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Social Media Defense Against Narcissist

1. Covert Narcissists

First, you should understand the difference between a typical narcissist and a covert narcissist. Covert narcissists are much more stealthy. They tend to be kind and gentle on the surface, often to the point where you might not even recognize them as a narcissist. Even though they have the same insatiable need for attention as typical narcissists, they won't show it and may even insist that you or someone else take the spotlight.



2. How Covert Narcissists Operate on Social Media

Social media platforms are where narcissists thrive. They can get dozens of hits a day to their narcissistic supply for relatively little effort. It's an especially convenient place for covert narcissists to go because they rely on using subtle and elusive tactics to feed their supply and target their victims.

3. What Can You Do?

These constant hits to your self-esteem are humiliating. Even if you end the personal relationship, it can feel like you'll never completely get away from the narcissist. The nature of social media means that everything you post is at risk of being seen by the narcissist, whether directly or through one of their flying monkeys (or allies).

