

# **101 Quick Relationship Remedies**

**Save it & Discover Why and When to Run.**

Creating and Keeping a Fun, Exciting and Sexual Marriage.

By

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## **Quick Magical Steps to Create Successful Relationships**



Keep in mind, none of this stuff is rocket science. It is all quite easy, and it is a must to keep your relationship fresh, exciting, and loving. These quick steps have improved and helped to create thousands of relationships and marriages. I believe they will help you as well.

It is almost guaranteed if you follow these magical steps your relationship or marriage will improve dramatically, and it will keep you from driving your relationship into the proverbial “ditch”.

- Stop complaining! Purposely scan for things your spouse does right.

- Second, go to bed at the same time. Seriously. Be with each other. Talk. Communicate.
- And third, make “yes” your default about sex, not “no”. The more we make love, the more we want to.
- Live passionately. Most marriages that are boring involve people who are bored.
- Count your blessings! Every day write down 3 good things that happened to you in your relationship. This activity helps change the focus from what is not working. Write it down, don’t just think it.
- Share your happy list! Write 100 things that make you happy and share it with each other. It is so easy to make each other happy by choosing ideas from a list. Take into consideration that it is your own responsibility to be happy.
- Watch your but! When in conflict, **never** use the word “But”. But is the conflict word and only throws people into the primitive brain when the only thing they can do is fight or flight.
- The first is that you must be meeting each other’s most important emotional needs.
- You must not be the cause of each other’s unhappiness. We help couples identify the ways that they are making each other unhappy (Love Busters Questionnaire), and then train them to avoid them.
- Touch often. It’s the little touching that keeps a marriage going year after year. Try kissing each other when you see each other. Hold hands whenever we can. Sit on the couch so that your shoulders are touching. Touching when possible will keep you close and intimate.
- Forgive, forgive, forgive! Don’t hold a grudge. Let your significant other know the pain that was felt when a particular thing was said or action was done, then let it go!!! If it was accidental, then you feel the remorse, if the action is repeated, then you will know that

possibly their feelings are not genuine. A healthy loving person will never purposely “hurt” his or her spouse.



- Most spouses do not deliberately set out to hurt the person whom they have vowed to honor and love all the days of their life. Instead, they inflict painful wounds because of the unconscious conflicts of anger, selfishness and controlling behaviors.
- It's often been said that to have a **good marriage**, you've **first got to find the right person**, and then **you've got to be the right person**. Many years of expert research shows that being the right person involves three practical steps most anyone can learn.
- **FIRST STEP:** You must be kind. Kindness is more than the absence of meanness; it's the presence of goodwill. This means nurturing. In other words, you believe she/he has your best interest at heart, cutting them slack even when they disappoint you.
- For instance, if your mate promised to take out the trash but didn't, a kind response would be assuming that they ran out of time—rather than the miserable-marriage thoughts that maintain stress.
- Kindness also means adding positives. Mathematically, it takes FIVE positives to make up for ONE negative in a marriage
- **SECOND STEP:** You must be respectful. If you only have ONE cell left in your brain, then you know how to be respectful. You know when you have disrespectful “thoughts”. If you follow up with disrespectful actions, then you're in trouble.

- **Actions such as;** eye rolling, leaving the room physically or emotionally, interrupting to disagree, or starting statements with an accusatory “You always” or “You never,” respectful mates will find parts of his/her comments they can agree with. They are careful rather than careless with their words. This doesn’t mean ignoring what bothers you; happy couples bring up problems sooner and more often than unhappy couples do. **EXAMPLE:** “I felt so tired when I got home, and then when I saw the trash hadn’t been taken out, I just felt overwhelmed. **CRITISM** “always” makes a marriage worse.
- **THIRD STEP:** You must be **FRIENDLY**. Happy couples are best friends. Think. . . how do you treat your best friend?
- **LISTEN** to every word - about how their day has gone. Comment on what they said in a positive way. Look at your “mate” while they are talking. Stay off your phone when your “mate” is talking
- **You must give and serve.** If you give and give and never allow yourself to **RECEIVE**, you’ll get burned out and feel used in the relationship.
- Be kind. Over time, your spouse will become more and more conscious of your kindness. How your spouse chooses to respond to your kindness is his or her decision.
- Invest into your relationship or marriage is essential. Yes, investment! You must have fun together. Go on dates, an occasional restaurant, etc. Sometimes it requires spending some cash. Investing in your marriage this way also helps in maintaining fun and positive connotations when reflecting on your union—it helps you see a future together.
- Brag about your spouse—in public. If you want to put a smile on anyone’s face, **say something nice about them.** When it comes to your spouse, saying nice things about them in front of other people demonstrates your pride and respect for your husband or wife. “what you focus on grows.” In this case, when you brag about your spouse and how amazing they are, those good feelings will grow. They will also want to reciprocate.

- **Respect each other's private time.** Give each other some "personal space". Maybe you like to watch a TV show that your spouse doesn't like, or your spouse enjoys practicing an activity that you are not interested in. Allow yourselves to enjoy some time away from each other, doing something you each enjoy for yourselves. When you both get back together it will be more exciting to do so.
- Make family time a priority. By this we mean spend reasonable time with each other's respective families. You do not have to like every single member of your spouse's family, but by no means does this justify you trying to isolate your significant other from the rest of his or her family. Always remember this: your spouse's family knew your spouse way before you did. Respect that.
- **Do not avoid arguments:** Argue it out and clear it up – however, you must argue fairly. No name calling. Never use the word, "always". Every healthy marriage has its moments of bickering now and then, and that is a great way to avoid resentment and even to continue to discover new things about each other. And always remember, it is perfectly OK to "agree to disagree" - As long as you both acknowledge that and don't penalize each other for doing so.
- **Start each morning** with a warm smile, kindness and greeting (a kiss will help too). Show your mate that you're glad to see them and be with them. We all want to be with someone we feel is excited to be with us, so show your spouse you look forward to seeing them and being with them (no matter what your mood). Being in a bad mood is no excuse for not being KIND.
- **Practice knowing** and feeling that you are indeed lovable. Most of us believe we lack, are defective or inadequate and we try too hard to get others to love us.
- Stop performing. You don't have to be more sexy, romantic, charming, interesting, talkative, etc. You can be loved just because you are you.
- Make a list of your top FIVE love needs; give to your spouse. It's your job to help meet those love needs as much as you can



throughout the week. (These are the things that make you feel loved.)

- **Communication.** We've all heard that communication is key. You should spend at least once or more times per week really communicating with your spouse. Sit and face each other. No distractions. Ask questions – no matter how dark.
- **Self-love:** as you enter marriage, you become connected to someone else. It's important that you are clear about who YOU are and are comfortable with YOU before you can truly be happy in a marriage again. Self-love and acceptance are important if you truly want to benefit from the love and happiness marriage brings.
- **Serve your spouse:** marriage challenges everyone's level of selfishness. Marriage is built on the acts of service we give to our spouse. If **he and she are serving and meeting the needs** of their spouse, the marriage will be happier.
- **Regular date nights:** dating your spouse is an ABSOLUTE necessity. Date nights offers the couple uninterrupted time to communicate and connect. Being consistent with a regular date schedule, allows the couple to focus on each other, work on their communication, be consistent in investing in spending quality time with their spouse which all lends itself to a happier marriage.



- **Couple Prayer** — Because couples are also spiritual beings, connecting with God through spiritual means like praying together

as a couple helps them maintain a broader vision of themselves, their marriage relationship, and their grander purposes.

- **PARTNER NOT YOUR OPPONENT.** If you find yourselves upset with each other, step back for a moment and realize your partner is your PARTNER and not an opponent. And remember that MORE communication, not less communication, will clear up any upset or misunderstanding.
- Openly admire something about your partner every day.
- **A Popular Trap!** Many couples fall into a popular trap. They become unattractive during their relationship. If you fall apart on being attractive long enough, you may as well be actively trying to drive your partner into having an affair. One of the nice things about being married is that you aren't having to jump through hoops trying to meet and date people, but courtship can never fully stop.
- **Conflict avoidance** will cause more trouble than good. Over time, the problem slowly but surely gets increasingly worse, until the point where what was a fairly small issue, is now a giant relationship breaking drama. You can't Band-Aid a solution to your relationship over and over, without ending up with a huge tangled mess on your hands. If something is really a problem, you have to address it as such.
- **Marriage is always a sexual relationship. The sex might be good or bad, but it's always sexual.** If sex is not working, or is stopping, or is gone, that means there is a serious problem somewhere and you need to find out exactly what it is. Many experts say ... it's difficult to have a good marriage with a bad sex life. **What do you bring to the bedroom?** Does your partner walk around sexually satisfied? If not, why not? Marriages with a good sexual bond rarely break, even in the worst of external circumstances.
- **Speak your truth.** Too many times a spouse just 'goes along to get along' but the long-term effect of this on the relationship is very destructive. Keeping the peace can be very costly. Resentment builds and it will kill passion and feelings of being "in love". The key

here is learning HOW to speak your truth so your spouse can hear it and know you mean business. Loud does not mean effective. If your spouse is ignoring you, learn how to be heard.

- **Set Appropriate Boundaries:** Its essential that you set boundaries from the very beginning. Bad habits are tough to break sometimes. Unconditional love sounds great and romantic, but it isn't and shouldn't be what keeps you stuck in a bad situation.
- **Marriage counseling is not the last thing to do before splitting up.** You go to the dentist twice a year because you want to keep your teeth healthy. Why in the world would you not put in at least the same effort for the most important relationship you will have. Find a counselor/coach you trust and check in with them periodically. It may help to keep things on the right path.
- **Go on lots of picnics.** Picnics require a bit of planning and preparation and finding a place – the three P's! And once you're there, sit, relax, go for a walk, hold hands, talk, etc. – all those things you don't do when you're home with all the distractions.
- **Read your Bible.** Many couples find great success by simply reading their bible. It is the best book on the market for marriage, as well as other topics. Read it, study it, know it, live it. It's counsel on marriage is astounding, from headship and submission, to communication, to dealing with anger, finances, parenting, sex, the list just keeps going. It is not just a book to teach you about salvation, frankly, that part is fairly simple: Worship God, you're a sinner, Jesus died to save you from your sins, believe, accept, and be baptized. That's the salvation message in a nutshell. The rest of scripture, the vast majority, is to teach you how to live in this life, to how us how to have joy, peace, contentment here on Earth, including in our marriages.
- **Remove the negatives and increase the positives.** Aim for zero criticism, blame, irritated voices and especially contempt. Express appreciation, gratitude, and affection at least 3 times a day. Arrange to spend enjoyable activities together at least once a week, and especially aim to be together at meals and bedtimes.

- Learn your and your spouse's love language so that you best know how to express your love to each other.
- **Schedule time together.** It's so easy for your days to slip away. Make and schedule to spend together as a couple. This can range from daily chats to weekend escapes, and everything in-between.
- **Create shared goals that you work toward together.** The process of dreaming about, discussing, planning, and working toward goals is invaluable. You learn more about each other, how you think and react and plan.
- DO NOT expect your spouse to make you happy and complete you, rather, your spouse is there to **compliment your strengths and weakness'**. **Marriage only works if both spouses realize they are a team.** Having the same life goals that you both work towards and having your best friend to help pick up the slack when you need them to. Knowing your spouse is someone you can always rely on.
- **Learn more about each other.** Both of YOU must feel loved and respected. We each feel love and connection very differently and it may change. Knowing your spouse's love language and how they feel respected, then making sure you meet each other's needs.
- **Freedom to be completely open with each other because you know you will support each other no matter what comes your way.** Being able to share the good and bad that life brings your way.
- **Cultivate Your Friendship** – Once you've said I Do, it's important to remember you were friends before you were lovers. Don't allow others to fill this spot in your heart. Make your spouse your highest priority like you would a best friend. Take an interest in what they enjoy doing.



- **Cultivate Your Faith** – No one person can make you completely happy all the time. But as you pursue your relationship with God and allow Him to be your all in all, then your spouse won't feel the pressure to meet your every need, an impossible task.
- **Cultivate Romance** – Romantic love doesn't forego your friendship, it enhances it. Do the things you enjoyed doing when you first met. Just because you share the same address doesn't mean you can't find time to date each other. To learn new things about each other and to ask good questions.
- **Demonstrate love and appreciation every day. Show evidence of your love for her/him.**
- Frequently expressing love and gratitude for your partner creates a continuous cycle of positive feelings. Specific feedback is always good, but don't hesitate to say, "I feel so lucky to have you" or "You are such a wonderful dad."
- Respect your partner as a human being.
- **Sarcasm and contempt destroy goodwill.** Never direct them at your spouse. Never intentionally embarrass or humiliate them in front of others.
- **Not being Punctual displays disrespect.** Being late regularly, failing to follow through on commitments, or not pitching in to do your share are all examples of treating your partner poorly.

- Treat your spouse as well or better than you treat the other people in your life.
- **Laugh it off.** Most arguments are not worth having, but they escalate because neither party will back down. Try touching your partner and laughing during a tense moment – and watch reconciliation happen instantaneously.
- **Never, ever, EVER** assume that you know what your partner is thinking or obsess over their motivations. If you want to know, just ask them.
- **Do not Rain on their parade.** When your partner is excited and happy about something, be happy and excited with and for them. Part of the joy of being married is to have someone to share great moments with.
- **Liking your “mate” is essential.** Love is one thing – but you must also like them. Value spending time together and don’t be afraid to try new things that will make you smile or laugh. No matter what stage of marriage you are in, there are always new things that you can learn about your husband or wife. Trying new and exciting things can help reveal these.
- **Feel Emotionally Safe:** You will continue talking with each other only if you feel emotionally safe in the relationship. Conversation is really about the ability to listen. A wife needs her husband to listen because the act of listening makes her feel connected to him. **For a man, when his wife listens, she gives him the respect he desperately needs.**
- **Keep Laughing:** Make each other smile and laugh daily. Laughter is the lubricant of marriage. It’s the ability to laugh at things that happened and laugh at things that make you look silly that help you realize you’re only human.
- **Keep Things Exciting:** Excitement is a good way to measure the health of your sexual relationship. To keep that part of your relationship alive and interesting, it’s especially important you have a protected time and place where you plan to be free from distractions in the outside

- **Choose to make this a good day for your mate.** Show appreciation. Each day we have choices to make about how we spend our time, what kind of effort we put in the marriage, and whether we offer a kind word or a complaint. Be generous and kind. It's easy to vent frustration and anger to fall on the ones closest to us.
- **Focus on your strengths, not your weaknesses.** What we focus on will appear larger. Many spouses focus on the faults and problems within a marriage. However, focusing on our spouse's positive attributes, on what we are grateful for, and on what is good in the marriage can help us see better inside the relationship.
- **Be a team.** View yourselves as two players on the same court rather than opposing players in the game of life. Back one another up. Cheer each other on. Work together to follow your dreams, to get through adversity, and to celebrate successes.
- **The Platinum Rule** is giving to your spouse in the way your partner wants to be given to. The platinum rule is NOT the golden rule. Please read this: **Example:** An example is Mary liking to receive one big gift at holiday time and giving that to her husband, Mike. Mike likes to receive a lot of little gifts and that's what he gave to Mary. One day when they were having a conversation about this, both found out how their partner liked to be given to. This was new information for both. This is using the Platinum Rule.



- **A Playful Relationship is healthy and more fun. Play!**  
Sometimes we get so caught up in being adults we forget the importance of play in our relationship. Playful communications and interactions, when nourished, produce a climate for easy connection and deepening, more rewarding relationship – true intimacy. Who wouldn't want this in a relationship?
- **Honor Your Marriage.** That could look like a couple different things. Don't bad mouth your spouse in public – ever! Never dishonor your spouse to others – ever!
- **Toss your Phone out for a day or so.** For the last 20 years, society has lost the art of communication due to social media and their phones. It has become a lost art and relationships have suffered greatly. Most people do not arrive into marriage with excellent communication skills – mainly we bring in broken ways of communicating that we watched our parents or caregivers express.
- **Choose One Thing.** If you are in a season of “upset” with your spouse and can't seem to find anything ‘right’ about them – choose ONE good thing about them. Choose something about them that you admired and loved early in your marriage. Focus on that one thing and highlight it when you see them do it! What we focus on grows.
- **Stop thinking your spouse can make you happy.** Marriage is a worthy endeavor, no doubt, and happiness is its occasional byproduct. But the most fulfilling marriages are made up of two people who love and respect each other without relying on the other person to make them happy.
- **Take care of your friendship.** You MUST be intentional. Kind words, a simple touch, a smile, a walk together after work, a helpful hand – baby steps count.
- **Re-discover exciting sex and do it often with your partner.** Learn to enjoy sex often. Sometimes you must close the bedroom door and make love to the person you married. Do this often and you will see that sex isn't just sacred; it's also tender and fun and reassuring and stress-relieving. Sex is never just about sex.



- **Both take an oath to each other.** If a relationship is to pass the test of time both parties must make positive choices daily. Every day I must choose to do or say that which is in the best interest of my mate. Daily, I choose to be in the relationship for the long haul. I choose to find solutions to problems. I choose to do the loving thing because true love really is a choice.
- **Every Life Matters:** Everyone wants their life to matter. They need to know someone notices. They need connection. When couples connect, they experience genuine power. When they fail to connect, the results are devastating. Things as simple as touch, eye contact, time together, and focusing on one another's positive attributes will strengthen their bond.
- **A Healthy Connection Will Encourage:** Connection opens the door for other parts of the relationship to flourish. Communication becomes easier, laughter and joy are common, couples are better able to make allowances for differences of personality or opinion, they are more open to physical intimacy, and problem solving becomes a team endeavor rather than competition for control.
- **Many disappointments in married life** can be traced to one basic misunderstanding: we think love is a feeling. We think we are "in love" when we like the way we feel with the other person. But love is more than a fling. **Love is a decision.** You can improve your marriage by deciding to love. In fact, you can improve the lives of many people by making the decision to do what is in their interest, even if it is inconvenient for you at the time.
- **Expect a few conflicts:** A certain amount of conflict is inevitable in any long-lasting relationship. Low-level conflict is NOT evidence that you chose the wrong person or that something is dreadfully wrong with one or both of you. A YING and YANG relationship can be fun. He likes blue and she likes pink. Now, do you paint the living room pink or blue? Maybe it will be painted a nice shade of beige.
- **Resolve conflicts:** by talking through the matter at a time when both of you are well rested, well fed, and calm. Letting issues fester will only make matters worse to the point of explosion.

- **Real loves mean giving 100 percent even, and especially, when it hurts.** Make the decision to place your love for him or her above other things, including yourself. Small kindnesses can go a long way. By making little changes in your attitude, you are going miles to improve your marriage.
- **Say “I love you” often and mean it.** You simply cannot sincerely overuse this phrase. We all love to hear it; we love being reminded that someone loves us especially when it is someone that we love too. The neat thing about telling your spouse that you love them often and sincerely is that you not only remind them how you feel you remind yourself as well.
- **Share your dreams with each other.** Lastly, dreaming together is important because it forces us to share our deepest feelings. Talking about our dreams seems to come naturally during courtship, but sometimes fades away during married life. And since sometimes our dreams change over time, it is important to dream together frequently.
- **Take turns to talk and listen-** and when your spouse is upset, listen **without interrupting** or giving advice. As human beings, one of our greatest **longings is to be listened to and understood.** It meets the fundamental needs we all have not to be alone. In marriage the danger is we don't bother to listen, either out of laziness or because we think we already know what is going to be said! **Listening is a powerful way of giving emotional support** to our partner and showing we value each other.
- **Our sexual relationship affects every other part of our marriage,** just as every other part of our marriage affects our sexual relationship. To get through the difficult times and for our sexual relationship to grow and develop, we need to communicate honestly with each other. It takes courage and trust to bring issues into the open and talk about them with each other, but when you do, it will enable you to move forward together. We need to talk about things like what most turns us on, what we don't like and even where or in what kind of environment we like to make love.

- Be a happy person first. Your spouse is not your happiness committee.
- **Words can hurt, or they can heal and nurture.** We simply must rid ourselves of criticism, attack, and negativity.
- **Seal Your Exits.** Stop putting out negative energy drains your relationship. When you stop talking bad about your spouse and cease avoiding him/her for other activities, you bring life back to the relationship.
- **Detox your Marriage.** Criticism and negativity can tear a marriage apart. Replace these toxins by asking for what you need and focusing on the positive.
- **Make sure you know you are each other's #1.** Remind each other of this and show each other your commitment. Be clear that your partner is at the top of your list.
- **Resentment is #1 killer in marriages:** Make sure that any negative issues are discussed early. The more you wait, the more resentment is created. All negative issues must be resolved quickly before it eats away at the foundation of your marriage.



- **Know Yourself.** Many people forget what a marriage is supposed to look like (not to mention who we're supposed to be). You'll never be happy (much less have a happy marriage) when you're chasing someone else's dream. Just like you'll never be happy when you're living up to someone else's expectations of who you are or what

your life should look like. Find out what makes you happy and how what kind of a marriage works for you and your spouse – NOT what others have done.

- **Don't lose the "Couple Time" in your relationship.** With all the other roles we take on as parents, employees, caretakers, homemakers, community leaders, etc., it's SO easy to forget to take time to just be a couple and enjoy one another.
- **Use your "No Power"** for those outside your marriage. If you let others dictate your schedule by agreeing to every request for your time, you'll have no margin left in your life.
- Use **"Yes Power"** in your marriage. When your spouse wants to be intimate with you, don't allow yourself to default to No. Do everything you can to make it a Yes and realize that sex shouldn't be reserved for a special (or mythical) time when the mood is perfect and "more important" things are taken care of. Sex is an intimate form of communication between you that can be enjoyed in all different circumstances and settings. Let sex unite you...often!
- **Be Accountable:** Don't play the blame game. Pointed fingers never help a situation. Always speak from a place of accountability.
- **Show Appreciation Everyday:** Say "Thank you" to your spouse every day. For the little and the big things. Never let your spouse feel unappreciated.
- **Be tolerant.** Have you ever been in a not-so-great mood? Are you ever less than perfectly lovely and thoughtful? Do you ever say or do things that you regret later? Of course — you are a human being. While we're very quick to excuse our own mistakes, we tend to judge the character of others for their slip ups. If you want a better marriage, practice being tolerant of your partner. This means having compassion and empathy for them instead of judgment.
- **Be generous.** If the golden rule is "Treat others as you'd like to be treated," the platinum rule is **"Treat others as they'd like to be treated."** Always keep in mind that your partner is a unique person with hopes, needs, values and feelings that might be different from your own. Do not assume that things that are

valuable and important to you are (or should be) special to your partner. If you want a happy marriage think about who they really are — and show them you love them in ways that are meaningful to them.

- **Show up.** The best communication in the world is entirely worthless if it isn't backed by action. What you say and how you say it doesn't matter nearly as much as showing people you hear them and understand them through your behaviors. If your partner tells you something is important to them, you must demonstrate that you care about their feelings by showing up and following through. Talking is easy. Showing up is the key to a happy marriage because it is what love looks like in action.
- **Be willing to say, "I am embarrassed".** Anger grows and tempers flare. But it all started with a misunderstanding. The guilty party realized his or her mistake, but pride gets in the way of an apology. Admitting to embarrassment is not weakness, it's courage. We all make mistakes, overreact, become emotional, feel uncomfortable, and generally make a fool out of ourselves at times. The question is: will you remain a fool? Or once you realize your mistake, own it, admit that you slipped up, and get your relationship back on track!
- **REMOVE THE FIRE** from your voice. Boy this was hard for me to learn. In my house growing up we understood how upset someone was by the volume of his or her voice. Instead, speak calmly. He doesn't hear anything but mothering when you're speaking loudly. And he doesn't want to live with his mother...not sexy.
- **Use a scale from 1 to 10:** If you are really angry and your husband isn't getting it (because you're being careful not to yell), let him know on a scale of 1 – 10 I'm feeling a level 10 in the anger department. That is very concrete and helps him to understand what you're really going through.

## What to Look for In A Potential Mate and What to Observe

Trust usually shapes relationships – even in our early years. Trust often equals survival. That selfish aspect of trust is in each of us. And that is fine if we reciprocate the trust we receive. But when you learn that others cannot be trusted at an early age, you lose confidence in the value of trust. If you don't deserve theirs, they don't deserve yours.



So, how do you spot someone who shouldn't be trusted? There are five telltale signs that can be observe in untrustworthy people. Usually these come in combinations of two or three consistent behaviors. Spot these and you're pretty well assured that this is not a person you want in your life. Here are just a few things you probably want to look for.

- a. Do they listen to you?
- b. Do feel important in their presence?
- c. Do you feel valued?
- d. Do they appear to care about you?
- e. Do you feel good when you're with them?
- f. Do they lie through omission?
- g. Do they have a criminal record?
- h. Do they have any addictions?
- i. Do they respect finances?
- j. Do they treat you with dignity and respect?
- k. Do you have fun with them?

- l. Do you go on dates?
- m. Do they want the best for you?
- n. Do they respect your privacy?

### **1. They lie to themselves**

One of the most striking behaviors of untrustworthy people is that they see themselves in ways that are simply inconsistent with reality. When you encounter someone who seems disconnected from the actual impact that their actions and behaviors are having on others, it's a sure sign that they are trying to create a perception that conforms to their desires rather than to reality.

For example, if someone constantly describes herself as a quiet person who seeks harmony, while her behavior is disruptive, arrogant, and confrontational, you've got a disconnect that should raise red flags of trustworthiness. This person could have mental issues and they sure cannot be trusted.

### **2. They project behaviors on you that are clearly not ones you are exhibiting**

People who are untrustworthy also have an amazingly **consistent habit of accusing others of behaviors that they themselves are exhibiting or are contemplating**. This one is a classic seen regularly by relationship counselors. When someone verbally accuses you of doing something wrong – it is possible they are projecting on to you what they are doing. Beware.

### **3. They breach confidentiality**

We all remember as kids swearing someone to secrecy only to have them break the promise. Well, it is baffling how that same behavior plays out among adults. Confidentiality, when agreed to (and in the absence of any illicit or illegal activity), is a sacred bond. This to me is a nonnegotiable. **Once someone has broken a pledge of confidentiality, there is not a second chance** because that person has already demonstrated a desire to gain favor with others that is greater than his or respect for them. By the way, it is incredibly easy to pick this one out because inevitably these people will share things with you that you can tell were

said to them in confidence by others. You can be assured that if they did it to somebody else, they will do it to you. There is zero hope for trust where there is no respect for confidentiality.

#### **4. They show a lack of empathy**

They can rationalize being untrustworthy by diminishing the impact, pain, damage, or inconvenience they cause others. This is also the most dangerous of the five behaviors, because once you lose empathy for those whom your actions affect, you have started down a hill to nowhere.

Even worse is the fact that people who truly lack empathy have no awareness that they do, or they are selectively empathetic when it serves their agenda. It's simply all about them. Look for clues to this in how people generally treat those they interact. Observe how someone treats those who are not able to give anything of real value. People who lack empathy are among the most volatile and dangerous people of all.

#### **5. Their emotional state is volatile, and they have a pattern of inconsistency and fickleness in their decisions**

Trust is formed in our earliest relationships just after birth. If trust is missing in these formative years, it creates uncertainty, doubt, and inconsistency that linger over a person's entire lifetime of interactions.

While it is certainly possible to have people, who are not volatile be untrustworthy, it is far more likely that someone whose emotional state fluctuates. The reason is that they will make promises they quickly regret and retract.

They are never certain of why they are making the decisions they are making. And they are far too easily influenced by external factors over their internal compass. Again, we all change our minds now and then, but if someone has a pattern of consistently flip-flopping, look out. Nothing is anchoring that person to an emotional state you can trust.

None of these five behaviors make someone a bad person. And the temptation to fix these behaviors in others can be extremely attractive to someone who is trustworthy. But that is because you understand the value of trust.

However, you're dealing with a person who does not. I'd strongly advise against trusting such people. Naturally, there are exceptions to all rules



and opinions, however, if they exhibit at least a few of these behaviors periodically, then probably need to carefully consider the degree to which that person deserves your trust.

## **Are You Trusted by Others?**

### **Here are a few signals that you may not be.**

**1. Rumors and gossip** – Since trust can be a touchy subject to address, particularly with the person that is not trusted, low-trust concerns usually surface in rumors and gossip. If you find that you are frequently the subject of the office water cooler discussion, you may want to figure out why.

**2. Secrecy and withholding of information** – It goes without saying that people usually will NOT share important information with you if you aren't trusted. Consistently finding that you're left in the dark or are the last to know about critical details should be a cause for concern.

**3. Exclusion from activities** – Being competent in your role and building positive relationships are two key components of being a trustworthy person. Being passed over, or worse, not even being considered for key projects or initiatives, may mean that you're falling short in those two areas.

**4. Your opinion is NOT valued** – When trustworthy people speak, other people usually listen. Trust is built over time as people prove they are competent, ethical, dependable, and care about others. If you don't carry that sort of weight in your relationships, you may need to work on building trust.

**5. Stress or tension** – It often feels like you're walking on eggshells when it comes to interacting with people you don't trust. You're suspicious of their motives, how they'll react, and whether they'll take advantage of you. If people always seem to be on guard around you, it could be a sign they don't trust you.

Just because people don't normally say "*I don't trust you*" right to your face, doesn't mean they aren't communicating that truth to you in other more subtle, but no less serious ways.

## How to Increase Your Trustworthiness with Others

**Able – Demonstrate Competence.** People show they are able when they have the expertise needed for their job, role, or position. They consistently achieve results and are effective problem solvers and decision makers. Demonstrating competence inspires others to have confidence and trust in you. Show that you care.



**Believable – Act with Integrity.** Trustworthy people are honest with others. They behave in a manner consistent with their stated values, treat people fairly, and behave ethically. “Walking the talk” is essential in building trust in relationships.

**Connected – Care About Others.** Being connected means focusing on people, having good communication skills, and recognizing the contributions of others. Caring about others will build trust because people don’t care how much you know until they know how much you care.

**Dependable – Maintain Reliability.** Dependable people follow through on their commitments. They respond timely to requests and hold themselves and others accountable. By not keeping promises will quickly erode trust with others.

## Signs that the “Person” is a Controlling Person

Controlling people use a whole arsenal of tools to dominate their partners—whether they or their partners realize what's happening or not.

If you notice more than a couple of these signs within your relationship or your partner, take it seriously.



**Isolating you from friends and family.** It may start subtly, but this is often a first step for a controlling person. Maybe they complain about how often you talk to your brother on the phone or say they don't like your best friend and don't think you should hang out with her anymore. Or they try to turn you against anyone that you're used to relying on for support besides them. Their goal is to strip you of your support network, and thus your strength—so that you will be less likely or able to stand up against them whenever they want to "win."

**Chronic criticism—even for small things.** Criticism, like isolation, is also something that can start small. In fact, someone may try to convince themselves that their partner's criticism of them is warranted, or that their partner is just trying to help them be a better person. Or they may try to rationalize it, saying that it's not such a big deal that he or she doesn't like the way they dress or speak or eat or decorate their house and that they shouldn't take it personally.

But ultimately, no matter how individually small a criticism seems, if it's part of a constant dynamic within your relationship, it would be very

tough to feel accepted, loved, or validated. If every little thing you do could use improvement in your partner's eyes, then how are you being valued as a true equal, let alone loved unconditionally?

Veiled or **overt threats, against you** or them. Some people think that threats must be physical in nature to be problematic. But threats of leaving, cutting off "privileges," or even threats by the controlling person to harm herself or himself can be every bit as emotionally manipulative as the threat of physical violence.

**It is not unheard of for the partner being controlled to feel stuck in a relationship** not out of fear that they themselves will be harmed, but that their partner may self-destruct or harm themselves if they were to leave. Other times, a person may be threatened with losing their home, access to their children, or financial support if they leave a controlling or abusive partner (or are left by them). Whether or not the threats are genuine, it is just another way for the controlling person to get what they want at the expense of their partner.

"I love you so much more when you're making those sales at work." "I don't feel like being intimate with you. But if you keep working out and lose a bit more weight, you'll be more attractive to me." "If you can't even be bothered to make dinner, I don't even know what I'm getting from this relationship." **"You'd be hot if only you spent more time on your hair."** "If you'd actually finished college, you'd have something to talk about with my friends and wouldn't feel so left out." You, right now, are not good enough. It's the common-denominator theme of many a controlling relationship.

**Healthy, stable relationships have a sense of reciprocity built into them.** It's inherent that you will look out for each other, and not bean-count every little time you do something to help the other out. If your partner always keeps tally of every last interaction within your relationship—whether to hold a grudge, demand a favor in return, or be patted on the back—it could very well be their way of having the upper hand. And it can be downright exhausting.

Using GUILT as a tool. Many controlling people are skilled manipulators at making their partner's own emotions work in the controlling person's favor. **If they can manipulate their partners into feeling a steady stream of guilt about everyday goings-on, then a lot of the**

**controlling person's work is done for them**—their partners will gradually try to do whatever they can to not have to feel guilty.

Often this means relenting and giving up power and their own dissenting opinion within the relationship, which plays right into the controlling person's hands.

Creating a debt, you're beholden to. **Controlling people may come on very strongly in the beginning with seemingly romantic gestures.** But upon closer inspection, many of those gestures—extravagant gifts, expectations of serious commitment early on, taking you for luxurious meals or on adventurous outings, letting you have full use of their car or home when they're not there—can be used to control you.

Specifically, they create an expectation of you giving something in return, or a sense that you feel beholden to that person because of all they've given you. This can make it more emotionally and logistically difficult to escape when further warning bells go off.

**Spying, snooping, or requiring constant disclosure.** A controlling partner typically feels that they have the right to know more than they actually do. Whether they keep their snooping secret or openly demand that you must share everything with them, it is a violation of boundaries from the get-go.

Perhaps he or she checks your phone, logs into your email, or constantly tracks your Internet history, and then justifies this by saying they've been burned before, have trust issues, or the old standard: "If you're not doing anything wrong, then you shouldn't mind showing me." It's a violation of your privacy, together with the unsettling message that they have no interest in trusting you and instead want to take on a police-like presence within your relationship.

Overactive JEALOUSY, accusations, or PARNOIA. A partner's jealousy can be flattering in the beginning; it can arguably be viewed as endearing, or a sign of how much they care or how attached they are. When it becomes more intense, however, it can be scary and possessive.

A partner who views every interaction you have as being flirtatious, is suspicious or threatened by multiple people you come in contact with, or faults you for innocent interactions because they may be "leading

someone on" may be insecure, anxious, competitive or even paranoid. Additionally, when this perspective becomes ingrained within your relationship, they likely are attempting to be controlling as well.

**Not respecting your need for time alone. It's another way of sapping your strength:** making you feel guilty for time you need on your own to recharge, or making you feel like you don't love them enough when you perhaps need less time with them than they need with you.

It is natural that two partners may not automatically have the exact same needs in terms of alone time, even if they are both extroverts and introverts. In healthy relationships, communication about those needs' leads to a workable compromise.

In controlling ones, the person needing the alone time is made out to be a villain or denied the time altogether, taking away yet another way they can strengthen themselves.

Making you "earn" trust or other good treatment. Of course, you will trust someone you've dated for five years more than you trust the person you've been seeing for a month. But some amount of trust should be assumed or inherent within the relationship. For instance, as mentioned, **you shouldn't always have to detail your whereabouts for every moment of every day, nor should your partner automatically have the right to access your email or texts or Internet search history.**

If trust or even civil treatment is viewed as something you need to work up to rather than the default setting of the relationship, the power dynamic in your relationship is SKEWED.

Presuming you're guilty until proven innocent. **Again, a controlling person is often very skilled at making you feel that you've done something wrong even before you realize what you did.** You may walk in the door to find them already angry about something that they found, thought about, or decided in your absence.

And they may keep "evidence" of your wrongdoing to a point that you may feel they've got a whole case against you—even if you don't quite understand it. From where you put their favorite coffee mug to whether you had lunch with a coworker without them knowing, you will always be assumed to have had criminal motives. Why do they do this? To use it as



justification for punishing you in some way, or preemptively trying to keep you from making that "error" again—to keep you acting in ways they want you to.

Getting you so tired of arguing that you will relent. While some controlling people like to exert their influence under the radar, many others are openly and chronically argumentative and embrace conflict when they can get it. This can be especially true when their partner is more passive and the controlling person is likely to triumph in every disagreement that comes up, just because the partner being controlled is more conflict-avoidant in nature or simply exhausted from the fighting that they've done.

**Making you feel belittled for long-held beliefs.** Maybe it's cultural traditions or your view of human nature. It's great when our partners can challenge us in interesting discussions and give us new ways of looking at the world. It is not great when they make you feel small, silly, or stupid, or they consistently try to change your mind about something important to you that you believe in. New experience is wonderful—but a controlling partner doesn't see it as a two-way street, and only wants you to be and think more like they do.

**Making you feel you don't "measure up" or are unworthy of them.** Whether by subtly making you feel less attractive than they are, constantly reinforcing their professional accomplishments as compared to yours, or even comparing you unfavorably to their exes, controlling people often want you to feel grateful that you are in a relationship with them. This creates a dynamic where you will be more willing to work harder and harder to keep them and make them happy—a dream for someone who wants to dominate a relationship.





Teasing or ridicule that has an uncomfortable undercurrent. HUMOR and even teasing can be a fundamental mode of interacting within many long-term relationships. The key aspect is whether it feels comfortable and loving to both parties.

In many controlling relationships, emotional abuse can be thinly veiled as "I was just playing with you; you shouldn't take it personally." And in one fell swoop, not only does the original criticism stand, but now an additional criticism of you having the "wrong" reaction has been levied. And you're basically being told that you don't have a right to your own feelings—a classic move by controlling people everywhere.

**Sexual interactions that feel upsetting afterwards.** An abusive or controlling dynamic within a relationship can often make its way into the bedroom. Sometimes things feel wrong even in the moment, but other times it's a pattern of feeling uncomfortable after the interaction. Either way, when you feel consistently unsettled about goings-on within your sexual relationship, it's a sign that something is wrong.

**Inability or unwillingness to ever hear your point of view.** You may notice that you are constantly interrupted, or that opinions you express are quickly dismissed or were never acknowledged in the first place.

**Pressuring you toward unhealthy behaviors:** Undermining your fitness goals, drugs, constantly tempting you with cigarettes and alcohol, when you've quit, not respecting your decision to only have one drink rather than three—these are all ways that controlling people can try to thwart your attempts to be a healthier (and stronger) person. Since controlling people thrive on weakening their partners, it's a natural tool for them to use.

**Thwarting your professional or educational goals by making you doubt yourself.** Maybe you always assumed you would go to law school, but now your partner is making you feel your grades were not good enough to get in. Maybe you used to have a lot of drive to own your own business, but your partner tends to think of your ideas as silly and you find you've lost CONFIDENCE to pursue them further.

Often a controlling partner has a way of using you as a weapon against yourself, by planting seeds of doubt about whether you're talented or smart or hard-working enough to make good things happen in your life.

This is another way they can take away your autonomy, making you more beholden to them—and serving their purposes quite nicely.

## Signs You are Dating a Narcissist — Should You Leave?

Narcissistic personality disorder is not the same as self-confidence or being self-absorbed.

When someone posts one too many selfies or flex pics on their dating profile or talks about themselves constantly during a first date, we might call them a narcissist.



But a true narcissist is someone with narcissistic personality disorder (NPD). It's a mental health condition characterized by:

- an inflated sense of importance
- a deep need for excessive attention and admiration
- lack of empathy for others
- often having troubled relationships

Selfishness at the (usually extreme) expense of others, plus the inability to consider others' feelings at all.

NPD, like most mental health or personality disorders, isn't black and white. Narcissism falls on a spectrum.

The most recent edition of the Diagnostic and Statistical Manual of Mental Disorders lists nine criteria for NPD, but it specifies that someone only needs to meet five of them to clinically qualify as a narcissist.

### **Official criteria for NPD**

- grandiose sense of self-importance
- preoccupation with fantasies of unlimited success, power, brilliance, beauty, or
- ideal love belief they're special and unique and can only be understood by, or
- should associate with, other special or high-status people or institutions
- need for excessive admiration
- sense of entitlement interpersonally
- exploitative behavior
- lack of empathy envy of others or a
- belief that others are envious of them
- demonstration of arrogant and haughty behaviors or attitudes.

That said, knowing the “official” diagnostic criteria doesn’t usually make it easier to spot a narcissist, especially when you’re romantically involved with one. It’s usually not possible to determine if someone has NPD without the diagnosis of a qualified expert.

Plus, when someone is wondering if they’re dating a narcissist, they generally aren’t thinking, “Do they have NPD?” They’re wondering if how they’re being treated is healthy and sustainable in the long run. Please avoid diagnosing your partner in conversation. Rather, read on to gain some insight into the health of your relationship.

You’re here because you’re concerned, and that concern is valid if your health is at stake. If you think these signs fit, we’ll also give you tips on how to handle the situation.

They were charming AF... at first . . . . It started as a fairy tale. Maybe they texted you constantly or told you they loved you within the first month — something experts refer to as “love bombing.”

Maybe they tell you how smart you are or emphasize how compatible you are, even if you've just started seeing each other.

"Narcissists think that they deserve to be with other people who are special, and that special people are the only ones who can appreciate them fully," says Nedra Glover Thawab, LCSW, founder of Kaleidoscope Counseling in Charlotte, North Carolina.

But as soon as you do something that disappoints them, they could turn on you.

And usually you'll have no idea of exactly what you did. How narcissists treat you, or when they turn on you, actually has nothing to do with you and everything to do with their own [beliefs].

If someone came on too strong at the beginning, be wary. Sure, we all love to feel lusted for. But real love MUST be nurtured and grown.

If you think it's too early for them to really love you, it probably is. Or if you feel like they don't know enough about you to actually love you, they probably don't. People with NPD will try to manufacture superficial connections early on in a relationship.

They hog the conversation, talking about how great they are. Narcissists love to constantly talk about their own accomplishments and achievements with grandiose. They do this because they feel better and smarter than everyone else, and also because it helps them create an appearance of being self-assured.

Clinical psychologist Dr. Angela Grace, PhD, MEd, BFA, BEd, adds that narcissists will often exaggerate their accomplishments and embellish their talents in these stories in order to gain adoration from others.

They're also too busy talking about themselves to listen to you. The warning is two-part here, says Grace. First, your partner won't stop talking about themselves, and second, your partner won't engage in conversation about you.

Ask yourself: What happens when you do talk about yourself? Do they ask follow-up questions and express interest to learn more about you? Or do they make it about them?

**They feed off your compliments.** Narcissists may seem like they're super self-confident. Most people with NPD actually lack self-esteem.

They need a lot of praise, and if you're not giving it to them, they'll fish for it," she says. That's why they're constantly looking at you to tell them how great they are.

Narcissists use other people — people who are typically highly empathic — to supply their sense of self-worth and make them feel powerful. But because of their low self-esteem, their egos can be slighted very easily, which increases their need for compliments.

**Tip:** Folks who are self-confident won't solely rely on you, or anyone else, to feel good about themselves.

The main difference between folks who are confident and those with NPD is that narcissists need others to lift them up and lift themselves up only by putting others down. Two things people with high self-confidence do not do. Narcissists punish everyone around them for their lack of self-confidence.

### **They lack empathy**

Lack of empathy, or the ability to feel how another person is feeling, is one of the hallmark characteristics of a narcissist.

"Narcissists lack the skill to make you feel seen, validating, understood, or accepted because they don't grasp the concept of feelings.

Translation: They don't do emotion that belongs to others.

Does your partner care when you've had a bad day at work, fight with your best friend, or scuffle with your parents? Or do they get bored when you express the things making you mad and sad?

**An inability to empathize**, or even sympathize, is often the reason why many, if not all, narcissists' relationships eventually collapse, whether they're romantic or not.

**They don't have any (or many) long-term friends.** Most narcissists won't have any long-term, real friends. Dig deeper into their connections and you may notice that they only have casual acquaintances, buddies they trash-talk, and nemeses.

As a result, they might lash out when you want to hang out with yours. They might claim that you don't spend enough time with them, make you feel guilty for spending time with your friends, or berate you for the types of friends you have.

### **Questions to ask yourself**

How does your partner treat someone they don't want anything from?

Does your partner have any long-term friends?

Do they have or talk about wanting a nemesis?

### **They pick on you constantly**

Maybe at first it felt like teasing.... but then it got mean or became constant. Suddenly, everything you do, from what you wear and eat to who you hang out with and what you watch on TV, is a problem for them.

**They'll put you down, call you names**, hit you with hurtful one-liners, and make jokes that aren't quite funny. Their goal is to lower other's self-esteem so that they can increase their own, because it makes them feel powerful."

What's more, reacting to what they say only reinforces their behavior. "A narcissist loves a reaction. That's because it shows them that they have the power to affect another's emotional state.

**A warning sign:** If they knock you down with insults when you do something worth celebrating, get away. "A narcissist might say 'You were able to do that because I didn't sleep well' or some excuse to make it seem

like you have an advantage that they didn't have. They want you to know that you're not better than them. Because, to them, nobody is.

**A Narcissist will Gaslight you:**

Gaslighting is a form of manipulation and emotional abuse, and it's a hallmark of narcissism. Narcissists may spew blatant lies, falsely accuse others, spin the truth, and ultimately distort your reality.



**Signs of gaslighting include the following:**

- You no longer feel like the person you used to be.
- You feel more anxious and less confident than you used to be.
- You often wonder if you're being too sensitive.
- You feel like everything you do is wrong.
- You always think it's your fault when things go wrong.
- You're apologizing often.
- You have a sense that something is wrong but cannot identify what it is.
- You often question whether your response to your partner is appropriate.
- You make excuses for your partner's behavior.

They do this to cause others to doubt themselves to gain superiority. Narcissists thrive off from being worshipped, so they use manipulation tactics to get you to do just that.



They dance around defining the relationship. There are thousands of reasons someone might not want to label your relationship. Maybe they're polyamorous, you've both agreed to a friend's-with-benefits situation, or you're simply keeping it casual.

But if your partner is exhibiting some of the other symptoms on this list and won't commit, it's likely a red flag. Some narcissists will expect you to treat them like they're your partner so they can reap the intimate, emotional, and sexual benefits while also keeping an eye out for prospects who they deem superior.

In fact, you may notice that your partner flirts with or looks at others in front of you, your family, or your friends. If you speak up and own your feelings about their disrespect, they will blame you for causing a fuss, call you crazy, and use it as further reason not to commit fully to you.

If you don't say a word, [that also gives a] non-spoken message that you don't deserve to be respected. If it sounds like a lose-lose situation, that's because it is. But remember that you deserve someone who is as committed to you as you are to them.

They think they're right about everything... and never apologize  
Fighting with a narcissist feels impossible. There is no debating or compromising with a narcissist because they are always right. They won't necessarily see a disagreement as a disagreement. They'll just see it as them teaching you some truth."

### **You may be dating a narcissist if you feel like your partner:**

- doesn't hear you
- won't understand you
- doesn't take responsibility for their part in the issue
- doesn't ever try to compromise

While **ending the relationship is the best game plan with a narcissist**. It is advised on avoiding negotiation and arguments. It will make you feel crazy. The thing that drives a narcissist crazy is the lack of

control and the lack of a fight. The less you fight back, the less power you can give them over you, the better.

And because they never think they're wrong, they never apologize. About anything. This inability to apologize could reveal itself in situations where your partner is obviously at fault, like: showing up for a dinner reservation late, not calling when they said they would canceling important plans last minute, like meeting your parents or friends.

**Good partners can recognize when they've done something wrong and apologize for it.** They panic when you try to break up with them. As soon as you back away, a narcissist will try that much harder to keep you in their lives. At first, **they may love-bomb you.** They'll say all the right things to make you think they have changed.

But soon enough, they'll show you they never actually changed. And because of this, many narcissists find themselves in on-again, off-again romantic relationships until they find someone else to date. When you show them, you're really done, they lash out.

**If you insist that you're done with the relationship, they'll make it their goal to hurt you for abandoning them.** Their ego is so severely bruised that it causes them to feel rage and hatred for anyone who 'wronged' them. That's because everything is everyone else's fault. Including the breakup.



The result? They might bad-mouth you to save face. Or they might start immediately dating someone else to make you feel jealous and help heal their ego. Or they'll try to steal your friends.

The reason: a good reputation means everything to them, and they won't let anyone, or anything interfere with it. OK, so you're dating a narcissist... now what? If you're in a relationship with someone with NPD, chances are you've already experienced quite a bit.

Being in a relationship with someone who's always criticizing, belittling, gaslighting, and not committing to you is emotionally exhausting. That's why, for your own sanity, experts recommend to GTFO (get the f\*ck out).

### **How to prepare for a separate yourself from a narcissist**

- Constantly remind yourself that you deserve better.
- Strengthen your relationships with your empathetic friends.
- Build a support network with friends and family who can help remind you what is reality.
- Urge your partner to go to therapy.
- Get a therapist yourself.

You cannot change a person with narcissistic personality disorder or make them happy by loving them enough or by changing yourself to meet

their whims and desires. They will never be in tune with you, never empathic to your experiences, and you will always feel empty after an interaction with them.

Narcissists cannot feel fulfilled in relationships, or in any area of their lives, because nothing is ever special enough for them. Essentially, you'll never be enough for them because they're never enough for themselves.

The best thing you can do is cut ties. Offer them no explanation. Offer no second chance. Break up with them and offer no second, third, or fourth chance. Because a narcissist will most likely make attempts at contacting you and harassing you with calls or texts once they've fully processed the rejection - blocking them to help you stick with your decision.

There is no known cure for Narcissism.

## Signs You are Probably Dating or Living with a Psychopath

First a bit of terminological history, to clear up any confusion about the meanings of “sociopath,” “psychopath,” and related terms: In the early 1800s, doctors who worked with mental patients began to notice that some of their patients who appeared outwardly normal had what they termed a “moral depravity” or “moral insanity,” in that they seemed to possess no sense of ethics or of the rights of other people. The term “**psychopathy**” was first applied to these people around 1900.

The term was changed to “sociopath” in the 1930s to emphasize the damage they do to society. Currently, researchers have returned to using the term “psychopath.” Some of them use that term to refer to a more serious disorder, linked to genetic traits, producing more dangerous individuals, while continuing to use “sociopath” to refer to less dangerous people who are seen more as products of their environment, including their upbringing.

Psychopaths are two people. The person they want you to think they are and the person they “really” are.



Other researchers make a distinction between “primary psychopaths,” who are thought to be genetically caused, and “secondary psychopaths,” seen more as products of their environments.

If we overlay all these lists of criteria, we can see them coalescing into the following core set of traits:

## **Uncaring**

**Psychopaths have been found to have weak connections among the components of the brain’s emotional systems.** These disconnects are responsible for the inability to feel emotions deeply. Psychopaths are also not good at detecting fear in the faces of other people.

The emotion of disgust also plays an important role in our ethical sense. We find certain types of unethical actions disgusting; this works to keep us from engaging in them and makes us express disapproval of them. But psychopaths have extremely high thresholds for disgust, as measured by their reactions when shown disgusting photos of mutilated faces and when exposed to foul odors.

One promising new line of research is based on the recent discovery of a brain network responsible for understanding the minds of others. Called the default mode network (because it also performs other tasks and is operating most of the time when we are awake), it involves a cluster of several different areas in the brain’s cortex.

The first studies have been done on the function of this network in psychopaths, and as expected, they have noted “aberrant functional connectivity” among its parts of the network, along with reduced volume in some of the network’s crucial areas.

## **Shallow Emotions**

Psychopaths and, to a degree, sociopaths, show a lack of emotion, especially social emotions such as shame, guilt, and embarrassment -

showed “general poverty in major affective reactions” and a “lack of remorse or shame.”

Psychopaths are “emotionally shallow” and showing a lack of guilt. Psychopaths are notorious for a lack of fear. When other people are put into an experimental situation in which they anticipate that something painful will happen, such as a mild electric shock or mildly aversive pressure applied to a limb, a brain network activates.

### **Irresponsibility**

Psychopaths show unreliability, while the PCL mentions “irresponsibility - psychopaths as showing “blame externalization,” - they blame others for things that are actually their fault. They may admit blame when forced into a corner, but these admissions are not accompanied by a sense of shame or remorse and have no power to change future behavior.

### **Insincere Speech**

Ranging from “glibness” and “superficial charm, to “untruthfulness” and “insincerity,” to outright “pathological lying,” there is a trend toward devaluing speech itself among psychopaths by inflating and distorting it toward selfish ends.

The criteria include “**conning others for personal profit or pleasure.**” One concerned father of a young sociopathic woman said, “I can't understand the girl, no matter how hard I try. It's not that she seems bad or exactly that **she means to do wrong.** She can lie with the straightest face, and after she's found in the most outlandish lies, she still seems perfectly easy in her own mind”

This casual use of words may be attributable to what some researchers call a shallow sense of word meaning. Psychopaths do not show the differential brain response to emotional terms over neutral terms that other people do. They also have trouble understanding metaphors and abstract words.

### **Overconfidence**

Sociopaths/Psychopaths as possessing a “grandiose sense of self-worth.”

### **Narrowing of Attention**

When most of us engage in a task, we can alter our activity or modulate our responses, depending on relevant peripheral information that appears after the task has begun.

**Psychopaths are specifically deficient in this ability**, and according to Newman, this explains their impulsivity, a trait which shows up in several of the lists of criteria, as well as their problems with passive avoidance and with processing emotions.

### **Selfishness**

Psychopaths often exhibit a “parasitic lifestyle.”

### **Inability to Plan for the Future**

Psychopaths show a “failure to follow any life plan.” According to the PCL, psychopaths have a “lack of realistic long-term goals – often described as showing a “carefree non-planning lifestyle.”

### **Violence**





The criteria for dissocial personality include an extremely low tolerance to frustration and a low threshold for discharge of aggression, including violence. The criteria for antisocial personality disorder include irritability and aggressiveness, as indicated by repeated physical fights or assaults.

Philosophers can play a valuable role here in discerning the consequences of all these findings for our attempts to build an ethical society. Several questions need addressing: What does the possibility that psychopathy is genetic say about human nature?

What steps can we take to “correct” psychopaths, and which are the most ethical? If it is true that psychopaths have damaged or abnormal brains, can we hold them responsible for what they do?

Are there degrees of psychopathy, so that normal people may possess psychopathic traits?

**For your survival – it is best to avoid or do you best to escape the clutches of any person who resembles these psychopathic attributes.**

This is another great book. You order by just clicking the cover. The book explains Narcissism in great detail and you’ll know exactly how to handle this type of relationship. [Click here to order also.](#)

