



## 9 Covert Ways to Outsmart a Narcissist: Beat the Tools He Uses to Mind Control You

*Jamie Keller*

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If you downloaded this book, it is no doubt that you are dealing with a narcissist on a regular basis. He or she is probably driving you crazy. They gaslight you and try to make you believe that you're crazy. They blame and shame you for everything that goes wrong in their lives. They destroy and damage everything that others have because of their constant envy. They want to always be on top, and they don't care who they step on to get there.

I have dealt with narcissists for years in my family environment and my work environment. I have learned a few tricks in dealing with a narcissist that I would like to share with you. I have experienced their behavior firsthand. I feel that non-narcissists deserve tools to equip them in dealing with a narcissist better so that we don't fall for their malicious mind games.

### 1. Triangulation

Narcissists employ a tactic called triangulation which causes jealousy and competitiveness in those around them. They pit two people against each other in order to make both pay more attention to him or to cause them the urge to compete against each other for his attention or for a common goal.

Triangulation can be used as a tool by a narcissist for one of many reasons. He might use triangulation in order to make his partner jealous and fear losing him. Her jealousy will naturally then cause her to hang onto him much tighter and to ignore his bad behavior instead of dumping him for being a jerk. He can cheat and then blame the cheating on the person that he cheated with, pitting his girlfriend and mistress against each other to keep him out of the line of fire.

Triangulation can be used to keep himself the center of his mother's affections, as well as keeping him the center of attention in his wife's mind. If he pits his mother and wife against each other, both of them will try to outdo each other with gifts and lavish much attention on him. He is at the center of all the chaos, and he is eating up all the gifts and attention.

He will cause commotion between coworkers at work. Once the attention from management is diverted to the 'misfits' who he pitted against each other to quarrel, it gives him a leg up on the promotion that he has had his eyes on. He will tattle on others to put himself in a better light for the management.

The narcissist will upset his partner as well. He will refuse to help with the kid adequately, causing the mother stress and lack of support. Then, he will swoop in to 'save the day' in the eyes of the kids when the mother becomes too stressed to care for the kids. In this way, he is triangulating his partner with his children so that he come out looking like the better parent.

The narcissist always uses triangulation in order to come out of any and all situation looking like the 'good guy'. He will lie to each side of the triangulation, and then go back to the other person and lie again. It will look as though the 2 people are against each other when in reality the narcissist is the one that is causing all of the trouble to begin with. In order to fight against a triangulation situation...

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