

Dealing With Your Narcissistic Teenager



Dos

Establish clear boundaries and consequences for behaviors that are not acceptable.



Help them understand the perspective and feelings of others to generate empathy.

Encourage self-reflection on their behavior and self-consideration of how they might improve.



Provide the support they need to be better and praise their achievements.

Don'ts

Do not give in to their demands and excuses, as it may enable their negative behavior.



Do not fuel their exaggerated sense of self-importance.

Do not engage in arguments or power struggles with them.



Do not take their behavior personally and blame yourself.