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4 Steps to Saying "No" to a Narcissist

1. Saying "No": Why Is It So Hard?

To a narcissist, "no" is more than just a word. It represents a loss of control and their source of narcissistic supply. Their desperation to fill their supply means that they see the word "no" as a complete rejection and a personal attack. The minute you tell them "no," you become Public Enemy Number One. You've now opened yourself to their attacks.



2. How to Get Over Your Fear

No matter their threats or your reasons, you won't escape a narcissist by pacifying them—you'll only sink deeper into their toxic whirlpool. Instead, stay true to yourself. Be kind but firm, holding boundaries and saying "no" with grace. Each time you do, you reclaim more power until you're finally free, standing safely on solid ground.

3. How to Say "No" Effectively

The easiest way to learn to say "no" is by starting small. Build confidence with little things before tackling bigger boundaries. When dealing with a narcissist, keep responses short and simple—never JADE: justify, argue, defend, or explain. The less you say, the less power you hand over. And remember, "no" is a complete sentence.



4. A Narcissist's Temper Tantrum

Let's bring our comparison full circle. Like spoiled children, narcissists love to throw temper tantrums. However, like a spoiled child, a narcissist will eventually give up when they see there's no possibility of getting what they want. As long as you hold your ground, you can free yourself from a narcissist's control and take back your own power.