



No Contact & Low Contact



KEY VERSES:

1

No contact is a boundary you create to _____ communication in order to create space for clarity and restore peace.

2

Low contact is a form of soul _____. Your mind and body can be engaged but you keep your soul out of it. You can have superficial conversations without getting emotionally involved.

3

The objective of **gray rocking** is to become so _____ to a narcissist that they find somebody else to engage with and leave you alone.

4

Yellow rocking intentionally uses a more _____ sounding tone in communication in order to maintain cooperation.

5

Fire Walling is a way to protect ourselves by making sure that we do not let any _____ information out. We are mindful that we don't give out any information that could come back on us or be used against us.

**narcissists are
psychological
hackers**

OUR JOB IS TO PUT UP A
FIREWALL

The one who corrects a mocker will bring abuse on himself; the one who rebukes the wicked will get hurt (Proverbs 9:7).

Without wood a fire goes out; without gossip a quarrel dies down. As charcoal to embers and as wood to fire, so is a quarrelsome person for kindling strife (Proverbs 26:20-21).

You are not to associate with anyone who claims to be a believer yet indulges in sexual sin, or is greedy, or worships idols, or is abusive, or is a drunkard, or cheats people. Don't even eat with such people (1 Corinthians 5:11).

It is to our honor to avoid strife, but every fool is quick to quarrel (Proverbs 20: 3).

In the paths of the wicked lie thorns and snares, but he who guard his soul stays far from them (Proverbs 22:5).

Drive out the mocker and out goes strife; quarrels and insults are ended (Proverbs 22:10).

Whoever goes about slandering reveals secrets; therefore do not associate with a simple babbler (Proverbs 20:19).