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Magic words to say to a narcissist

When I first got married a long time ago, I had no idea I was having to deal with a narcissist. I was sucked into the argument, defending myself, trying to change his mind, make sense, etc. As you probably know, this method didn't work, and marriage didn't work (read my bio for more on this). Even after our divorce, the shared parents of our two sons were a challenge. I reacted to any text or email between us, and flew off the handle when he didn't listen or do what I asked him to do. After the divorce, I realized I was even more tired because at that stage, she didn't really mean anything for the word I said. After researching narcissism and each other in great depth, I realized that it was me who had to change. If I were to survive my sons' childhood for the next few years, I would have to wear a new lens. I had to make a different connection. Through trial and error, that's when I discovered magic and my life improved drastically. A few years later, now a relationship coach helping people through their divorce and another, I found my clients struggling with how to communicate without losing their minds (or their cool). I started coaching them magic principles and I saw the light bulb off. My clients shot their text messages with their narcissist and sent them to me with a message, I can't believe it worked! That's when I knew I had a formula that would work. This book is about how to connect with a narcissist. Other books may offer contactless recommendations or just ignore outrageously narcissistic texts or emails, without another formula or strategy to follow. This book will give you practical, step-by-step tips on how to build a persuasion plan, and the exact words from which to communicate. He gives you strength and will keep your narcissism out of power now available on Amazon, this book will be going to, your pocket sources for when you are in conflict and get stuck in exactly what they say. Are you ready to take the copy? Click the button below to buy. Want an extra resource to help you with magic? Check out my new repertoire designed to help you with your strategy and create your own magic words. This pdf is downloadable where you can fill in your answers without even having to print! This is perfect for when you want to build a covert layout without anyone seeing it, or as an extra reading along for audible or Kindle versions. Note: This workbook is not recommended without reading the actual book, the magic words used. You don't understand the field without books, so please buy printed, Kindle, or Audible first. Plus... If you buy a magic words workbook and buy books Amazon.com and write a book review, I'll refund you \$7 for the workbook! Just email me Amazon.com your image review, and yes, your workbook is for free! Buy your copy now and get instant access. I have read a lot of different suggestions or recommendations on how to deal with a narcissistic wife, he says. What makes Lindsay's book different is The problem heads in and it does through a calm and focused connection that put out emotional fires. In some ways, it's an effective way to communicate about any problem, but especially when dealing with a personality disorder on the other side B- Robert Farzad This book is a gem —short, to the extent that it's full of step-by-step directions and examples of his magic words and phrases and how to use them in different situations to get the result you want. Lindsey constantly reminds us to take a business approach and take emotions out of it, which is very helpful, since I often get stuck here. His coaching throughout the book is very encouraging, as well as crediting the fact that we are dealing with crazy people, manipulating and that some phrases and words may not 'feel' right, but it's really going to help us achieve our personal agenda! There is also a great appendix as a quick reference. I already have a lot of ideas in the book to use the line. First email sent today! Susan throughout my career I've heard it say, over and over again, that you're business, not personal. When you're dealing with narcissist, it's hard not to get their orchestrations, personal. Lindsey Ellison's approach is in a business like, format. Straight and up to the point. Magic Words is a quick read that will leave you with some valuable tools when dealing directly with narcissist. The book shows you how to put together a profile of the person they're having to deal with and identify their bias, which is often what they're trying to hide or protect. Set a goal for each conversation that includes what you hope to achieve. You will then be given word combinations that allow you to achieve those goals that are less threatening to the narcissist and feed her false self. Lindsey shares many examples that allow the reader to compare and contradict her personal experiences. It's very similar to a business plan that you can personalize and format to fit your needs. The book will definitely empower the reader. The more tools we have to communicate with people who behave narcissistically, the more confident we are in our daily lives. This gem of a book is how it will prove to be a valuable resource for anyone who suffers from narcissistic abuse. I appreciate Lindsey straight forward and the logical manner that she explains the problem while simultaneously describing the solution. His question answer format will be attached to a reader who is in dire need of information and solutions. Not only will the reader feel Lindsey's heart and enthusiasm, it's quite clear that her expertise may well change their lives. Ross Rosenberg, M.Ed., LCPC, CADC, CSAT With so many resources on understanding, breaking free from, and healing after narcissistic abuse, you may think you've read it all on navigating communication with the narcissist in your life. No contact, while necessary and effective, it is not viable for many survivors of narcissistic abuse. If you are a common parent, trying to maintain a relationship with narcissistic parents or family members, or are reviewing a divorce with a high conflict narcissist, you need this book! The magic of words is long awaiting the lost link of advice between never talking to narcissist again and emotionally in toxic dancing in toxic dancing to get out of primarily embryos. Magic words are clearly written, insightful and full of real-life examples of what to say and what they don't say. Not only does Lindsey Ellison not only have to communicate with a different narcissist, but how to just do it, it does an elaborate job. Drawing from his personal experience and years of working with his coaching clients, he offers a unique yet powerful step-by-step approach to discovering the most effective words to use with narcissism in your life. This is the Book I have been waiting for. After the battle of becoming a survivor of narcissistic abuse, magic words totally changed the way I now co-parent with narcissist in my life. It has also provided valuable insights into how I communicate with my children to help them understand and navigate a better relationship with their narcissistic father. Thank you Lindsey for sharing your work and mission with us in such a practical and powerful way. Magic words will soon be recommended to sources for anyone caught up in or escaping a toxic relationship with narcissist. Alison P. I'd love to hear from you! Send me a question or comment. Do you need coaching? Click here to learn about coaching one by one. Trying to argue with them, telling them how you feel, or using logic often results in arguments that leave you very tired, you often end up giving in. The classic mistake we make is that we believe narcissist actually cares about us, our needs, or unfortunately even our children we may share with them. We communicate incorrectly of survival feelings that are usually fear, anger, kieh, hatred or all of the above. But as it may have found, these communication methods only inflame the nomination and will not get you anywhere. If you are locked in a relationship with a narcissist - such as an employer, top conflict partner, ex-wife with shared custody, or perhaps a family member - avoid using these words or phrases. They will only begin their biggest narcissistic fears or insecurities, and yield the opposite effect that you will likely desire: collaboration. You very unreasonable narcissist fears people discover that they are not sensible, easy to go, Princess Charmings they pretend. So you tell them that they are unreasonable will only cause fear within them, not logic (as you hope it will). Instead, neutralize your insecurity by playing on it. Try, I trust him this will not only throw them off, but also their trust from them will feed their ego. Example: I trust that you will agree to register Boy for karate. Thank you for the very logical word, this word is one of the most powerful frontier words in our vocabulary. But if you're trying to inspire collaboration, that's the only word if you're negotiating or you need something from them in the future. Try if/then statements where you make a suggestion to appeal them rather than say no. Your proposed option may be equally unreasonable for them, but this position forces them to make the resulting decisions, making them feel in control and thus reducing the tempered tantrum. Example: If you want to get the kids one day early, then how do I get them another day next week? But once they understand that their control is threatened, they experience a narcissistic injury that can lead to anger or, worse, violence. If you are trying to have parents or parents in common with them, telling them they should be doing something on behalf of your child, though with suggestive or useful intent, will likely guarantee the opposite effect you want. So if you want to take certain action, you have to use words that make them feel still controlled. Instead, try, you're pretty good at... Example: You're very good at math and you've always been a good student, could you help Jimmy with his homework? doesn't matter what the words you choose to thwart the power struggle, communicating with a narcissist means thinking like a CEO and seeing every interaction as a business deal. By looking at them through an unearthly lens, and choosing magic words to get involved, you'll feel more empowered and ultimately inspire collaboration. Lindsey Ellison is a relationship instructor who specializes in narcissistic abuse, and author of magic words: How to get what you want from a narcissist. His bestselling book offers a step-by-step formula on how to create a communications plan, and offers a screenplay of empowering the words magic that can thwart the power struggle. He can be found LindseyEllison.com and his book can be found on Amazon: view your physician page here: Thank you Lindsey Ellison for this great article! Article!

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