

# Tips & Tricks: The Gray Rock Method

If you are looking to employ the Gray Rock Method with the narcissist/psychopath/unhealthy person in your life, you will want to do so in a practical way. With this method, the goal is to become as uninteresting to the narcissist as a gray rock. Rather than cutting off contact in some dramatic way, which creates more connection and drama, you are aiming for the narcissist to lose interest in you.

## 1. No Contact

Remember: Going NO CONTACT is preferable when possible. You can use the Gray Rock Method to either limit the unhealthy interactions that fuel the cycle of abuse or to encourage the abuser to lose interest in you by becoming boring and unprovokable, like a gray rock.

## 2. Change the "Dance"

The most important aspect of this method is for you to avoid the old way of engaging with the narcissist or psychopath in your life. When you decide that whatever tactics they normally use to bait you into an argument will not work, they start to lose their power over you.

## 3. Be Prepared

Give yourself time and space to put this plan into place. Since narcs and psychopaths will avoid boredom at all costs, the more boring you become, the less attracted to you they will be.

## 4. Safety First

Please do everything in your power to stay safe. A slow and steady shift into the Gray Rock Method is the safest way to avoid being the target of unhealthy rage.

I am sending you strength, protection and cheering you on!

*with love Terri*