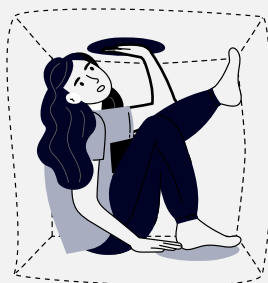


People who stay with narcissists usually are the ones who have an unhealthy dependency, personal unconsciousness, etc. ...to overcome this problem, here are five things you can do to make a narcissist leave you alone.



### Limit Possible Contact

'Cut the open line of communication.'  
Sometimes, they just want to instigate you in an unwanted situation, merely to enjoy the feeling of refreshment. Do you still want to get stuck in those circumstances?

1

### Do Not Blatantly Show Your Emotion

The most delicate way to avoid any interaction with them when their effort is so persistent is by showing them your flat expression.

Do not start any unnecessary contact. Once you do that, believe me, it will be much harder to get out of that circle.

2



### Your Self-care Is The Number One Priority

In order to alter your life and set free from the narcissist grasp, you need to realize that taking care of yourself is the utmost important thing to do.

Pay attention to your needs! You are priceless, and you deserve a genuinely healthy relationship with someone who will equally reciprocate your feeling.

3

### None Can Make You Happy Except Yourself

Most people still believe that their key to happiness comes from their spouse or significant others. For sure, they may be happy, but you don't. So, stop fooling yourself with utopian fantasy and start to realize what the truth is.

No matter how charming or how many people admire this narcissist, it is not a reason to conclude if they can offer you happiness.

4



### Find and Heal Your Wound

If you want to be a little bit brave, it is not that bad. Losing your closest one in order to focus on yourself is way much better than entangled yourselves in an imaginary mind.

So, what you have to do is, embrace your wound and heal it. Nobody is perfect.

5

# 5 Practical Ways To Get A Narcissist To Leave You Alone

## RESOURCES

- <https://medium.com/the-virago/four-ways-to-make-a-narcissist-leave-you-alone-1877c7a01424>
- <https://www.empathsrefuge.com/the-5-practical-ways-to-get-a-narcissist-to-leave-you-alone/>
- <https://innertoxicrelief.com/5-ways-to-get-a-narcissist-leave-you-alone/>
- <https://www.wikihow.com/Get-Rid-of-a-Narcissist>
- <https://www.neverlikeditanyway.com/fixit/how-to-get-a-narcissist-to-leave-you/>