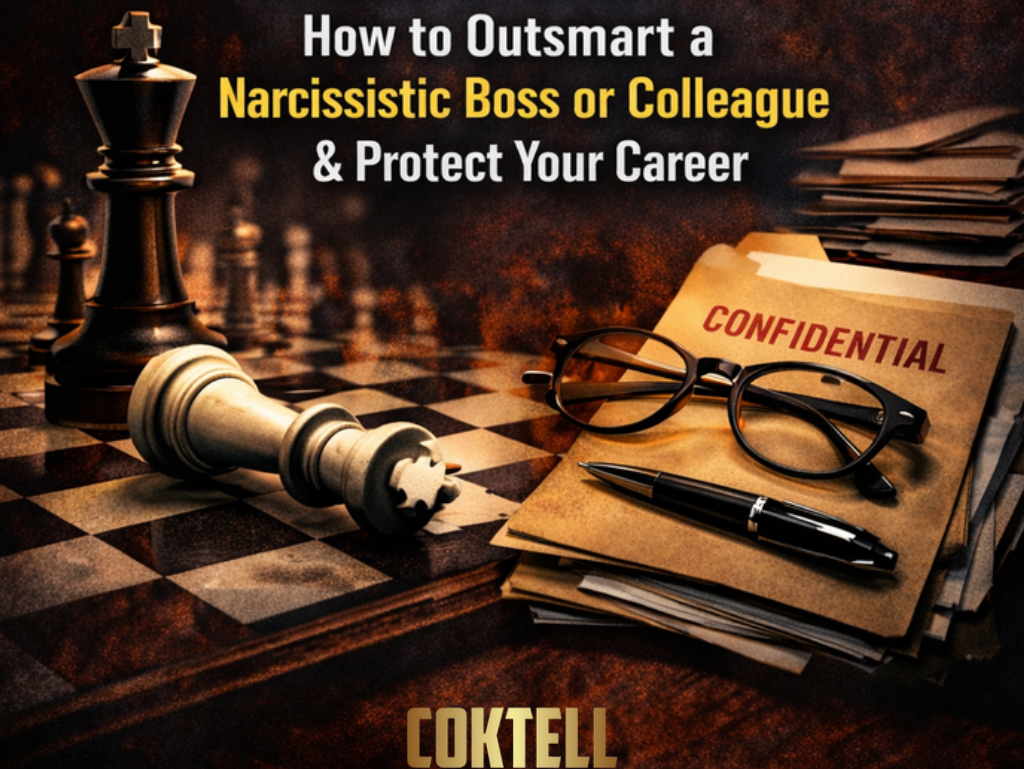


THE NARCISSISTIC **BOSS** & COLLEAGUE

SCRIPT BOOK

How to Outsmart a
Narcissistic Boss or Colleague
& Protect Your Career



COKTELL

Introduction: Welcome & The Golden Rule

The corporate ladder is a natural habitat for the narcissist. At work, they don't just want a paycheck; they want total control, unearned praise, and a scapegoat to blame whenever things go wrong.

If you are dealing with a narcissistic boss or coworker, trying to expose them to HR or arguing with them logically will backfire. They thrive on drama. They want your anger, your tears, and your explanations because it proves they control your emotions.

The Golden Rule of Workplace Survival:
Document Everything, and Become Corporate Ice.

To survive, you must use The BIFF Method: Your communication must be Brief, Informative, Friendly (Polite), and Firm.

This script book gives you the exact phrases to use in the four most dangerous workplace scenarios.

Scenario 1 – The Blame Game & Scapegoating

When the narcissist messes up a project, but publicly tries to twist the narrative to make it look like your fault.

The Trap

They want you to get defensive, apologize for things you didn't do, or write a long, emotional email explaining your side.

The Scripts

When they blame you in a group email:

"To ensure accuracy for the team: the parameters for this project were locked on [Date], and the deliverables were submitted as requested. Let's focus on the next steps to move this forward."

When they verbally attack your competence in a meeting:

"I hear your perspective. However, the data in the report reflects a different outcome. I'll resend the spreadsheet so everyone has the correct metrics."

The Follow-Up Action:

Immediately follow up every verbal conversation with a summary email. Start with: "Per our discussion just now, I am confirming that..."

Scenario 2 – Taking Credit For Your Work

When a narcissistic coworker presents your ideas, slides, or research as their own to upper management.

The Trap

Calling them a "thief" or getting angry makes you look petty and unprofessional to senior leadership. You must reclaim your work using corporate politeness as a shield.

The Scripts

Interjecting in the middle of a meeting:

"Thanks for bringing up that concept, [Name]. I'm glad the research I compiled last week aligns with your thinking. To expand on my original idea, upper management should look at..."



When they present your data as theirs in an email thread:

"Great summary of the data, [Name]. As the person who built this model, I wanted to jump in and add a quick clarification on slide 4 to ensure the team has the full context."

The Preventive Script:

Always email drafts to a third party or your boss before sharing them with the narcissist. Use: "Here is an early look at my independent research on this project before we consolidate tomorrow."



Scenario 3 – Gaslighting & Shifting Goalposts

When a narcissistic boss gives you vague directions verbally, then claims you did the assignment completely wrong.

The Trap

They want you to doubt your own memory and work overtime out of anxiety to please them.

The Scripts

When they deny a previous agreement:

"I want to make sure we are completely aligned. Based on my written notes from our meeting on Tuesday, the directive was [X]. If the scope has changed, please send over the new written guidelines so I can adjust accordingly."

When they refuse to give clear instructions:

"To avoid any miscommunication and save team hours, I will need the specific criteria for this task in writing before I begin production."

When they say, 'You just don't understand how this business works':

"My focus is entirely on meeting the documented KPIs for this quarter. Let's look at the current numbers to see where we need to adjust."



Scenario 4 – The Smear Campaign & Office Gossip

When the narcissist whispers rumors about you to other colleagues to isolate you and damage your professional reputation.

The Trap

Confronting them directly about the gossip gives them the satisfaction of knowing they got under your skin.

The Scripts

When a coworker tells you, 'Hey, [Narcissist] said you were struggling with your workload':

"That's interesting. My current performance reviews and project deadlines are fully on track. I wonder why they would have that impression?"



When you must address the narcissist directly about a boundary violation:

"Our professional relationship needs to remain strictly focused on corporate deliverables. Moving forward, please direct all communications regarding my work through Slack or email."

The Ultimate Professional Shield:

Never share personal secrets, complaints about management, or venting sessions with anyone at a workplace where a narcissist operates. Your silence is your ultimate power.

Your Mind belongs to You.

A job is a contract: your skills in exchange for a salary. The narcissist wants your emotional peace as a free bonus. Do not give it to them.

Use these scripts, keep your eyes on your metrics, and build your exit strategy in silence if the environment becomes totally unlivable.

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