When interacting with narcissistic people, you may encounter various phrases or patterns of speech that reflect their characteristic traits and behaviors. Here are some phrases that you might hear from a narcissist:

1. "It's always about me": narcissistic people often center conversations and situations around themselves, seeking attention and validation. They are notorious for one-upping others, cutting them off and redirecting the spotlight to themselves, and name dropping (“I met Johnny Depp” or “I know the mayor”). If you’ve gone skiing, they’ve competed in skiing competitions and won. If you’ve been sick, they died and got revived twice. If you’re proud that your essay received a B+, they have a GPA of 4.99999. In their stories, that drag on and on, they are either the victim or the hero but never accountable for their bad behavior, that would be someone else’s fault.

2. "I'm the best at [insert achievement or attribute]": narcissistic people frequently boast about their accomplishments, skills, or qualities, exaggerating their own abilities and seeking admiration. They also love to school others on how to do what they are doing, with unwanted advice, and condescending instructions:

You say: “I’m teaching my child to ride a bike today” and they will say (before you finish the word today) “I taught kids to ride bikes my whole life, now, what you have to do is. . . .”

You say :“I’m going to cook a tri tip that I marinated for two days, I’m so excited to . . .” and they cut you off/ overtalk you “Nobody can cook a tri tip like I do, mine are the best! I learned to cook them when I was at Chef Ramsey’s house, did I mention I knew him? Anyway, the process is quite extensive for the perfect tri tip. What you have to do is. . . .

3. "You're just jealous of me": narcissistic people may dismiss or invalidate any criticism or differing opinion by attributing it to envy or jealousy, deflecting accountability for their behavior.

You: “I felt frustrated when you interrupted my comment about cooking a tri tip, that was rude.”

Narcissistic person: “I didn’t interrupt you, you’re exaggerating! You’re just jealous because I know celebrities and you don’t!”

4. "I deserve special treatment": narcissistic people often believe they are entitled to preferential treatment and privileges, asserting their superiority over others.

5. "You're lucky to have me": narcissistic people may use this phrase to imply that they are doing you a favor by being in your life or that they possess qualities that make them more valuable than others.

6. "You'll never find someone better than me": narcissistic people may try to manipulate and control others by instilling a fear of loss or abandonment, making them feel as though they are unworthy of anyone else. “Nobody will ever love you the way I do” is another phrase they like to use, as if nobody else in the world is capable of loving as well as they do.

7. "I'm always right": narcissistic people have a strong need to be right and may dismiss or invalidate the opinions, perspectives, or experiences of others, asserting their superiority in knowledge or judgment. They thrive on correcting others (even when their correction is incorrect).

8. "You're too sensitive": narcissistic people may dismiss or trivialize the feelings or concerns of others, using this phrase to deflect responsibility for their hurtful behavior and avoid accountability. They also claim that they were ‘just kidding’ after thrusting a verbal jab your way.

9. "I'm the victim here": narcissistic people may portray themselves as victims in situations where they have caused harm or conflict, shifting blame onto others and evading accountability.

10. "You're just trying to bring me down": When confronted with criticism or challenges to their behavior, narcissistic people may accuse others of trying to undermine or harm them, deflecting accountability for their actions.

11. “My ex is crazy but you are perfect”: Often used during the love-bombing phase to motivate their new supply to maintain that pedestal and the momentum of the current bliss they believe they are in with this person.

12. “My ex would never have allowed our kids to do that!”: Triangulation rumination initiation, they love drama and by pitting you against someone else mentally and upsetting you they gain supply/satisfaction. This usually occurs during the devalue phase and if you defend yourself or respond with a boundary, you may hear something such as “You’re a psycho! You’re blowing this out of proportion because of your traumatic past. Do you always sabotage your relationships?”

13. “I invited my ex to our BBQ, she wants to know what to bring”: Triangulation in person, when you object or verbalize discomfort with this you may hear “It’s normal to be friends with exes, why do you have such an issue with it? You need to get your jealousy under control, it’s ugly!”

\*It's important to remember that these phrases reflect the behavior of narcissistic people and may be part of their manipulative tactics or attempts to maintain control. Engaging in healthy boundaries, seeking support, and practicing self-care can be essential when dealing with narcissistic individuals.