

Defending Yourself Against the Aging Narcissist



The Aging Narcissist Knows How to Push Your Buttons

The best defense for you against an aging narcissist is to learn healthy ways to respond to the narcissistic injury being directed your way.



The Aging Narcissist Still has Charming Words on his Side

The aging narcissist knows that he isn't as young, pretty, or athletic as he used to be. But by this time, he is the master of charming words.



Be Ready With an Answer When Defending Yourself Against the Aging Narcissist

Narcissists of any age like to catch people off guard. So, what better way to defend yourself against the aging narcissist by catching him off guard?



Set Healthy Boundaries When Defending Yourself Against the Aging Narcissist

Healthy boundaries help you to continue to relate to the narcissist in ways that allow you to be with them while keeping yourself safe.



Don't Engage in Circular Arguing With the Aging Narcissist

If you find yourself in a round of circular arguing, simply say you know your truth and you are done arguing. Then you simply leave the area you are in so they cannot continue the argument against your will.



Don't React to the Attacks of the Aging Narcissist

It helps to know that the aging narcissist's attack isn't based on anything you have done or said, but on their own selfishness. Showing non-reaction to their attacks takes away their motivation because they aren't getting what they want out of you.