Helping someone with narcissistic traits can be a delicate and complex task. It's crucial to remember that while you can offer support, the willingness to change and the work involved in that change must ultimately come from the individual themselves. Here are some steps that might help in supporting someone with narcissistic tendencies:

1. **Understand the Limitations:** Acknowledge that changing deep-seated personality traits, like those seen in narcissism, can be challenging and often requires professional intervention. Your support is valuable, but it has its limits.
2. **Encourage Professional Help:** Gently suggest that they seek help from a mental health professional. Therapy, particularly approaches like cognitive-behavioral therapy (CBT), can be effective in addressing narcissistic behaviors.
3. **Provide Emotional Support:** Offer empathy and understanding, but be mindful not to enable narcissistic behaviors. It’s a delicate balance between showing care and not reinforcing their harmful patterns.
4. **Educate Yourself About Narcissism:** Understanding narcissism can help you communicate more effectively with the individual and set realistic expectations about what can be achieved.
5. **Communicate Effectively:** When discussing their behavior, focus on specific behaviors and their impacts rather than labeling them as a narcissist. Use “I” statements to express how their actions make you feel.
6. **Set Boundaries:** It’s important to set clear boundaries for what you will and will not tolerate. This protects your well-being and can also help the individual understand the consequences of their actions.
7. **Positive Reinforcement:** Acknowledge and reinforce positive behaviors. People with narcissistic traits may respond well to positive reinforcement when they show empathy or consideration.
8. **Manage Expectations:** Be realistic about the pace of change. Personality traits take time to evolve, and progress may be slow.
9. **Take Care of Yourself:** Engaging with someone who has narcissistic tendencies can be emotionally draining. Ensure you have a support system and practice self-care.
10. **Accept the Possibility of Limited Change:** Understand that despite your best efforts, the person may not change. In some cases, maintaining a relationship with a narcissistic individual may not be healthy for you.