often to fight back. This could mean they become louder, more critical, or even aggressive. Their aim is to pull you back into the cycle of manipulation by overwhelming you with chaos. Its not about youits their way of trying to regain dominance. Their outbursts can show up in many ways. Angry texts, guilt-tripping or even spreading rumors are common tactics. They might suddenly act like the victim, twisting the story to make it seem like you wronged them. This reaction isnt personalits their defense mechanism when they feel powerless. Standing your ground is key during these moments. Staying calm and refusing to engage gives you the upper hand. Their attempts to provoke a reaction lose power when you dont play along. Over time, they may back off once they realize their old tricks no longer work. PIN IT When their control slips away, narcissists often shift to acting like the wounded party. Theyll exaggerate how much youve hurt them to gain sympathy from others. The goal here is to manipulate the people around them into siding with them. Its a way of isolating you and making themselves look like the one in the right. This phase can be tricky to deal with because it tugs at your emotions. You might feel guilty or wonder if youve been too harsh. Remember, this is a strategy they use to pull you back in or punish you for stepping away. They know how to press emotional buttons to make you question yourself. The best approach is staying confident in your beace and not letting their pity-seeking tactics drag you back into their web. immediately. Some will try to keep you in the background, testing whether youre still vulnerable to their influence. Others might disappear altogether and act like you never mattered. Both approaches are about them, not you. Letting go of their attempts to reconnect is important for your well-being. They dont change their behavior overnight, and understand the proaches are about them, not you. falling back into old patterns only opens the door for more harm. Youve already taken the steps to free yourself; staying focused on your own growth is the best way forward. PIN IT Some narcissists suddenly become extra sweet and kind when they lose control. The same person who once made life hard might now shower you with compliments, under their influence. Recognizing this pattern helps you stay grounded and avoid being pulled into their cycle again. Keep focusing on whats best for your emotional well-being. Polite but firm responses at allshow them youre serious about your boundaries. Their charm only works when you let it. Staying consistent reminds you of how far youve come. Narcissists often rewrite the narrative to fit their needs. Once they cant control you, they might start telling others a very different story about who you are. Its common for them to paint you as the bad guy or as someone who changed or betrayed them. Hearing about these lies from mutual friends or family can be frustrating. You may feel tempted to defend yourself, but responding to every falsehood gives them more power. Their need to control the narrative is just another attempt to regain influence. Instead, let your actions and character speak for themselves. People who truly know you wont be swayed by their stories. Staying calm and focused on your goals is the best way to show that their version of events doesnt define you. PIN IT Losing control doesnt stop some narcissists from keeping tabs on your life. They might snoop through social media, ask mutual acquaintances about you, or even show up in places you frequent. This behavior isnt about care or concernits about staying in the loop and finding ways to regain leverage. The thought of being watched can feel invasive, but their actions reflect their inability to let go. They thrive on knowing what youre up to because it gives them a sense of control, even from a distance. Blocking or limiting their access to your life is a strong way to take back your power. Whether its changing privacy settings or cutting ties with shared connections, taking simple steps helps protect your peace. Over time, theyll realize they have no place in your life anymore. Without someone to control, the mask that narcissists wear can start to slip. That image of confidence and superiority might crumble, revealing insecurity underneath. Their need to dominate others often stems from their own struggles with self-worth. This shift doesn't mean they admit fault or take responsibility. Instead, you might see them act more irritable or withdrawn. They may avoid situations where they can feel surprising, especially after experiencing their overly confident persona for so long. Focus on your own growth rather than their struggles. Watching the life you deserve. Their downfall isnt your responsibilityyour freedom is what truly matters. PIN IT Sometimes, losing control makes a narcissist pull back entirely. They may stop reaching out, avoid contact, or act as if you no longer exist. Its their way of punishing you for stepping away, hoping the silence makes you feel ignored or guilty enough to return. This sudden change can feel strange, especially if they were overbearing before. The coldness is more about them than you. Without control, they lose the motivation to invest in the relationship and may retreat to protect their ego. Stay steady in your boundaries. Their withdrawal isnt a reflection of your worth but a sign that youve taken back your power. Use the space to focus on your own growth and to build healthier connections. Sometimes the response to losing control is complete denial. Acting indifferent or dismissive becomes their shield to avoid showing vulnerability. Phrases like I never needed them anyway or I dont care what they do might start popping up in their conversations with others. That cold attitude isnt about confidence; its a defense mechanism. The lack of power stings, and pretending it doesn't matter helps them save face. They drafted rather them anyway or I don't care what they do might start popping up in their conversations with others. act unbothered than admit they feel the loss. You dont need to react or prove anything. Their indifference doesnt erase the progress youve made. Letting them deal with their emotions on their own frees you to focus on your journey forward. Walking away from a narcissists control is a huge step. Each choice to stand firm brings you closer to a life filled with respect and genuine connection. Youve got the strength to keep going, and every moment of peace you reclaim is worth it. Narcissists love control. Its how they keep their power and manipulate the people around them. But what happens when you stop playing by their rules? When you stand your ground, think for yourself, and refuse to be controlled?Well, they hate it.In fact, there are certain things that drive narcissists crazy because they strip away their control. And if you know what they are, you can reclaim your power and protect yourself from their toxic influence. Here are eight things narcissists absolutely cant standbecause when you do them, they lose the grip they so desperately want to keep on you.1) Setting clear boundaries. You block their access to that control. At first, they manipulate, guilt-trip, and gaslight to get what they want. But when you set firm boundaries your ground. But the more consistent you are, the less power they have over you. Boundaries tell a narcissist one thing loud and clear: Youre not in charge here. And thats something they absolutely cant stand. 2) Saying no without feeling guiltyNarcissists hate hearing the word no. It shatters their illusion of control and makes them realize they cant manipulate you into doing whatever they want. I learned this the hard way with a former friend. Every time I tried to say noto a favor, to a last-minute plan, to something that made me uncomfortablehe would guilt-trip me. Wow, I guess I cant count on you, or I thought we were closer than that. It worked for a while. Id cave just to avoid the drama. But the moment I stopped justifying myself? The moment I said no and left it at that? Everything changed. He got frustrated, even angry, but eventually, he realized his tactics wouldnt work on me anymore. And thats exactly why narcissists hate itbecause when you say no with confidence, you take away their power to manipulate you. 3) Staying calm when they try to provoke youNarcissists love to get a reaction out of you. Whether its anger, frustration, or sadness, your emotions fuel their sense of control. Thats why they poke, prod, and push your buttonsthey want to make you lose your cool so they can play the victim or twist the situation in their favor. But when you stay calm? Thats when they start to panic. Studies have shown that emotional regulation weakens manipulative tactics, making it harder for someone to control you. Without that reaction, theyre left scrambling for a new strategy. By refusing to engage in their drama, you take away their powerand nothing frustrates a narcissist more than losing control over your emotions. 4) Thinking for yourselfNarcissists want to be the voice in your head. They twist facts, rewrite history, and convince you that their version of reality is the only truth. The last thing they want is for you to think critically and make decisions on your own. Thats why they react so badly when you guestion them. The moment you start fact-checking, forming your own opinions, or refusing to blindly accept what they say, their control starts to slip. They might call you difficult or ungrateful, but really, theyre afraidafraid of losing the influence they once had over you. Independent thinking is a narcissists worst nightmare because it means they can no longer shape your reality to fit their needs. And once you start thinking for yourself, theres no going back.5) Prioritizing yourselfNarcissists expect to be the kind of person who always put others first, even at my own expense. And narcissists love that. They take and take, making you feel guilty for even thinking about your own needs. But the moment I started prioritizing myselfsetting aside time for my own goals, saying no to things that drained me, and focusing on my well-beingtheir attitude shifted fast. Suddenly, I was selfish. Uncaring. Not who I used to be. But in reality, I had just stopped letting them drain me. Narcissists hate when you put yourself first because it means theyre no longer your top priority. And for them, thats unbearable, 6) Agreeing with their insults Narcissists love to put people down. Insults, backhanded compliments, and subtle jabs are all tools they use to make you doubt yourself and seek their approval. They expect you to get defensive, argue back, or try to prove them wrongbecause that keeps you engaged in their game. But what happens when you just agree? If a narcissist says, Youll never succeed without me, and you shrug and say, Maybe, but Ill figure it out, they suddenly have nowhere to go. Their words lose power because they were meant to hurt you, not to be accepted. Nothing frustrates a narcissist more than realizing their insults dont affect you. When you stop seeking their validation, they lose one of the easiest ways to control you. 7) Being happy without them. confidence depend on their presence in your life. Thats why they try so hard to break you down, only to offer just enough validation to keep you hooked. But when you start thriving without them? Thats something they cant handle. Seeing you hooked. But when you start thriving without them? Thats something they cant handle. illusion of their importance. They might try to pull you back in, acting like theyve changed or suddenly supporting you. But the truth is, they dont want you dependent. And when they realize youre not? Thats when their power truly disappears. 8) Walking away for goodNothing terrifies a narcissist more than losing control completely. As long as youre still engaging arguing, explaining, defending yourselfthey believe they still have a hold on you. But the moment you walk away and never look back? Thats when they lose. No more justifications. No more justifications, No more justifications, No more justifications are not only in the moment you walk away and never look back? That when they lose. No more justifications are not only in the moment you walk away and never look back? That when they lose. No more justifications are not only in the moment you walk away and never look back? That when they lose is not only in the moment you walk away and never look back? 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That was a supplied to the moment you walk away and never look back? That was a supplied to the moment you walk away and never look back? That was a supplied to the moment you walk away and never look back? That was a supplied to the moment you walk away and never look back? longer manipulate, guilt-trip, or control you. And that is the one thing for surenarcissists hate losing control. But the truth is, their control only works if you allow it. The moment you set boundaries, think for yourself, and refuse to engage in their mind games, their power starts to fade. Psychologists often say that narcissists rely on a cycle of manipulation to keep people under their influence. Break that cycle, and they have nothing left. So if you ever feel guilty for standing your ground, remember this: protecting yourself isnt selfish. Its necessary. And the stronger you become, the less space a narcissist will have in your life.