

# **RULES FOR GRAY ROCK**

Gray Rock is a very effective technique to use **every** time you have to interact with someone with a high conflict person or someone with Narcissistic Personality Disorder. It is a way to stay emotionally safe, disengage from conflict, and discontinue the relationship cycle. Gray Rock is most effective when there is consistency. It forces the Narcissist to look elsewhere for the attention they crave.

Before responding to any communication, ask yourself **“Is a response is necessary?”** Many times communication is not a legitimate request for information, but an attempt to hook you back into their relationship cycle.

1) **Be emotionally unresponsive.** No matter what they say do not express any emotions to them (neither positive nor negative). Narcissists feed off of emotional energy. If you show anger, sadness, guilt, shame, etc. they know they have you hooked back into the cycle. If you share happiness, joy, excitement, pride etc. they see that as a threat since they cannot tolerate anything that makes them feel “less than”.

2) **Do not ask them questions, stick only to facts.** A Narcissist’s favorite technique is gaslighting. They are masters of misinformation. By asking questions you risk more manipulation and give them an opportunity to hook you into the cycle. You cannot trust what they say, so asking questions is a moot point.

3) **Do not mention the past.** Narcissists cannot resist any opportunity to tell you how you have wronged them and how they are blameless. When you bring up the past you give the Narcissist an invitation to revisit situations and possibly trigger your trauma. Keep in mind that they will **never** admit culpability nor are they capable of seeing things from your point of view.

4) **NO JADE.** Do not justify, defend, argue or explain your position. This information will only be used to tell you why you were wrong.

5) **Throw them off the scent.** Narcissists will use what is most important to you as a weapon against you. If they know you feel passionately about something, it now becomes a way that they can hook you back into the cycle or into giving up your boundaries. Pretend that something that is really not important to you is very important, and they will try to use that against you. Since it is only a decoy, it is a way for you to appear to “give in”. Once they feel like they have won, they will drop the conflict, and you will have protected that which is truly important.

6) **Get support elsewhere.** You cannot control whether or not the Narcissist’s behavior triggers an emotional reaction in you, however it is crucial to have a support system that understands Narcissistic Abuse and can be your sounding board when you need to process or vent.

The goal is not to just use the gray rock technique, the goal is to BECOME the gray rock. If you are uninteresting, unremarkable, and unresponsive the Narcissist will lose interest and find their Narcissistic Supply elsewhere.