why they vacillate between their false self and their true self, so you never get a sense of psychological safety or

19. Shaming

opinions without reprimand. This self-censorship enables the abuser to put in less work in silencing you, because you

feedback – the victim is the hypersensitive one, apparently. So long as you're treated like a child and constantly

food, a toxic person gains pleasure from hurting you and being able to get away with it. After all, it's just a joke, right?

the emotional reset button, reinforce your boundaries even more strongly rather than backtracking on them.

Abusers tend to "hoover" their victims back in with sweet promises, fake remorse and empty words of how they are

trespass. The more violations they're able to commit without consequences, the more they'll push the envelope.

It helps to realize when you're being baited so you can avoid engaging altogether. Provocative statements, name-

you. Remember: narcissistic abusers have learned about your insecurities, the unsettling catchphrases that interrupt

that mean that you must be wrong? The truth is, narcissists love to "report back" falsehoods about others say about

as "triangulation. " Often used to validate the toxic person's abuse while invalidating the victim's reactions to abuse,

someone's actions communicate who they are, not who they say they are.

think you don't trust them, or because they know you shouldn't? Trust actions more than empty words and see how

attacking someone else who threatens their sense of superiority.

Toxic people put you through an idealization phase until you're sufficiently hooked and invested in beginning a

character and integrity will speak for itself when the narcissist's false mask begins to slip.

ones, create stories that depict you as the aggressor while they play the victim, and claim that you engaged in the

Toxic people

friends and family and make you financially dependent upon them. Like Pavlov's dogs, you're essentially "trained" over

10. Destructive conditioning

informed opinion suddenly becomes "silly" or "idiotic" in the hands of a malignant narcissist or sociopath who feels

Name-calling can also be used to criticize your beliefs, opinions and insights. A well-researched perspective or

with a right to his or her perspective.

The lowest of the low resort to narcissistic rage in the form of name-calling when they can't think of a better way to

assumptions, schemas and stereotypes of society; they are also used to maintain the status quo. This form of

4. Blanket statements and generalizations

Remember: toxic people don't argue with you, they essentially argue with themselves and you become privy to their

2. Projection

make a generalization such as, "You are

example, rape accusations against well-liked figures are often met with the reminder that there are false reports of

assumptions, schemas and stereotypes of society; they are also used to maintain the status quo. This form of

Gaslighting

1. Gaslighting

Gaslighting

escape accountability for their actions.

Toxic people such as narcissists, psychopaths and those with antisocial traits engage in maladaptive behaviors in

20 Diversion Tactics Highly

Worldwide Epidemic Proportions

Stop Tolerating Toxic Behavior

Narcissists

Sociopath: Rational but Ruthless

Narcissistic Injury: Why They Rage,

Assaulted By The Ignorant

Narcissistic Abuse

Mental Illness

Empathy: Staying Connected To The

Lives of Children Everywhere

Narcissistic Personality Disorder

Adult Children of Alcoholic Parents:

Narcissistic Abuse Reaches