

# 4

## Tactics Narcissists Use in a No-Contact Approach

### First: They'll Blow Up Your Phone

The narcissist's immediate response will be to frantically try to contact you using every possible route: texts, phone calls, emails, social media messages—all of it. You'll notice that they'll send messages of hate, disbelief, mockery, and emotional manipulation to try to get you to end your no-contact stance.



### Next: They'll Use Tried-and-True Techniques

When they don't find success with their initial messages, the narcissist will then use whatever techniques drew you in in the first place, either in the beginning of the relationship or during a fight. That could be anything from love bombing and apologizing to projecting, deflecting, or promising things will be different next time.



### Then: They'll Find a New Supply Source

When that technique fails, a narcissist will bring in reinforcements in the form of other people. Sometimes, that will be a new significant other or best friend. The goal here will be to make you jealous or afraid of what they might do to you. They're also looking for someone new to control to fill their narcissistic supply since you're not doing that for them anymore.



### Finally: Narcissistic Collapse

You'll know the narcissist is starting to collapse when they begin to make mistakes or decisions that seem erratic. They may start to beg you to break the silence. They do this out of desperation. You were a significant source of supply to them, and now they're frantically trying to get that supply back.

