

# Revenge: How to Beat the Narcissist and Reclaim Your Life

Have you ever been the victim of a narcissist? Do you feel like you've been wronged and want to get revenge?



## Revenge: How to Beat the Narcissist by H G Tudor

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If so, you're not alone. Millions of people have been hurt by narcissists, and many of them want to get revenge. But is revenge really the answer?

In this article, we will discuss the different ways to get revenge on a narcissist and reclaim your life. We will also discuss the pros and cons of revenge and whether or not it is worth it.

## What is a Narcissist?

A narcissist is someone who has an inflated sense of self-importance and a deep need for admiration. Narcissists are often charming and charismatic, but they can also be manipulative, exploitative, and cruel.

Narcissists are often driven by a need for power and control. They may try to control their partners, friends, and family members through manipulation, intimidation, and even violence.

If you have been the victim of a narcissist, you may feel like you've been brainwashed. You may feel like you've lost your sense of self and that you're no longer in control of your own life.

### **Why Do People Want Revenge?**

There are many reasons why people want revenge. Some people want to get back at the person who hurt them. Others want to make the person pay for what they did. Still others want to send a message to the person that their behavior will not be tolerated.

Whatever the reason, revenge can be a powerful motivator. It can give you a sense of justice and satisfaction. However, it's important to remember that revenge can also have negative consequences.

### **The Pros and Cons of Revenge**

There are both pros and cons to getting revenge on a narcissist. Here are some of the pros:

- Revenge can give you a sense of justice and satisfaction.
- Revenge can help you to move on from the past and reclaim your life.

- Revenge can send a message to the narcissist that their behavior will not be tolerated.

Here are some of the cons:

- Revenge can be time-consuming and expensive.
- Revenge can be emotionally draining.
- Revenge can put you at risk of retaliation from the narcissist.

## **How to Get Revenge on a Narcissist**

There are many different ways to get revenge on a narcissist. Here are a few examples:

- **Expose their true self.** One of the best ways to get revenge on a narcissist is to expose their true self to the world. This can be done by writing a book about your experiences, starting a blog, or speaking out about narcissism on social media.
- **Cut off contact.** One of the best ways to get revenge on a narcissist is to cut off all contact with them. This means blocking them on social media, changing your phone number, and moving to a new address.
- **File a lawsuit.** If the narcissist has committed a crime, you may be able to file a lawsuit against them. This can be a long and expensive process, but it can be worth it if you want to hold the narcissist accountable for their actions.
- **Get therapy.** Getting therapy can help you to heal from the trauma of being in a relationship with a narcissist. Therapy can also help you to

develop coping mechanisms and strategies for dealing with narcissists in the future.

## **Is Revenge Worth It?**

Whether or not revenge is worth it is a personal decision. There is no right or wrong answer. Only you can decide what is best for you.

If you are considering getting revenge, it is important to weigh the pros and cons carefully. Revenge can be a powerful motivator, but it can also have negative consequences. It is important to make sure that you are prepared for the potential risks and consequences before you take action.

If you decide that revenge is not worth it, there are other ways to get back at a narcissist. You can focus on healing from the trauma of the relationship and rebuilding your life. You can also learn from the experience and help others who are in similar situations.

Revenge can be a tempting way to get back at a narcissist. However, it is important to remember that revenge can also have negative consequences. It is important to weigh the pros and cons carefully before you take action.

If you are considering getting revenge, it is important to seek professional help. A therapist can help you to understand your motivations for revenge and to develop healthy coping mechanisms.

Remember, you are not alone. Millions of people have been hurt by narcissists. You can heal from the trauma of the relationship and rebuild your life.



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