



How to Help a Narcissist Heal

1. Help a narcissist heal with a commitment to counseling.
2. Help a narcissist heal with help from your church.
3. Find something you can do together that you mutually love.
4. Keep communication open, even when it feels impossible.
5. Agree to boundaries and then stick to them religiously.
6. Be graceful and not demanding.
7. Keep yourself emotionally healthy.