

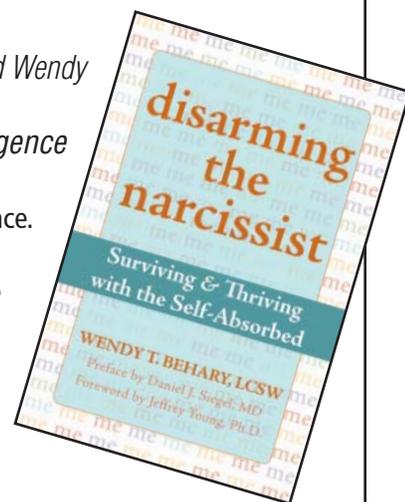
How to Talk to a Narcissist

They may act like they're the only ones who matter, but narcissists are not alone in the world. Wendy T. Behary offers a guide to communicating with them in a way that gets you heard.

"Anyone whose life predicament includes dealing with a narcissist will be well-advised to read Wendy Behary's book and heed her advice..."

— **Daniel Goleman**, author of *Emotional Intelligence*

Often times they are the most charming person in the room, radiating brightness and confidence. It is not hard to understand how narcissists—those exhibiting traits of narcissistic personality disorder—make their way into our lives. We marry them, we accept jobs from them, we invite them to our card games. But eventually the flip side of their personality comes to light. What you once believed was confidence you now recognize as arrogance; and it is no longer their charm that takes your breath away, but rather their sense of entitlement and lack of empathy. When the illusion has been shattered and you recognize the narcissist in your life for who they are, ***Disarming The Narcissist*** will help you figure out what to do next.



Communicating with a self-absorbed person is tricky and frustrating, and sometimes intimidating. How do you get them to understand your point of view? Wendy Behary explains to the lay reader that the trick is compassionate, empathetic confrontation. Understanding the narcissist will help you slip past their defenses and communicate with them more effectively.

Recognizing the Narcissist

"They seem well-assembled and self-assured, sometimes with a saccharine wit," says Behary, cautioning that they can also "quickly pull the rug out from under you, reducing you to boredom, tears, apprehension, or disgust without a flinch." Typically, narcissists display ten of the following thirteen traits:

1. Self-absorbed (acts like everything is all about him or her)
2. Entitled (makes the rules; breaks the rules)
3. Demeaning (puts you down, bullyish)
4. Demanding (of whatever he or she wants)
5. Distrustful (suspicious of your motives when you're being nice to him or her)
6. Perfectionistic (rigidly high standards—his or her way or no way)
7. Snobbish (believes he or she is superior to you and others; gets bored easily)
8. Approval seeking (craves constant praise and recognition)
9. Unempathic (uninterested in understanding your inner experience, or unable to do so)
10. Unremorseful (cannot offer a genuine apology)
11. Compulsive (gets overly consumed with details and minutiae)
12. Addictive (cannot let go of bad habits; uses them to self soothe)
13. Emotionally detached (steers clear of feelings)

How to Talk to a Narcissist Tip #1: The Show Off

When dealing with the show-off, recognize that you are in the company of someone who hungers for the adoration and envy of others... ignore [their] obvious solicitations and instead offer positive feedback for the simple and ordinary niceties of the interaction...

from *Disarming The Narcissist*

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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Disarming The Narcissist: Surviving & Thriving with the Self-Absorbed
by Wendy T. Behary, LCSW, ISBN: 978-1-57224-519-8
\$14.95, 6 x 9, 184 pages, Published in April 2008
New Harbinger Publications, 800-748-6273, www.newharbinger.com

About Wendy T. Behary

Wendy Behary, LCSW, is founder and clinical director of the Cognitive Therapy Center of New Jersey and a faculty member at the Cognitive Therapy Center and Schema Therapy Institute of New York. She is also a founding fellow of the Academy of Cognitive Therapy. Ms. Behary maintains a private practice, specializing in narcissism and couples therapy.

Suggested Interview Questions

1. How can someone recognize when they're dealing with a narcissist in their life? What are some common characteristics of a narcissistic person?
2. Is a narcissist aware of their behavior?
3. What are some causes of narcissism? Are men or women more prone to exhibit certain types of narcissistic behavior?
4. What is "healthy narcissism"? Does this mean that it's okay to be narcissistic sometimes?
5. You discuss "Early Maladaptive Schemas" in *Disarming the Narcissist*. Can you discuss the general concept behind these schemas and how you use them to help your reader understand his or herself in comparison to the narcissist?
6. What is it about the narcissist that people find attractive? Is there a certain type of person who is more commonly found paired with a narcissist, say, in romantic relationships?
7. Is it possible to have a healthy romantic relationship with a narcissist?
8. You talk about the fight-or-flight impulse, and introduce a third impulse, which is to freeze. Can you expand on this concept and talk about the alternative approaches you suggest for confronting a narcissist?

How to Talk to a Narcissist Tip #2: The Entitled One

When dealing with the entitled one, recognize that you are dealing with someone who feels she can make up her own set of rules, and that they should be able to have whatever they want when they want it...take a breath, steady your nerves, and proceed to let them know the real deal.

from Disarming The Narcissist

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Raves for *Disarming the Narcissist*

"Anyone whose life predicament includes dealing with a narcissist will be well-advised to read Wendy Behary's book and heed her advice. *Disarming the Narcissist* offers sound suggestions and keen insights—a breakthrough in one of psychology's toughest cases."

— **Daniel Goleman**, author of *Emotional Intelligence*

"I recommend this outstanding book to anyone who lives with, works with, or treats narcissists—including their partners, work associates, family members, and therapists."

— **Jeffrey Young, Ph.D.** (Foreword author)
Director, Cognitive Therapy Center & Schema Therapy
Institute of New York

"In *Disarming the Narcissist*, Wendy Behary offers a practical tool kit that gives us insights into how we can manage the emotional challenges of relating to someone who does not relate to us: the narcissistic individual."

— **Daniel J. Siegel, MD** (Preface author)
Author of *The Mindful Brain* and *The Developing Mind* and
coauthor of *Parenting from the Inside Out*

"Behary's book will surely provide help to many in need of a confidence bolster in the face of provocation."

—*Publishers Weekly*

"... a valuable contribution to the growing self-help literature on the fascinating subject of narcissism. Behary takes the reader step-by-step through a process of understanding our personal triggers to the wounding inherent in narcissistic relations and then lays out a pathway for personal empowerment and change."

— **Sandy Hotchkiss, LCSW**, author of *Why Is It Always About You?*

"This is a timely and important book. Wendy Behary offers a uniquely well-articulated exploration of the complexities of living with a narcissist, conveyed in a clear and elegant writing style...Behary's wisdom and warm humanity, together with her wide understanding and successful integration of interpersonal neurobiology and schema therapy, provides a fresh perspective that will help the reader make sense of relationships that often seem so confusing and give them tools to do something about it. I recommend this book heartily."

— **Marion F. Solomon, Ph.D.**, author of
Narcissism and Intimacy and *Lean on Me*

How to Talk to a Narcissist Tip #3: The Bully

When dealing with the bully, recognize that you are now in the company of someone who has a rigid mistrust of people and their motives. He is fearful that others will try to control him, make a fool of him, or take advantage of him... look him in the eye and carefully proceed to let him know how his words and actions make you feel.

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