



Neutralizing Narcissism

[Subscribe](#)



The Narcissist's Guide to Weaponizing the Word "Bully"

How to Turn Accountability into Victimhood in Five Easy Steps!





By: The Unfairly Persecuted Intellectual Victim™

Step 1: Start a Fight You Can't Win

So, you've engaged with someone smarter, sharper, and immune to your usual reality-warping tactics. Maybe you left a snide comment. Maybe you tried a little **intellectual peacocking**. Maybe you even threw in a **friendly scolding** to establish dominance.

And now—oh no!—you've been **outmaneuvered**. Your tactics are laid bare. Your ego is deflating like an old party balloon.

What do you do?

Reframe! You were never arguing in bad faith. You were never maneuvering for control. You were **innocently expressing your thoughts**—and now you are under attack!

Step 2: Declare Yourself the Victim

Remember: facts don't matter. **Feelings do**. You don't need to prove you're being bullied—you just need to say it. Loudly. Repeatedly. With the emotional conviction of a local theater actor trying to win a Tony.



"Wow, I just wanted a simple discussion, and now I'm being bullied."

"This is harassment! Just because I disagreed???"

"You're coming after me because I dared to have an opinion."

(🔴 Important Note: Your "opinion" was actually an attempt to undermine, gaslight, or reframe someone else's experience. But shhh! That part isn't important anymore.)

Step 3: Reverse the Power Dynamic

This is the crucial step. Right now, people can see that you started this conflict. That won't do. You need to convince the world that you were **helplessly minding your own business** when the big bad **bully** came after you with their... *documentation and rhetorical skill*.

🙋 Time for performative fragility! 🙋

"I'm just a regular guy! I don't deserve this!"

"Wow. Just wow. This is really happening."

"People need to see how toxic you are."

Boom. Instant **narrative shift**.

Step 4: Rally the Pity Party



You'll need backup. Start **summoning sympathizers**. Even if they don't know the details, they'll know **you sound sad**. And that's enough.

"I just don't get why people are so cruel."

"I didn't expect to be attacked today."

"I hope people see who the real problem is here."

(🚩 Bonus Move: Tag mutual acquaintances. The goal is to **pressure your opponent into backing down**. If they don't, well—congratulations! You now have a **mob**.)

Step 5: Exit with Smug Righteousness

By now, you've done enough damage control. If you're lucky, people are arguing about whether or not you were bullied—which means they aren't talking about what actually happened.

Now, it's time to **leave in triumph**. But don't just vanish—**leave a cryptic, self-righteous exit message**.

"I hope someday you get the help you need."

"I'm done with this negativity. Moving on."

"This will be my last comment, but people should really reflect on their actions."

(🚩 Important: You *will* come back to check replies. You *will* reappear if you think you have an opening. But for now, disappear like a misunderstood philosopher into the mist of self-imposed exile.)



Final Notes: What to Do If This Doesn't Work?

If your opponent refuses to be guilt-tripped? If they **continue exposing** your behavior? If they **don't care** about your pity parade?

Easy. Up the stakes.

- 📱 Imply vague legal threats.
- 📱 Post a status about how people are out to get you.
- 📱 Tell everyone you're being "harassed" across multiple platforms.
- 📱 Say you're "just documenting" for a future, unspecified reckoning.

And if all else fails—**block them and pretend none of this ever happened.**

Congratulations! You are now **completely safe from accountability.** You have successfully turned **your own bad behavior into someone else's problem.** And best of all?

You never had to reflect, apologize, or grow.

Go forth, noble victim. The internet is yours.

A Final Note from The “Bully” Himself

To all those who have called me a **bully**—thank you.



Thank you for confirming that I held you accountable.

Thank you for proving that you couldn't control me.

Thank you for revealing that my words mattered enough for you to try rewriting them.

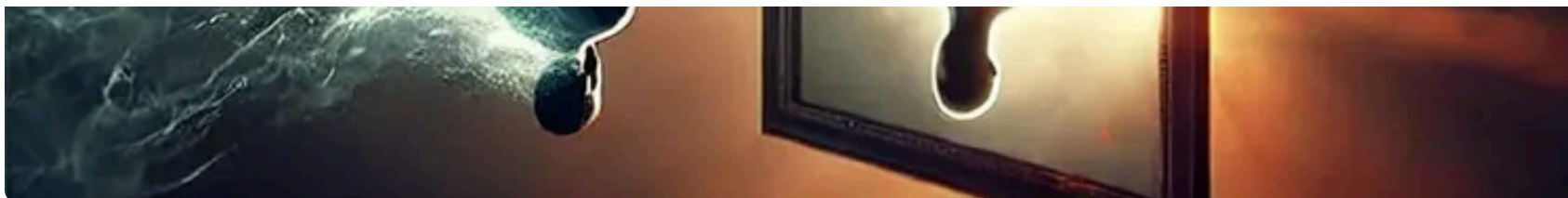
Your fear of being exposed was louder than any argument you made.

And that? **That's the real confession.**

💡 **New Rule:** Every time a narcissist calls me a **bully**, I gain +10 power.

Keep 'em coming.





The Narcissist's Guide to Weaponizing the Word "Bully"



Neutralizing Narcissism
@neutralizingnarcissism

Collect this post as an NFT.

Collect



Subscribe to Neutralizing Narcissism to receive new posts directly to your inbox.

Subscribe



Rewards

Copy your unique link below, share it and earn a reward every time this post is collected.

[https://paragraph.com/@neutralizingnarcissism/the-narcissists-guide-to-weaponizing-the...](https://paragraph.com/@neutralizingnarcissism/the-narcissists-guide-to-weaponizing-the-...)



Arweave TX

60OmUy59rj875oY7KtN04D3JYXUSKRJPExapwe9xNeQ

