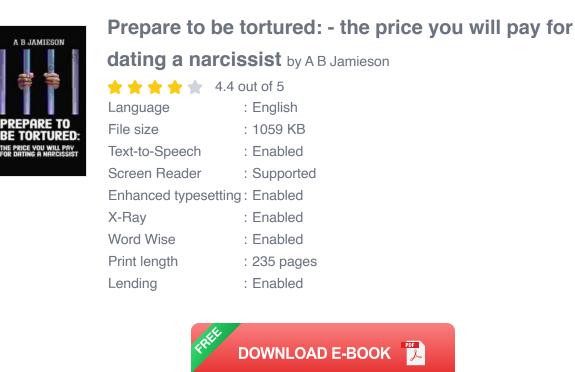
The High Price You Will Pay for Dating a Narcissist



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



Prepare to be tortured: - the price you will pay for

dating a narcissist by A B Jamieson

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