

SURVIVING A NARCISSISTIC BOSS



MANAGE YOUR BOUNDARIES

Narcissistic bosses will expect you to sacrifice your health & personal life to productivity. Learning to say no politely but firmly is key to survival.



THE FINE ART OF FLATTERY

Flattery is the easiest way to get into the narcissist's good books. But be careful not to bring attention to her weakness. Learning to prop up your boss, while avoiding the appearance of providing support is a complicated dance which must be mastered in order to survive the narcissist's regime.



KNOW YOURSELF

Be aware of your own narcissistic triggers. A narcissistic boss will attempt to use and abuse you. Manage your anger carefully and debrief with someone outside the workplace. A narcissistic boss will try to surround herself with an image of perfection. Do not be seduced by these illusions, even though it may be tempting. Getting caught up may lead to becoming the victim of the narcissist's envy or contempt.

EMBRACE REALITY

A narcissistic workplace encourages sibling rivalry for the approval and attention of the narcissistic boss. Avoid getting caught up in these intense struggles. Become sensitive to what triggers your boss's shame and envy. You may be rewarded for your creative ideas, but **remember narcissists do not share power**. If you trigger their envy by becoming too successful, you will pay the price.



TREAD CAREFULLY

Be careful not to do anything that offends or challenges the narcissist's images and illusions. Remember that he or she is not interested in truth, reality or you. If you inadvertently deflate, be prepared to do damage control.

REMEMBER NARCISSISTS ARE LIKE SMALL CHILDREN

Know the narcissist's weakness, the fragile self beneath the mask of superiority and power. Become sensitive to what triggers his or her shame and envy. Learn to read the meaning behind the grandiosity, arrogance, need for admiration, entitlement, contempt, and rage. Then treat the narcissist as you would a small vulnerable child – but with twice the respect.



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