

eggshells all the time is mentally and emotionally exhausting; c) it is not always possible to predict what will trigger their ego-injury. Therefore, your initiative is to de-escalate their distress before it turns into weaponry used on you during their fit of rage. Self-preservation is your goal. Here are some tools you can use to diffuse a narcissist's rage:

- Don't buy a ticket to the fight.
- Don't argue.
- Use non-threatening language such as, "I understand," "That makes sense," "What do you think we should do?"
- Ask them questions about themselves.
- Never blame.
- Communicate using the words, "We," "Us," and "Our," instead of "You" or "I."
- Compliment them.
- Use a non-threatening tone of voice. This has a significant calming effect.
- Show empathy and concern in the moment and recognize it will not be reciprocated.
- Be the adult. This goes without saying.
- Forgive them, but do not say, "I forgive you." The narcissist will interpret this as a passive-aggressive statement placing blame onto them. You will not succeed at explaining the meaning behind your forgiveness.

If you are living with a narcissist or leaving one, these tools will help you see how you can navigate and survive a narcissist's rage. Part of knowing how to maneuver your way out of a relationship with a narcissist is leaning how they manipulate you. One way is to triangulate relationships.

TRIANGULATION

This is a form of manipulation in which a narcissist will bring a third person into the relationship and use them as a decoy to subversively control the interpersonal situation for their own benefit. For example, the narcissist might try to make their spouse feel jealous by giving their child a gift their spouse asked for. This tactic is used to pit the two family members against one another and cause them to compete for the narcissist's attention or love. The two people become conditioned to seek out the narcissist's love while disliking the other for any perceived attention given from the narcissist. The goal is accomplished if the triangulation has evolved into the narcissist receiving attention from both people. This is through the unfolding of endless fighting for the narcissist's love and the eventual destruction

of the other's relationship. The two people being manipulated may or may not know what the narcissist is doing. Most of the time, they are unaware of the manipulation because the narcissist is controlling the relationship dynamics of the two people from behind a curtain.

James, Brook, and Candy

An example of triangulation is a narcissist who used his wife to punish his lover whom he had hidden for many years. James promised his lover, Candy, a life in matrimony after he divorced his wife, Brook. James knew he would not leave his wife. He was happy using Candy for sex and going home to his wife who knew nothing about his affair. James often subdued Candy's anxiety over the mounting uncertainty of his promise to leave his wife by giving her expensive jewelry, trips, and a car for her and her kids. As far as Brook was concerned, she and James were happy and thriving in a healthy 15-year marriage. James never gave Brook any indication he could not be trusted. He seemed to be proud of the marriage, talked about Brook in an adoring way, and liked posting pictures of him and Brook on social media. James was using social media as a tool to triangulate his situation with Candy and his wife. By posting pictures of his wife, James was making his lover jealous, and reinforcing her insecurity that he may not leave his wife to be with her. At the same time, he was maintaining status quo in his wife's mind. She continued to think James was a good man who was happily married. James used the situation of both women to serve an agenda of maintaining two separate lives. He was happy at home and comfortable with the circumstances if his wife did not know about his affair and if his lover was kept yearning for his attention. James continued to live separate lives, partially because he could triangulate the relationships in a way which kept Candy broken down, and doubting herself by comparing her to his wife, but, hopeful. Massaging Candy's hope for a future with him, yet instilling doubt she may be discarded out of love for his wife kept James in control of the relationships by using emotional manipulation and triangulation. Using someone to evoke feelings, fears, or emotions in another person in pursuit of an agenda is immoral.

DISTRACTIONS

Narcissists are good at diverting attention away from them while at the same time, being the center of attention and perceived as a savior or good guy. For example, a parent who is trying to alienate a child from the other parent will create his own landscape or scenario which may confuse or dilute reality. This may or may not sever the child's relationship with their parent, but in most cases it does. Once the narcissist parent has captured the child and formed a strong alliance, distractions are used to maintain a stronghold on the child. Money,