

Insights Into How Narcissists Control Through Others

1. What Are Narcissists' Flying Monkeys?

Narcissists thrive on controlling their victims. Often, they'll use others—friends, family members, coworkers, and even your close relations—to maintain control. These people become their spies, spreading misinformation and delivering emotional attacks on the victims.



2. How Narcissists Recruit Flying Monkeys

As the narcissist's victim, you know firsthand how adept they are at exploiting emotional connections. Using fear, guilt, or loyalty to manipulate those around them is their specialty. In the case of their flying monkeys, they'll use these emotional tactics to recruit people and extend their control over you.

3. The Devastating Impact of Flying Monkey Abuse

When you experience flying monkeys on your tail, you face emotional whiplash. The people you once trusted turn against you with no warning. You don't know where to turn, who to trust, or who to rely on. As your reputation deteriorates, it only further deepens your emotional trauma.



4. Strategies for Neutralizing the Flying Monkeys

Recognize when you're being targeted. Watch for sudden shifts in how friends, colleagues, and family treat you. Establish boundaries, lay down your boundaries with every flying monkey, and stick to them. If you find yourself stuck and not knowing how to communicate with a flying monkey, take a negotiation strategies course and learn ways to protect yourself.

5. Protecting Your Peace

Even recognizing that the narcissist has sent flying monkeys after you is a massive step toward reclaiming your power. When you're aware of their tactics and can create strategies to protect your peace, you can shut off the narcissist's supply of toxicity and clear the air of conflict.

