

Me, Myself, and I: A Narcissist's Mindset

A Self-Help Handbook for Victims-Survivors of a Narcissist

Negotiables v. Non-Negotiables

Defining negotiables v. non-negotiables will help you manage future relationships. Negotiables are aspects of your life you would be willing to compromise on with your partner. "Non-negotiables are the qualities that reflect your core values and are essential to finding a companion, mate or partner (Prince, G. 1999, From Soul Dating to Soul Mating). They can be pragmatic as refusing to date someone who is a smoker, and as spiritual as desiring a partner who encourages you to reveal vulnerable parts of yourself. Non-Negotiables are derived from what you value and what pushes your buttons. They are requirements that you can spell out with certainty ('I won't go out with anyone who doesn't like the outdoors.')."

Here are a few to consider as you enter a relationship.

Positive Negotiables:

- Consider altering my work hours to spend more time with my partner.
- Agree to schedule time for the couple to share their feelings of gratitude for their relationship.
- Consider attending faith based services with your partner during the holidays.
- Appreciating after work hours in the evening both partners participate in household activities (i.e.; cooking, cleaning, laundry, childcare).
- Willing to accept my partner working on some weekends since they are starting their career.

Positive Non-Negotiables:

- Takes responsibility for his own actions
- Willing to move to the South
- Can talk about his feelings
- Healthy lifestyle
- Values women in a positive light
- Loves dogs
- Values healthy living
- Supportive to me in my career pursuits
- Professional
- Educated
- Wants to have children
- Good sense of humor
- Emotionally stable

Negative Non-Negotiables

- Lies
- Infidelity
- Blames his behavior on others
- Unable to talk about feelings
- Physically aggressive
- Must win every discussion or argument
- Emotional rollercoaster

Consider your Negotiables v. Non-Negotiables. The more specific you can be with your Non-Negotiables the more forthright you can be with setting boundaries and expectations.

Negotiables

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Non-Negotiables

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