

THE NARCISSISTIC SPOUSE SCRIPT BOOK

Essential Phrases to Disarm Your Partner,
Protect Your Sanity,
and Take Back Your Power



COKTELL

Introduction: The Marriage War Zone

If you are reading this, you are likely emotionally exhausted. Living with a narcissistic husband or wife feels like walking on eggshells every single day. Your home—the place that should be your sanctuary—has become a psychological war zone. Every conversation is a trap, every disagreement becomes a blowout, and somehow, they always find a way to twist reality and make you feel like you are the crazy one.

The biggest mistake most spouses make is trying to argue, defend their character, or explain logic to their partner. You cannot reason with a narcissistic spouse. They do not want a happy marriage; they want control and emotional supply.

Your power does not lie in changing your husband or wife; your power lies in controlling your response. This guide provides you with the exact, psychologically backed scripts to disarm your spouse's daily manipulation, protect your mental health, and stop them from draining your life force.

Chapter 1: Deflecting Spousal Gaslighting

Use these phrases when your husband or wife tries to twist reality, deny things they said, or make you doubt your own sanity inside the home.

- When they say: "I never said that, you're making things up again":

"We remember things differently, and I am completely comfortable with my memory of what happened."

- When they try to rewrite the history of your relationship or an argument:

"I am not going to argue about what happened in the past. I know my truth, you know yours, and I am leaving it at that."

- When they try to trigger an emotional breakdown to call you "crazy":

"I hear your opinion of me, but I do not accept it. Let's talk about something else."

Chapter 2: Shutting Down Marital Circular Arguments

Use these phrases when your partner traps you in endless, exhausting arguments late at night or over the phone that lead absolutely nowhere.

- When the discussion is going in circles just to make you feel guilty:

"I can see that we are not going to reach an agreement on this topic, so I am ending this conversation right now."

- When they interrupt you, yell, or use aggressive body language in the house:

"I am fully willing to discuss our relationship when we can both speak respectfully. I am stepping away to another room now."



- When they bring up your old, unrelated mistakes to avoid accountability:

"We are talking about this current issue today. I am not going to revisit the past with you right now."



Chapter 3: Setting Iron-Clad Boundaries at Home

Use these phrases to firmly protect your personal space, financial independence, and emotional peace from your partner's demands.

- When they pressure you for an immediate answer or try to force a decision:

"I need time to process this. I will give you my answer when I am ready, and pressuring me will not change that."

- When they make passive-aggressive insults disguised as "jokes":

"I will not respond to insults or sarcasm in this house. If you want to communicate, speak to me directly and with respect."

- When they blame you for their terrible mood, anger, or financial stress:

"Your emotions and your reactions are your responsibility. I am no longer going to carry that weight for you."

Final Note: The Grey Rock Method in Marriage

When using these scripts with your spouse, remember that your delivery is everything. You must speak like a robot—flat, calm, monotone, and completely devoid of emotion. Your narcissistic partner feeds on your tears, your anger, and your desperate explanations. When you respond with these cold, neutral scripts, they lose their power over you.

You are taking back control of your life and your home, one word at a time.

