

## Projection and False Allegations

You can probably predict what types of false allegations a Narcissist will make in a formal complaint against you. The Narcissist has told you what to expect by every negative "YOU Statement" they have directed toward you.

Examples:

"You don't want me to spend time with our child. That's why you enrolled him in soccer."

The truth is the Narcissist does not want to spend *their time* at their child's soccer game. You are accused of parental alienation.

"You spend too much money on wine."

The truth is it's rare that the Narcissist is not drunk or stoned in the evenings. You are accused of being an alcoholic.

"Every time you run the store alone, our profits decrease."

The truth is you work on Sunday's, Monday's and Tuesday's and the Narcissists has been taking cash payments out of the register. You are accused of stealing money.

As unjust and unfair as this sounds, Narcissists can win in court by falsely projecting their issues onto you, forcing you to be defensive. In doing so, you risk validating the Narcissist's accusations through a "tit-for-tat" blame game--a sort of childish finger-pointing--"I didn't do it, you did," which muddies the water for observers. This is why it is so important to prepare for false accusations and begin to gather your supporting evidence. In this way you can set a written boundary like what you would in a conversation.

Imagine:

The Narcissists states: "You did \_\_\_\_\_." " Fill in the blank with anything negative, including crimes.

You state: "I didn't do it, you did it, you're a liar."

**vs**

"I disagree with you; what is your evidence for that assertion?"

**or**

"I did not. Here is my evidence."

Whatever a Narcissist throws at you, your job will be to remain cool, calm, and indifferent. Still, first, you would be better off predicting what you might be accused of so you can begin collecting evidence to the contrary.

# PROJECTION WORKSHEET

For the following write every negative "YOU statement" the Narcissist has made that may show up in a formal complaint against you.

## EXAMPLE

Narcissists Accusation: YOU \_\_\_\_\_.

Narcissists accusations (lies, exaggeration)  
*Best guess at what could be used against you.*

Opposing Evidence

1.	1.
2.	2.
3.	3.

The following sheet you can print out and use as a guideline or make your own.

Accusation:

Narcissists accusations (lies, exaggeration)  
*Best guess at what could be used against you.*

Opposing Evidence

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1.

1.

2.

2.

3.

3.

4.

4.