



In situations where you want to disengage from arguments with a narcissist, using neutral, noncommittal language can be helpful. This means acknowledging their perspective without necessarily agreeing with it.

Here are some examples of phrases you might use:

- "I see your point." This shows you're listening without saying you agree.
- "That's an interesting perspective." This acknowledges their view without endorsing it.
- "I understand where you're coming from." This shows empathy without agreement.
- "Let's agree to disagree on this." This suggests moving on without resolving the disagreement.
- "I'll think about what you've said." This gives you time to consider their perspective without immediate commitment.
- "We might have different views on this." This acknowledges the difference in opinions without confrontation.
- "I appreciate your input." This shows that you value their perspective even if you disagree with it.
- "Let's focus on what we can agree on." This steers the conversation toward common ground.
- "That's one way to look at it." This suggests that there are other perspectives without dismissing theirs.
- "I respect your opinion." This communicates respect without indicating agreement.

These phrases help keep the conversation neutral and prevent it from becoming emotionally charged. They create a buffer and reduce the chances of escalating conflict while maintaining respectful dialogue.