



# THE NARCISSIST'S GUIDE TO DAMAGE CONTROL



Neutralizing Narcissism: The Awakening Edition

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Collect



*So, you've been exposed. Your tactics laid bare. Your carefully curated mask—cracked. What now? Fear not! This step-by-step guide will help you regain control of the narrative, evade accountability, and, most importantly, make the whole thing someone else's fault.*

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## **STEP 1: PLAY THE VICTIM**

You didn't get caught—no, no. You were *targeted*. Someone (*probably a bully with an obsession for truth*) is out to get you. It's persecution. A witch hunt! The *real* crime isn't your behavior—it's that someone had the audacity to document it.

💡 **Pro Tip:** Use vague but ominous phrases like *"This won't end well"* or *"I'm just documenting now."* Sound legal, even if you have no idea what you're talking about.

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## **STEP 2: THREATEN—BUT NOT REALLY**

You need to sound **scary**, but not enough to be held accountable for an actual threat. The key here is **veiled implications**. Drop hints about lawsuits, family betrayals, secret dirt you've collected. You want them **worried** without giving them anything concrete to counter.

**"Wow—the things I've heard! I'm just documenting now."** (*Translation: I have nothing, but I need you to think I do.*)

**"You're breaking laws now as a trend."** (*Translation: I have no idea what law you broke, but that won't stop*



*me from saying it.)*

*"It's not the last of the notices you'll see." (Translation: I will send vaguely worded emails until I feel powerful again.)*

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### **STEP 3: GASLIGHT, GASLIGHT, GASLIGHT**

Sure, there's **public proof of everything you've said and done**. But facts are boring. Instead, **rewrite history in real time**. Convince bystanders that the person documenting your behavior is actually the problem.

#### **Accusation Reversal Special:**

*"You're the real bully." (Despite overwhelming receipts, let's make YOU the villain here.)*

*"You're obsessed with me." (How dare you remember what I said last week?)*

*"People will see the narcissist, but it won't be me." (Quick! Say the word first before they do!)*

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### **STEP 4: DRAG OTHERS INTO IT**

You know what's even more effective than baseless legal threats? **Social pressure**. If you can't win through logic or evidence (*pesky things*), try intimidation.

 **"Certain family members would like to help this action."**

 **"I'd imagine others will join me in ending this."**



📌 “We’ll see who else wants to make this a problem for you.”

*(Translation: I have no power, so I need a mob to manufacture some for me.)*

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## STEP 5: PRETEND YOU’RE HAVING FUN

Nothing says “I’m in control” quite like **pretending you’re entertained**. This isn’t affecting you at all! You’re not unraveling! You’re actually **having the time of your life**. You’re a **fan** of the person exposing you.

😄 “I find your writing amusing.”

😄 “I’m actually obsessed with it.”

😄 “It’s entertaining!”

*(Translation: If I laugh enough, maybe nobody will notice how much this is getting to me.)*

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## STEP 6: COUNT ON PEOPLE NOT CARING

This is your final defense. You need to **bank on apathy**. People are busy. They scroll fast. They don’t deep dive. If you **muddy the waters enough**, they’ll just assume it’s some petty argument and move on. Your job is not to win the argument—it’s to **exhaust the audience**.

**Flood the thread**. Fake legalese. Throw in some unrelated drama. Post emojis. The goal is **chaos**.



Because at the end of the day...

It was never about truth.

It was about **control**.

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**Final Note:** If you find yourself needing to use this guide regularly, congratulations! You might be exactly the kind of person this was written about. But don't worry—self-reflection isn't necessary. Just keep **doubling down** and **never, ever**, under any circumstances...

Admit you were wrong.

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