

# The High Price You Will Pay for Dating a Narcissist



## Prepare to be tortured: - the price you will pay for dating a narcissist by A B Jamieson

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1059 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 235 pages
Lending	: Enabled



Dating a narcissist can be like playing a game of Russian roulette. You never know when they're going to turn on you and pull the trigger. The emotional, financial, and physical costs of dating a narcissist can be devastating.

## Emotional Costs

Dating a narcissist can take a heavy toll on your emotional well-being. Narcissists are often:

- **Self-centered:** They only care about their own needs and wants.
- **Manipulative:** They use deception and flattery to get what they want.

- **Gaslighting:** They deny reality and make you question your own sanity.
- **Demeaning:** They put you down and make you feel worthless.
- **Controlling:** They try to control every aspect of your life.

Being in a relationship with someone who exhibits these traits can lead to:

- **Low self-esteem**
- **Anxiety**
- **Depression**
- **Post-traumatic stress disorder (PTSD)**
- **Relationship addiction**

## **Financial Costs**

In addition to the emotional costs, dating a narcissist can also be a financial drain. Narcissists are often:

- **Impulsive spenders:** They spend money recklessly and often go into debt.
- **Financially irresponsible:** They may not pay their bills on time or may even steal money from you.
- **Dependent:** They may expect you to pay for everything, even when they have the means to support themselves.

If you're dating a narcissist, you may find yourself:

- **Going into debt**
- **Maxing out your credit cards**
- **Losing your job**
- **Being evicted from your home**

## **Physical Costs**

In some cases, dating a narcissist can even lead to physical abuse. Narcissists are often:

- **Violent:** They may hit, push, or shove you.
- **Coercive:** They may force you to do things against your will.
- **Threatening:** They may threaten to hurt you or themselves.

If you're dating a narcissist, you may be at risk for:

- **Physical injuries**
- **Sexual assault**
- **Death**

## **Getting Help**

If you're dating a narcissist, it's important to get help. A therapist can help you to:

- **Identify the signs of narcissistic abuse**
- **Understand the dynamics of narcissistic relationships**

- **Develop coping mechanisms**
- **Heal from the trauma of narcissistic abuse**

There is hope for healing after dating a narcissist. With the right help, you can rebuild your life and find happiness again.

## **Additional Resources**

- 10 Signs You're Dating a Narcissist
- Love Bombing: What It Is and How to Spot It
- Online Help for Domestic Violence
- National Institute of Mental Health: Narcissistic Personality Disorder



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