

What are some things you realize as you get older?

1. Loneliness doesn't stop when we are surrounded by people. It stops when we are seen for who we truly are.
2. Actions and words both have value, it's when the two don't align that the value is lost.
3. Our partner cannot fulfill our needs, and it's not their job to do so.
4. If it doesn't bring peace, joy, profits, or a purpose, then don't give it your time, energy, or attention.
5. A lot of conversations need to be had in person. Tones need to be heard, facial expressions need to be seen.
6. Your greatest test will be how you handle people who mishandled you.
7. You can mute people in real life too. It's called boundaries.
- 8. Never lose your self-respect for someone who doesn't care about your feelings and emotions.**
9. Some people will always be important, with or without a conversation.
10. When you care for someone more than they deserve, you get hurt more than you deserve.
11. The people we choose to spend time with will shape who we become.
12. Replace judgment with curiosity.

+ se mere om psykologi ved at blade rundt i <https://www.quora.com>

+ mere om narcissisme, se: <https://drpsychological.com>

what are some examples of the delusions of sociopaths?

These are classic sociopath notions I learned while working with court ordered offenders.

these are universal perpetrator errors or delusions in thinking:

1. I won't get caught. I'm smarter than the authorities. I can beat the system. I'm very smart!
2. My victim liked it, she was asking for it or best of all, deserved it.
Straight people are stupid. Conscience is for suckers.
3. My problems are over if I get rid of the evidence.
4. I'll tell my good friend, who would never rat on me.
5. Why does something that happened over 30 years ago matter?

6. I'm the REAL victim here, why is everyone pointing a finger at me?

7. My significant other will hold up forever, no matter what.
8. Therapists are easy to fool and I can pull a fast one.
9. I can't help myself, I was abused so bad!
10. I'll fool everybody and start reading the Bible. Entitlement is mine say the Lord.
11. Work is for fools. I conned everyone with my lies and bullshit.
12. The judge doesn't know a shit.
13. The world screwed me over and now it's my turn.
14. What is unguarded, is mine to steal.
15. Life is so unfair and that judge--
16. I like beer or anything for a buzz. Gimme some glue to snort or gasoline.
17. I bet she is a fine lay
18. Killing animals is good sport.
19. I moved on her like a tiger
20. Grab them by the pussy, they love it.
21. So I cheat a little on my golf scores
22. Do I have black outs? Do you?
23. My manager only went for coffee. Coffee boy.
24. Meet my fourth wife.
25. Meet my porn star girlfriends
26. What teen miss pageants?
27. Tremendous profit by fudging a few million on the taxes.
28. A new Sucker is born every minute.
29. Never got the clap.
30. Does my mob coat make me look fat?

If you lover require constant praise?

Se mere derom i <https://nvs.quora.com>

How are narcissistic tendencies recognized?

When I started to really pay attention to people with narcissistic personality disorder, one of the biggest red flags was a huge sense of entitlement or a grandiose sense of self-importance, leading them to feel superior to most. They believe that only others who are just as special as they are can truly understand them, and those are the people they want to be surrounded by.

In order to maintain feelings of superiority, they will resort to belittling others by focusing on their flaws—whether they're real or imagined. For narcissists, this is an effective way to hide their own shortcomings and preserve their self-image. And they can not even do this in a quiet manner...while they are looking in their mirror, they are reminding you of how unattractive most people actually are....

A narcissist's sense of superiority is unrealistic.

Narcissists will believe: They are unusually special...Better than others..Only other special people can understand them...They deserve the very best...They should only associate with people and things with high status.

Why it occurs

Grandiosity (pretentious self-importance) develops in people with narcissism to cope with very strong insecurity and low self-esteem. Specifically, an inflated sense of self helps them avoid these deeply rooted negative and painful feelings. These are feelings they have had throughout their entire lives and what better way to cover it up than to behave in the total and complete opposite way...but once you see the mask slip it's extremely easy to tell the difference between a person who is simply proud of their achievements and a huge, overinflated amount of pretentious grandiosity.

Despite how outwardly confident narcissists may portray themselves to be, they are actually incredibly insecure and have very fragile self-esteem. In order to continually prop themselves up, people with NPD require near-constant praise and admiration. They also expect to be recognized as quite superior even without achievements that warrant it in the slightest. Also, any comments that shine a spotlight on their deepest insecurities or flaws may be met with a burst of 'narcissistic rage,' causing the person to lie or divert the conversation in an entirely different direction. Lying is paramount for narcissists. They certainly seem to have a knack for it, and they do it quite well and very often. At times, even when there is no need in the slightest....

Feeling entitled is enormous to a pwNPD.

Because they are constantly behind a mask, they have no real identity so they never really *see* others, instead, they view other people as extensions of themselves and only existing to serve them in some way.

Why it occurs Narcissists view themselves as special and different than others.

This notion means **they believe they deserve what they want, when they want it.**

How it manifests

A narcissist's needs will always come first over everyone else's, even their own children. This sign can therefore manifest in many ways, such as expecting special favors and expecting others to comply with their expectations without question.

What happens when someone refuses to comply with a narcissist's demands?

Nothing good. When others don't comply with their wishes or expect something in return, a narcissist may react with anger, aggression, or even violence.

Narcissists can not identify with others. They believe that they are above everyone.

This sense entitlement also manifests in the following tell-tale sign of NPD...

They believe all people are solely there to serve their needs.

This tainted view directly leads to exploitation.

Importantly, this exploitation can be either malicious or, more commonly, because they simply do not consider how their behavior affects anyone else.

When it's pointed out, they cannot empathize.

How it manifests

There are many ways in which a narcissist may exploit others. For instance, they may use intimidation, bullying, or demeaning behavior. They additionally may use deception and emotional manipulation to get others to do what they want. Narcissists can operate in different ways to get what they want, which means narcissistic manipulation can be either positive or negative, depending on the situation.

Envy is another big one for Narcissists.

Narcissists may feel envious of others because they believe they deserve what others have but when others achieve success or accomplishments and they cannot, it serves as a reminder of what they lack and can't actually achieve.

The accomplishments of others then threaten their sense of grandiosity. They must keep adjusting that mask...A narcissist may also believe that others are envious of *them* because they live in a fantasy with a grandiose sense of self.

Narcissists are compelled to compensate for all of their shortcomings and self doubt. Constant failure in themselves. This compulsion often leads them to redirect negative appraisals onto others to avoid seeing themselves in the appraisal.

In other words, narcissists lack self awareness. So, they feel good about themselves when they put down others and focus on the flaws of others—even if they don't exist.

How it manifests

Narcissists often project their negative feelings onto others to avoid feeling them themselves. They may accuse friends and family members of not putting them first, being selfish, being unsupportive, or being mentally ill.

While narcissists project themselves as important and superior, their behavior all stems from one core trait....

Shame.

A narcissist is simply unable to face who and what they truly are.

They have gotten so good at portraying the part of the guy / girl who has it all together ...but it couldn't be more opposite. They live in a world of self loathing and despair but because they can not face themselves and their many issues, therapy is extremely rare, (or next to impossible) because they do not see a problem. Which is why at the end of the day the ones who suffer the most are the ones who must put up with them. It is a hell on earth that I wouldn't wish on my worst enemy and if you are able to get away, I highly recommend doing so as soon as possible because where a life with a narcissist is concerned, there is nowhere to go but down.

What are the biggest signs

that someone has narcissistic personality disorder?

Here's the big ones I have learned to spot early in them !

1. Control Issues - They can't let go. It has to be their way! They seek qualified advice but don't take it. They manipulate others and situations to gain control and get their way. They demand your loyalty but have little themselves. They hold favors, money, guilt trips and information over other peoples heads to maintain loyalty and compliance with their agenda. They will demean you, contradict you, second guess you and walk all over you to show you they are in charge. Yet the final outcome of most situations and projects would be so much better if they just weren't involved at all!
2. Triangulation- They use third parties as a manipulation tool.
3. Professionally they often use them as a second opinion pitting your expertise against them. It'll feel like "too many cooks in the kitchen". In personal relationships they use that third party to make you jealous. In both situations they often smear you to third parties to damage your reputation and unload their shame and bad behaviors on to you! In this process they then may use a manipulated third party as a way to scare, bully and threaten you into compliance (flying monkeys).

So who's the narcissist? Their games, lies, denial and victim role play make it very hard for the outsider to tell. Hint: The narcissist never willingly gives up control. The victims often disappear, walk away, hide or give up until they've healed. The victim may seem unhinged or depressed. The narcissist tries to show they are living their best life ever now that they are free from the actual victim that "hurt them so badly".

4. Love bombing- this doesn't just happen in romantic relationships.

"You're the best (smartest/ most talented/ caring) lover (friend / worker) I've ever had. "What would I do without you". "You're a rock star". "You're amazing" - eventually this leads to ignoring you, criticizing you, violating your boundaries, triangulating you, taking credit for your work, disrespecting your time, putting you in impossible situations / sabotage and abandonment. It can happen over a few weeks or years. You're left trying harder to get them to see you as they once did.

4. Boredom - **nothing is ever enough.**

They change expensive cars, phones, electronic gadgets like they were changing their underwear. They are never satisfied with what they have for long. Some change their jobs, friends and romantic partners this way too. They try to get the best of the best even when they truly don't need it. The more prestige the better. Some take on non stop home renovations or move a lot. They'll max out their credit to get it.

They are incredibly impatient people.

Their fantasy doesn't happen fast enough. No amount of money, love, praise or success is enough. Others create non stop drama by starting disputes with neighbors, friends, family and coworkers. There is often a pronounced lack of self control in getting what they want or stopping themselves from creating drama. Some book extravagant vacations in exotic places only to rarely leave their room and order room service. The excitement is in the planning and bragging and once they have it - yawn, they don't care. They are empty voids that cannot be filled.

5. **Emotional immaturity** - Narcissists are stuck in a childlike emotional state.

They lack empathy for others. They can only see situations from their perspective. They fish (or even phish) for compliments. They lash out when you tell them what they didn't want to hear, without waiting for explanation or details. They brag, claim skills and traits they don't have. They don't accept responsibility or apologize for their part in negative outcomes. They purposely make themselves the center of attention (good or bad) often in inappropriate situations like others weddings, funerals, birthdays, award ceremonies, etc.

They are lost in delusional fantasies about themselves like a child that wants to be a professional dancer or "astronaut king" when they grow up.

They are also known to throw themselves big birthday bashes to celebrate how "wonderful" they are! They love it when others pay homage to them.

They see life as win or lose - and only they can be the winner.

They want everyones approval! Expect lashing out, brooding, tantrums, lies, treachery and anger when they don't win or get what they want ...but they'll still claim victory to save face.

It's not just one of these things that makes a narcissist, but **when one person exhibits several of these things you better run quick** because whatever your relationship is, it won't end well! So walk away now! Just know that after doing so you'll be "the one with the problem" - because they're so perfect and always the victim.

What are 5 things narcissists do?

1. **Narcissists are creatures of habit.**
They live a clock like existence and their behaviors are painfully predictable. Almost predictable to the point of monotony and boredom. They live out patterns and they do far more than 5 things but here are the 5 that I see as the most common. Again, they are habitual to the point of being obsessive compulsive.

1. Mirroring — the first thing a narcissist is going to do is mirror you, or in other words, they are going to give you *exactly what they think you want*. They are experts at reading people and therefore they are exemplary at mirroring and giving you what you want.
2. **Idealizing** — the second thing they are going to do is idealize you and place you on a pedestal. You will never feel loved the way that being loved by a narcissist feels, because it's not real love. It is their adaptation of what they think love is supposed to look like.
3. **Devaluing** — this is what happens when they are done idealizing you. In my experience it usually happens in the first 90 days of the relationship, although the devalue process can go on for quite a while. *This is when they tenderize the meat and beat you into submission mercilessly.* This is consequentially when they relationship is for all intents over. They are almost done but are probably looking for someone to take your place.
4. **Discarding** — this is when the final nails are put in the proverbial coffin. The relationship is over, the narcissist has moved on and you are in a state of disbelief, confusion and cognitive dissonance. The narcissist discard can be so abrupt and brutal that people come out of it with complex PTSD. It's just so. It's that horrendous.
5. **Hoovering** — A narcissist will come back to you when something happens with your replacement. Maybe they got bored or lonely. Perhaps they weren't receiving enough attention. Whether it is a matter of weeks or more likely a matter of months, they will come back in some fashion and proclaim their lives for you. They will tell you about their other lover in an attempt to triangulate you. They will do so without guilt or shame.
6. **They will repeat the process again.** This is simply what they do. They don't know any better and they cannot stop it.

The Narcissist Uses This To Get What They Want

Whether we like it or not, narcissists seem to be gifted with the art of persuasion

what I am saying is that all narcissists seem to have this gift, and they use it to take advantage of others.

The Gift of Gab allows narcissists to be able to deceive and manipulate others into doing what they want to do. Narcissists are very clever talkers, even those who don't talk much. When they do, they have no problem making themselves understood and getting the desired outcome.

Narcissists can talk their way out of many tight situations. They can talk people into doing things they don't usually do or simply get someone to do something that they want them to do. Narcissists can be very persuasive. This gift, so to speak, is what has trapped many innocent victims in their toxic web of lies.

With their words, they can convince you that they love you, that they care, that they will never hurt you, or that they have never cheated or lied. The tongue is a very deadly weapon in the mouth of a narcissist. With their words, they are able to deceive, manipulate, gaslight, and abuse. But also, with their words, they can charm and seduce people into believing what they want them to believe. With their art of persuasion, they get jobs, promotions, general success, and relationships.

Outsiders may perceive the narcissist as charming, well-spoken, or articulate. They can give you an answer at the drop of a hat. They are quick on their feet when it comes to spitting the right words at the right time to the right people. It's a skill that can be beneficial, but, with narcissists, they use it for all the wrong reasons. And it's usually to rid themselves of blame or manipulate others into trusting them.

The narcissist's tongue is filled with poison, so even if what they are saying seems to be good, it is not. Narcissists seem to know the effect that they can have on people when they are given permission to speak, and that is why they are drawn to being public speakers or motivational speakers, gurus, or pastors, those kinds of authoritative positions where they can influence people. Because they seem to know that if they can get someone to listen to them, then they have a chance to win them over and gain power over them. But any narcissist can do it and do it on a daily basis with everyone around them.

This is how they turn people against us. This is how they win friends and influence people; by simply using their gift of gab, they talk their way into people's lives, pretending to be something they are not. And the more you listen to a narcissist speak and entertain their fallacies, the more you are opening yourself up to being entranced. Because it appears that the narcissist can not only charm but also cast a spell on others. When they want to, they can speak words that are soothing to your ears and make you put your defenses down.

The other troubling thing is that narcissists enjoy the challenge of persuasion. It's a major power trip for narcissists when they are able to persuade people. It increases their confidence, boosts their ego, etc. So, they don't give up easily. Once they have a listening ear, they will be very persistent in getting what they want. So, no small amount of resistance is going to deter the narcissist.

My son gave me the best advice: “Mom, when are you going to stop blaming yourself for dads bad behavior?”

Birgitte Escobar: Er du særlig udsat for psykisk vold?

Se og hør: https://www.youtube.com/watch?v=dcuM_Fu7plQ

Gode råd til at undgå narcissister, der prøver at forføre dig:

<https://www.youtube.com/watch?v=ncuGSRvEoTw&list=RDLV3DgHtkNm-Mc&index=4>

DrPhill - om farlige giftige mennesker uden empati, du skal undgå:

<https://www.youtube.com/watch?v=1o5a4pj2qdk&list=RDLV3DgHtkNm-Mc&index=18>

Faste formuleringer som narcissister ofte bruger:

<https://www.youtube.com/watch?v=yXubM7Cr1cg&list=RDLV3DgHtkNm-Mc&index=5>

en masse artikler om narcissistiske forstyrrede mennesker

<https://drpsychological.com>

Psykopat eller Narcissist? DrPhill's svar

<https://www.youtube.com/watch?v=G0g90nHrOhU&list=RDLV3DgHtkNm-Mc&index=8>

If you ever start defending yourself with a narcissist, you will never ever stop,” says Dr. Phil in part 4 of the “Toxic Personalities in the Real World”

“They simply can't be confronted. That's why you can't win an argument with them. They are relentless. They will argue until the end of the Earth.”

Dr. Phil om at kunne opdage en giftig person:

https://bit.ly/DrPhil_ToxicPart4

<https://www.youtube.com/watch?v=CtllLbN1IAo>

dr Ramani interview: **en større udredning** om hvad narcissisme er?

<https://www.youtube.com/watch?v=V87G95bGTTk>

<https://www.youtube.com/watch?v=J4yraZij9D8>

<https://www.youtube.com/watch?v=1gS7uV6Bj0s>

Om at tage kontrollen over dit liv tilbage:

<https://www.youtube.com/watch?v=t0SYLtA7nfM>

<https://www.youtube.com/watch?v=IKxmFPmzzx4>

har du eller har du haft flere forhold til en narcissist

https://www.youtube.com/watch?v=7w4Dae89c_Q&list=RDLV-dQQuv8aHEo&index=2

[What is a less severe form of narcissism?](#)

There are two basic forms that narcissism can take: Narcissistic Personality Disorder (serious) and Narcissistic traits (much less serious). When I talk about narcissism or say that someone is a Narcissist, I am almost always using those terms as shorthand for Narcissistic Personality Disorder (NPD).

What are narcissistic traits?

These are ways of thinking and behaving that are similar to those that are also seen in people who have a Narcissistic Personality Disorder. However, if you only have narcissistic traits, you do not qualify for a personality disorder diagnosis. Some narcissistic traits are:

- Self-centeredness.
- Being very concerned with status.
- Lacking emotional empathy.
- Being controlling.
- Not taking responsibility for your own mistakes.
- Blaming other people when things go wrong.
- Devaluing other people.
- Needing constant validation.
- Dominating conversations.
- Being uninterested in other people except when it serves your needs.

Narcissistic traits exist on a spectrum.

Some people have lots of narcissistic traits, while other people have very few

What is a Personality Disorder?

In brief, a personality disorder is a maladaptive and rather rigid set of beliefs, behaviors, deficits, and coping strategies that are believed to have their start in early childhood, before the age of five, when the personality is forming. In order to qualify for being a personality disorder, this pattern of being in the world must be pervasive, relatively stable across time, occur in almost all situations, and be used with most people. In addition, from an Object Relations theoretical point of view, all people with a personality disorder must lack Whole Object Relations and Object Constancy.

What are whole object relations?

This is the ability to see yourself and other people in a realistic, integrated, and stable way that simultaneously includes both good and bad qualities. Without WOR, you can only see yourself and other people as all-good or all-bad with nothing in between.

What is object constancy?

This is the ability to stay emotionally connected to someone you like while you are hurt, frustrated, angry, disappointed, or physically distant from them. Without OC, during a fight, love can quickly turn to hatred and your loved one can seem like your enemy. The lack of OC is one of the main reasons that people abuse people they claim to love. During a fight, they “forget” the love and lose touch with all the positive past history.

What is Narcissistic Personality Disorder?

This is a personality disorder that is characterized by narcissistic traits, deficits, and coping mechanisms. In essence, people with NPD have all the issues of a personality disorder and they express these issues in distinctly narcissistic ways.

Punchline: Many with narcissistic traits who do not qualify for a full diagnosis of Narcissistic Personality Disorder.

Narcissistic traits are a less severe form of narcissism. Having a few narcissistic traits is the mildest form of narcissism.

Elinor Greenberg, PhD, CGP author of the book: *Borderline, Narcissistic, and Schizoid Adaptations*.

See more hos: www.elinorgreenberg.com

Can narcissists feel depressed and sad?

A narcissist is depressed and sad most of the time. It's a lonely existence. What they project on the outside, which looks like happiness and confidence is simply a facade.

Inside, most narcissists including me are waging a war with themselves. It's a battle that will never be won. It's a conflict without a resolution.

What I project isn't close to what I feel.

It's what I want the world to see.

I don't want to appear to be weak to anyone. It's not attractive. I am borderline with strong narcissistic traits. I have to project the opposite of what I feel inside in order to survive in this world.

Depression and sadness are part of the narcissists human condition. We were traumatized when we were young and that trauma rarely ever leaves. Take away the trauma and you take away the narcissist. Take away the trauma and you take away the sadness and the pain.

I don't feel good about myself. I don't want you to know that and I don't want you to see that, but that is what is really going on underneath the skin. It's a hopeless and empty place to be and most narcissists live in that pain on an hourly basis. It is inescapable.

I don't want to do the things that I do but I don't know how to stop because I am driven by a pain that is only quenched by getting validation from an external source. I need the attention to avoid the pain. It's the only thing that soothes it. It's the only thing that brings me peace but it is always short lived. It is a temporary reprieve from a life of despair. Take away the validation and you take away my relief.

Yes, narcissists feel depression and sadness.

I have to jump from person to person to stop the pain.

It's like jumping train cars constantly looking for one that is safe.

What makes narcissists think that they are 'special'?

Usually by the time narcissists are young adults, they realise they are different from the crowd. They don't blend in. They don't find humour in the same jokes. They are more short tempered than most, and just can't seem to maintain a sense of personal balance and grounding. The smallest, most insignificant of things, can send their moods spiralling. On top of all that, narcissists are very fearful, insecure, and lonely.

Taking all this together, narcissists realise they are different.

But they refuse to accept they are inferior or less than anyone else, in any way, shape, or form. They will not accept they are not perfect, and have unresolved issues within. Narcissists seeing themselves as "special" and "grandiose", is what bridges the gap between them (i) feeling they are just "different" and (ii) not wanting to feel "inferior or less than". Trying to convince themselves that they are grand and special, gives them a fighting chance at living their life, without having to see what's really inside.

Why narcissists are so boring?

Narcissists are not capable of engaging in fun activities for long periods of time. They can only create the illusion that they are fun and interesting. Their idea of fun is usually to take you to a movie. Something that will distract you from their dull personalities. Because they already know that if you were to sit down with them with no distractions, you would quickly realize how dull and boring they really are.

There would be nothing to talk about. You would have nothing in common with them. You would realize that they're not really about anything. They have no passions, interests or ambitions. There's nothing that makes them tick. There's nothing that drives them. There's no heart or soul.

And actually the reason why they targeted you, is because they don't have any of that. They targeted you, because they realized that you have everything that they are missing. And they were hoping that you would provide that to them. They thought that you would give them something to live for. They noticed that you had that energy, that spark. That sense of liveliness and excitement about you. And they wanted to be a part of that. They wanted some of that in their lives. The problem is that when you get involved with a narcissist, although it may seem great at first. **You soon realize that nothing can make them happy.** Nothing can make them have a good time. They always see things as being not good enough or being beneath them. **They always have to see something being wrong.**

Is narcissism a choice?

Narcissism is not at all a choice. Narcissism is developed in the first years of life, when personality is formed. NPD is created because of severe and long term neglect and hurtful and abusing upbringing. The long-term neglect of the child is severe enough for the child to develop an alter ego. With this alter ego, the damages from neglect, indoctrination, enforcements and other forms of abuse, is severely diminished, since the NPD works well as a self-protection. This new self, is emotionally under developed.

Conveniently, to be able to manipulate and take very good care of the alter ego, the ability to feel empathy is gone too. Feelings that will protect the new self, is enhanced in the narcissist. To manifest the narcissism, deep in his/hers personality, feelings of grandiosity, entitlement and of being best or smartest (or the most beautiful) are greatly enhanced. This new facade is paper thin. This façade will if removed, revile a weak and scared person that is guilt and shame ridden. **The person behind the alter ego is weak and feels not worthy of a relationship with a person, based on real love, friendship and respect.**

The NPD (Narcissistic personality disorder) is considered one of the personality disorders, impossible to treat. This is because the narcissist's total existence is based on the alter ego. The narcissist needs to truly believe whole heartedly that they are the person, the NPD created. The narcissist has no knowledge of and can't remember turning into a narcissist. To the narcissist, the narcissism is everything. They will never accept going back to what they were, before the NPD. **Without the NPD, their destiny's would have been bleak.** The narcissist has been rescued from the awful feeling of neglect and abuse, and traded in with being wonderful and winning instead, in their own eyes. To be a narcissist is not a choice, but a self-protection that is built in the unconsciousness of the narcissist mind. The NPD has forced its way forward and out in the person to protect against the horrible truth of this persons living conditions and imperfections. It's this child's rescue, because this child is not resilient enough to survive mentally without its alter ego - the narcissism. The lack of sympatic emotions ensures the narcissist ability to focus on their own needs uninterrupted.

Hvad sårer en narcissist mest?

Først og fremmest: at blive afvist. Dernæst: at blive ignoreret.

At tabe ansigt, blive offentligt ydmyget og gjort til grin. Og Udskamning.

Nu kan normale mennesker heller ikke lide at opleve noget af det ovenstående.

Men til forskel fra normale mennesker, så vil en narcissist opleve det som værende næsten livsfarligt, afhængig af graden at det, som de udsættes for. Det skal dog siges, at narcissister har absolut ingen kvaler ved at afvise, ignorere eller offentlige ydmyge andre mennesker, så de er meget dobbeltmoraliske.

Og der er også ting som sårer en narcissist men som **ikke** sårer normale mennesker såsom:

- **At være en ordinær "somebody" dvs. almindelig og gennemsnitlig.** En narcissist har et stærkt behov og ønske om at være noget specielt, ekstraordinært og særligt. Derfor vil enhver følelse af at være et "almindeligt menneske som der ikke er noget særligt ved" sårer narcissisten.

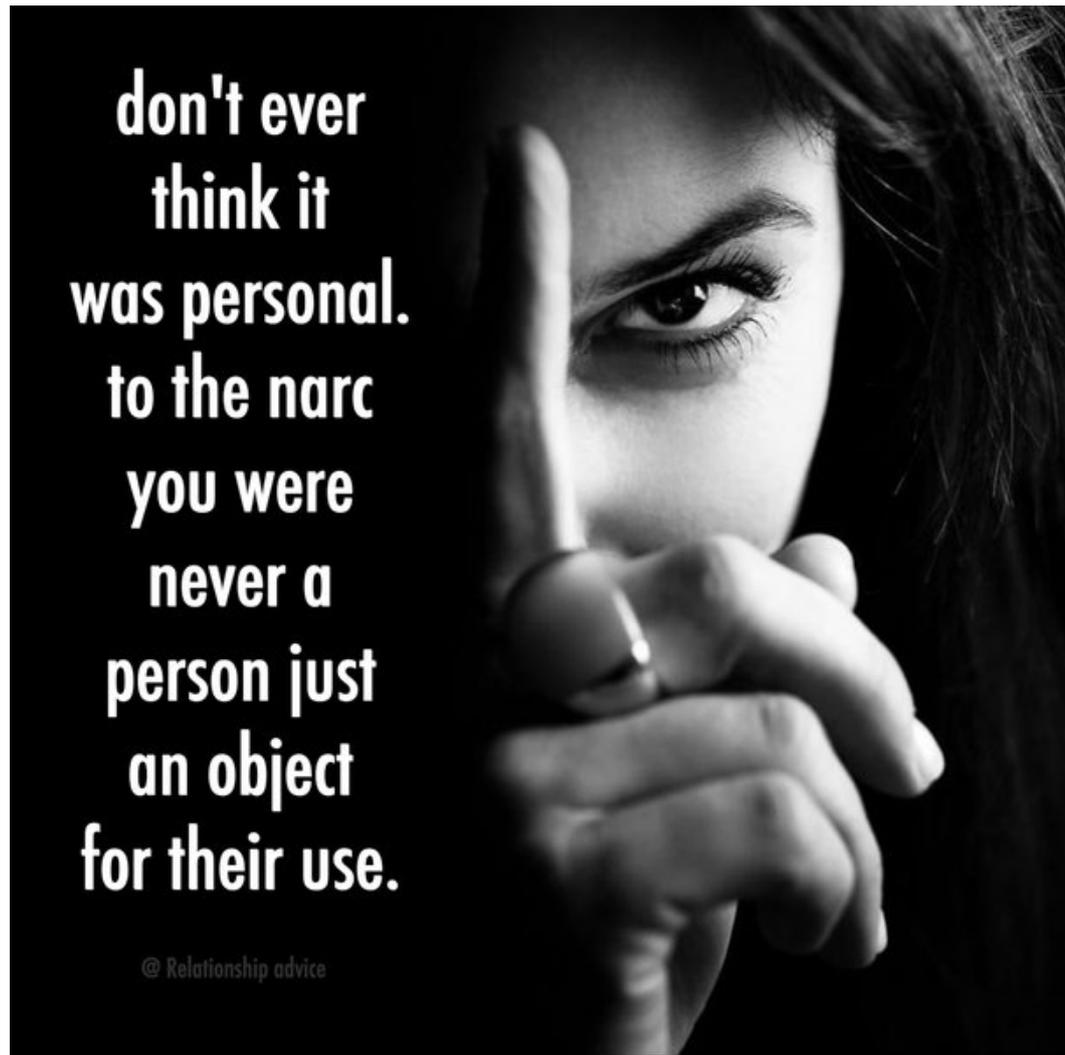
- **At være ligestillet med alle andre.**

Narcissisten ser sig selv som værende **bedre** end andre mennesker og **hævet** over andre mennesker, og kræver derfor særbehandling. Det med at blive ligestillet med alle andre eller at blive behandlet som en normal og gennemsnitlig person vil derfor enten irritere eller sårer narcissisten. Narcissisten vil synes at det respektløst af andre at behandle ham eller hende som andet end en konge/dronning.

- **At være en "nobody" uden betydning.**

Narcissister vil gerne være **meget** betydningsfulde, såsom helt, stjerne, præsident, statsminister, bossen, den som ved det hele osv. Så følelsen af at være en "nobody" uden nogle betydning føles sårende.

Narcissister er dominerende mennesker og de er ikke så glade for at indordne sig andre. De gør hvad der passer dem, og de kræver særbehandling.



Living with – or just seeing and meet a Narcissist:

Today's topic is a follow on from the one I did where I went through [how Narcissists choose and test their targets](#). This article will be focusing on what would make them keep that target for long periods of time or even for the rest of their lives.

Today, I will attempt to answer the question and if you read the other article I did, you will realize that some of those reasons still apply. Meaning, some of the same reasons why [a Narcissist](#) chose to target someone would be the same reasons why they decide to keep them.

In this episode, I will not be focusing on the Narcissistic supply aspect, as that is something I have addressed many times because, without Narcissistic Supply, the Narcissist would not even hang around for another minute.

Narcissistic Supply is the fuel that keeps them going. They get it in the form of attention, praise, love, affirmation etc. and this also includes the rise of power they get from controlling and hurting others.

Basically, the amount of Narcissistic Supply the Narcissist gets is a crucial factor in staying with someone.

And also attached to Narcissistic Supply would be the possible connections, money, or other resources the Narcissist can get. But, by the end of this topic, you will realize there are other factors that can stand in the way of supply and resources. And these are the deciding factors that can make a Narcissist let go or keep a target.

But what I am also hoping is that more people realize that they cannot or should not leave it to a Narcissist [to leave you alone](#) or move on. You cannot put the onus on the Narcissist to end a relationship completely because they never really do. All they do is put people on Pause until they are ready for them again. So, we have to be the ones to take the necessary steps to not only end these Narcissistic Relationships but also prevent them from happening again.

The 3 Most Painful Things A Narcissist Will Do To You

Narcissism has been a prominent term in recent years. Individualism and self-centeredness are sometimes used to define it (**What is beneficial for ME and how can I acquire what I want?**). Other times, the term is used to denote a person's inability to care for others.

Nonetheless, it's important to understand that narcissism isn't just a minor lack of empathy that can be explained by a desire for achievement. The truth is that narcissism is a significant personality problem that can have a negative impact on any relationship. Only when you've gone through the ordeal of being in a relationship with a narcissist (both marriage and friendship count!) will you truly understand the pain and emotional chaos that a narcissist can cause.

It will not be a negative experience to be in a relationship with a narcissist – at least not at first! Quite the opposite is true. It will be thrilling and enthralling. You will feel entirely understood and seen, and you will most likely receive the best care you have ever received. Initially.

The narcissist will idolize you in the beginning of the relationship, putting the world at your feet. They'll phone and text you frequently, freely expressing their admiration for you, their love for you, and how vital and special you are to them. They will flatter you and want to be in your company all of the time. The goal of this tactic, known as "lovebombing," is to pull you into a hazardous condition of emotional dependency on their incessant praise, attention, and affirmation.

And when they're certain you've succumbed to their spell, all hell will break loose. It's for you. You'll feel awful without being able to articulate why; you'll feel guilty, wrong, selfish, and so on. And you'll fight for more of the tasty praise and attention you used to get. You'll find yourself making excuses for what you've done and who you've become. You'll be obsessed with the recollection of how wonderful things used to be between you, and you'll be willing to go to any length to reclaim it.

You'll be thrown off your pedestal after the idealization phase ends – which usually happens suddenly and without warning. Unexpectedly (and irrationally), the narcissist will turn cold and distant. They will begin to criticize you at this point. They will constantly compare you to others, always to your detriment.

When you try to communicate with them, they will give you the silent treatment and make it clear that they are quite disappointed in you. You'll start to believe you're to blame, and you'll try to reclaim their previous sweetness – to get the relationship back to the honeymoon stage.

The narcissist will accuse you of being needy, jealous, and suffocating as a result of your desire to win them back. The narcissist will occasionally bathe you in the loving behavior they displayed at the start of the relationship. They'll then revert to stonewalling, apathy, and inconstancy.

**After you “meant the world to them,”
they make you feel completely unimportant.**

**Som de selv føler, føler du at du står på en scene,
hvor der er et varmt spotlight på dig, når instruktøren
synes at du er hovedpersonen. Og pludselig er du ude
og projektøren er nu slukket. Uden du forstår hvorfor?**

2. The Use of Gaslighting

Gaslighting is a narcissist's manipulative tactic for making you lose sight of how they are bringing you misery. Basically, they will make you feel even more inadequate every time you rebel against their accusations — for bringing up the matter, for being insane, for stressing them out, for generally pushing them away, and for triggering their fury.

the narcissist will try to persuade you that it is you, not them.

They'll tell you how emotionally unstable you are and how your problems are projected upon them.

They will utilize the following phrases on a frequent basis:

- "I never knew you were that sensitive"
- "I never said that"
- "You make it sound like it's my fault"
- "You always take things so personally"
- "I can't take this anymore"

Gaslighting makes you believe that your claims, questions, and neediness are the ones putting the relationship in jeopardy. You'll always appear to be the one who needs to improve their behavior and gain a better understanding of them. So, even if the relationship becomes really toxic, you will try to stay and repair it because you believe it is your obligation to atone for your "wrongdoings."

3. Use of triangulation

You understand how hurtful it is to be told that someone else is so much better than you at this or that. Triangulation is all about persuading someone to believe they are less useful, accomplished, or appealing than someone else.

A friend, a mutual acquaintance, a parent, a mistress, or even a complete stranger could be the person the narcissist compares you to. Nonetheless, they will frequently compare you to someone of your own gender, causing you to feel humiliated and depressed, as well as jealous.

It's crucial for the narcissist to have you questioning their feelings for you.

This is because their deception works best when they make you fight for their attention and approval with a third party. You'll feel insecure and inadequate, fearful that they're losing interest in you, and you'll try everything you can to cling to your best characteristics in order to persuade the narcissist to love you (and only you!) more.

What can you do to save yourself?

Simple, but excruciatingly uncomfortable. Leave.

As long as you stay in the relationship and wait for the narcissist to modify their behavior, you will never be able to beat them at their own game. Their cruelty will give way to affection and care in the end. You can't and won't love them enough to heal or repair them. They will not, in the end, return your affection. As unpleasant as it may sound, it is the only way to live an emotionally healthy existence. Leave the relationship without looking back, even if they try to lure you back with tears, promises, regret, re-ignited passion, or any other manipulative ploy they can think of.

[What are quick ways to identify a sociopath / psychopath?](#)

When they look you the eye and — as I like to say — without a twit or a twitter —tell you something that is totally nonsensical. And I mean nonsensical.

My mother was a psychiatrist.

I once asked her what she meant by “a psychopath.”

Here’s sort of what she said: *Not true to their word. The ABCs, arithmetic, they make up their own. Today they tell you the moon is blue. Tomorrow they tell you it’s green.*

I thought she had lost it. Not at all!

Since that conversation, I had this experience with three business associates.

Amazing. Complete nonsense, yet they told it to me to my face with an air of total conviction, calmly, assuredly.

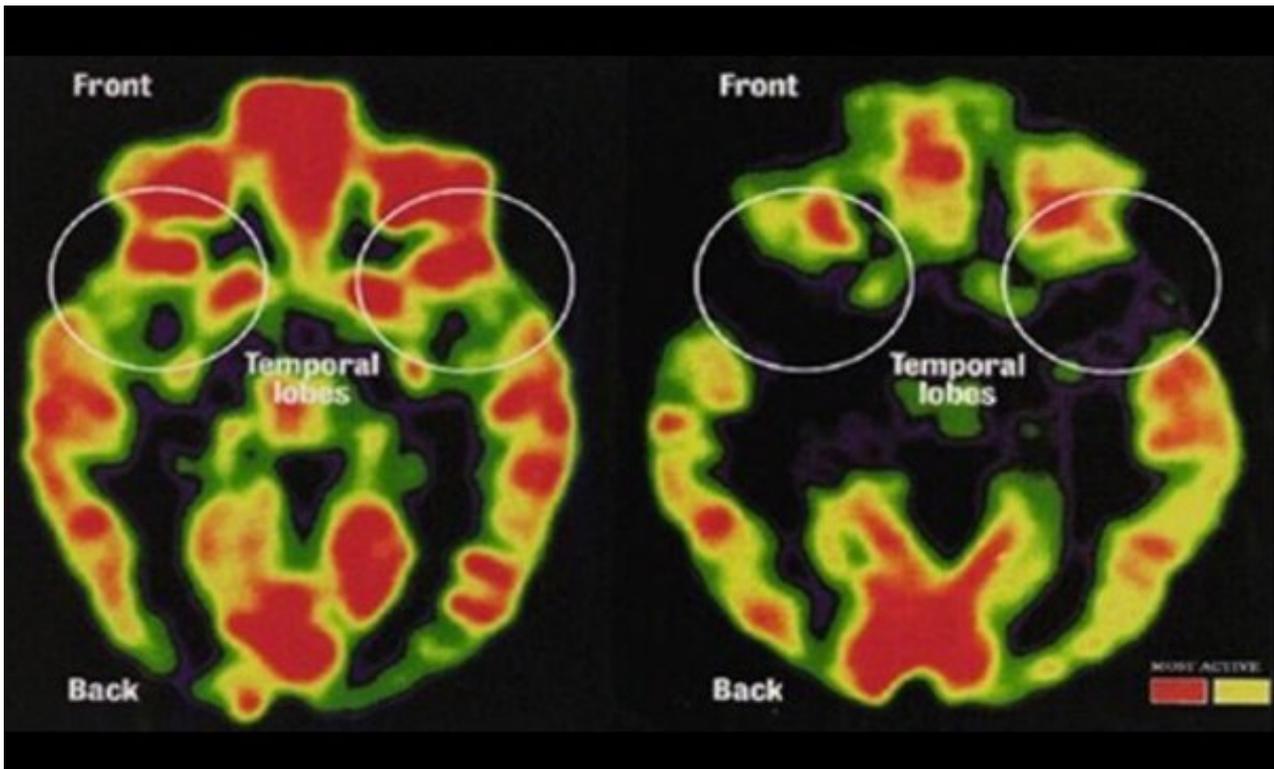
Not a twit or a twitter.

And then there’s the psychopathic stare. It is real.

Google it. Look at pictures of Elizabeth Holmes. Scary! She’s the one who conned more great men that you would believe into believing in her medical device company, which was a total fraud. I had a psychiatrist, and even a lawyer, confirm the stare. It has been shown that psychopaths blink three times a minute less often than normals.

[Why does a narcissist act like nothing happened?](#)

It all boils down to piss-poor emotional memory. The parts of their brains that are responsible for emotional memory are **damaged**. This damage shows up very clearly in a brain scan:



See those empty circles in the mesotemporal lobes?

That's where emotional memory is stored, and people who suffer from Cluster B personality disorders **just can't do it**. They are impaired in their ability **to remember** what previous experiences **felt like**.

This is why they have trouble learning from their mistakes, and it's also why each and every time they fall in love, they think that they have found “the one” who will save them. They haven't, of course, but they just can't **remember** being so-in-love before in their lives, so they tend to **act** on that feeling, and their maladaptive relationship pattern continues.

The advantage that this weakness in emotional memory gives them is that they can “get over” emotional pain quickly and easily—certainly much faster and easier than a neurotypical person can. Like all of us, they project. They assume that their victims can and do “get over” emotional pain as quickly and as easily as they do. So ... they act like **nothing happened**.

They assume that you just “got over it,” whatever it was, just like they did. They can not grasp the idea that emotional injury can have long-lasting or **permanent** effects on a neurotypical person. They assume that, like them, you can get over **anything**. To them, **nothing happened**, and that's because **they struggle to recall what it felt like**.

If you object to their belief that everything is good or at least ok between you, you will hear they disbelieving jelling or they give you this advice , “Why can't you just forget about that?”, or “Why are you always bringing up the past?,” and “You're too sensitive.,” and all the other unempathetic and unsympathetic attacks that are bound to come your way when you are dealing with a person who lacks both empathy and sympathy.

Don't beat yourself up about it.
You are simply dealing with a person
whose emotional memory is severely impaired.

5 Things Narcissists Hate, That Normal People Love

1 narcissus just hate holidays

– fordi her er det jo ikke er mig, der fejres!

They hate festivities; they hate birthdays; they hate anniversaries; they hate anything that's a cause for celebration that comprises something other than recognizing their gift to the earth. So, if you're in a relationship with a narcissist, they will sabotage every special occasion and use it to get other people miserable. So that they can feed their narcissistic supply. Why?

Well, special occasions are a time for celebration, there is time to reflect on your values on the people that you love, there is time to put away or put aside your stress and your problems and focus on things that are important to you and special to you. That's a problem for the narcissist because they are the only thing special in their eyes, and this creates in the narcissus pathological jealousy.

They're jealous that other people can have genuine happiness without faking it, they're jealous that other people can enjoy the company of others without thinking of how they can [manipulate](#) and get something out of somebody, they're jealous that people know how to have fun, they only pretend. So, what can you do if you're in this situation

the first thing is to recognize that is how they are if every year you're hoping for a different anniversary or a different special occasion that this year things are going to be different especially if months prior to this the narcissist acts as if things are going to be different. You're setting yourself up to be hurt. They know what you want and they can give you what you need, their power. Their narcissistic supply comes in denying you that and watching you suffer.

In order to enjoy what is special to you, let go of hoping that the other person is going to be what you would like them to be. They will not enjoy it, ever. So, letting go of that will help you focus on your enjoyment. Something else you can do is look for ways to enjoy that don't include them or don't involve needing them. For example, I knew one family that for their anniversary, this woman picked up quickly that no matter how hard she tried, no anniversary ever turned out like a special occasion. It was always a nightmare. So, what she did was, celebrate what came to be a family tradition for them and it was known as their family day, instead of celebrating an anniversary of the couple, she created a celebration in which every family member got each other gifts and they celebrated their family.

Now, of course, the gifts were her helping the children get gifts for everyone including each other and her buying gifts for everyone they never included the narcissus getting gifts for anybody and that was okay, not expecting him to do that kept her stress down and her focus on having fun.

Can make a special occasion, maybe it's not the way you would have liked to have it, but it doesn't mean you have to stamp it out, and it doesn't mean you have to adopt the misery to the occasion that the narcissist is hoping that you do. So, look for ways to enjoy what's special to you despite how anyone else feels about it.

2. narcissus hate happiness

Anytime you're happy, they will strive to stamp it out.

How do Does narcissus feel about happiness? think of somebody in New York City, that is home, and sees a cockroach in the grotesque disgust. They see it, for that cockroach motivates them to grab anything and slam it just to kill it. Well, that's what the narcissist feels when they see you or a family member feeling happy.

Now, in my face-to-face coaching when I explained this to people who are new to learning about narcissistic abuse, and they're telling me and they're asking me why do you think he or she does this? And they're explaining it, and it's literally just them being happy and the other party doing everything to stamp it out. When I explained that's their goal, I'm always met with the same face that is always like, how could that possibly be? how could there be a person? Whose goal is to stamp out the happiness of their significant others. that's not normal, exactly. we're not talking about normal people, **we're talking about people that are dysfunctional, that are toxic, that have a distorted view of reality and of themselves and of you.**

Happiness is someone else is threat to their false image, it's a threat to who they think they are. Because narcissists don't feel happiness, they're not full of joy, they don't radiate genuine excitement; they imitate or mirror those qualities from other people, but it's not genuine authentic emotions that they're having, they're fabricating them, they're imitating them. They see you as a genuine, authentic being; you have something they will never have and that's the ability to feel genuine happiness from your core, not a facade, not something that's false or fabricated, something real, that makes you better than them and they can't have that. Now, again, this is their logic, not mine.

So, they need to stamp it out, see you miserable so, that they can like really it's like a release valve that's set off, and they're like "okay I'm good, I'm not miserable she or he is, look how miserable they are, I'm not miserable,

I'm the happy one" anytime you're happy, threatens that reality and that's why they hate it. So, how do you handle that if you're still in the relationship? Again, is very similar to the first one that we talked about regarding holidays, **letting go**. Letting go of what you cannot control. When you're with somebody that never seems happy with what you do but did in the beginning because they seemed happy at one time, so you feel like it can come, it can be there. It's just something wrong with you and you're striving and striving and striving and striving to get back to that point where they could find happiness in you, where they could be happy when you're happy.

Letting go of hoping that he will come back because that love feelings was never real, to begin with if you're dealing with a toxic narcissistic person. that was a facade to get you hooked into the relationship it wasn't real. **So, let go of living to make them happy**. That should not be your primary goal in life. Now, it would be nice obviously when we're in a relationship and we're normal relatively healthy because none of us are perfectly healthy relatively, healthy individuals we want to make the other party happy, we strive to make that person happy. But if somebody has proven over a long period of time that they have now become an unfeasible person, then we have to let it go and we have to look at our life and say what am I doing to make me happy. How am I living my life in line with my morals, my goals, what's important to me, my children? Am I so focused on trying to please an unfeasible person who I'm not even happy within the things that I always wanted to be happy with and that's my family, my children?

Recognizing that their unhappiness is not your fault, they just want you to think that **they're unhappy, and it's all because you haven't found the secret formula to make them happy**, that's just a lie, that's just a lie to keep you in the hamster wheel **they're unhappy because they choose to be the victim and this means to be unhappy.**

Regarding my coaching clients, one way that I help them see that this is strategically done that the narcissist hates happiness is by analyzing when the fights come about what makes them angry. They're never angry when you're upset about things. Narcissists are always angry when everything seems fine, you think you're having a good time you're having this great conversation with them, and the next thing you know you're being attacked verbally, or you're out you're on your way to a beautiful event and the hole right there, there's some kind of crazy the argument going on that makes no sense. it's because the narcissist has to tone down your happiness it's threatening them a little. So, recognizing that your happiness is not dependent on them being happy with you is hard to swallow.

A lot of us need that approval from our significant other because maybe there are some unresolved wounds inside of us where we were taught as children that our worth depends on what others think of us, and now we're in a relationship and the person who thought of us does not think of us highly, that just pours lemon on that cut, on that wound. So, we need to heal that wound in order to be happy and recognize that we can feel good about ourselves, even if the other person chooses not to see any good in us.

Having some key phrases is helpful when they attack your happiness if you're enjoying something a passion and they come over and they criticize it rather than try to explain, rather than try to get them to see life through your eyes. A simple phrase like "well you're allowed to have your opinion, you're allowed to see it that way, that's okay"

We'll help you to continue to stay happy in the things that make you happy, don't wipe out your happiness just because you're in a relationship with somebody that hates what normal people love.

3. Narcissus, unlike normal healthy people, hate when their significant other looks good. Now normal people love people who find their significant other attractive or in shape. somebody tells me your husband is handsome, or he's in excellent shape, I'm like thank you, and I'm feeling good, I'm like yep that's my man, that's normal. we like our spouse looks good, but not. Narcissist if somebody compliments their significant other that's a threat to them that means oh my goodness somehow that person raised my significant other in their eyes and I'm lower. Everything's a competition, everything is measured with them.

So, they hate when their significant other looks good, and that's why they will sabotage things that are important to you, if you love to exercise they will try to discourage you from it, they will if you're skinny, they'll tell you that you're too skinny until you need to gain weight, when you gain weight - they'll tell you you're overweight and you're not as attractive as you used to be.

If you chase after trying to make them happy, you soon find that nothing you do, there is no perfect weight, there's no perfect appearance, there is no perfect anything because **they don't want you to look good, they want the focus to be on them.**

For your appearance, they will put you in **double binds** over and over. In my case, when I was in a relationship with somebody that was a narcissist, my hair was really long. I love long hair I know I cut it recently but I love long hair. And that person convinced me to cut it really short, so it was at my shoulder length. He brought me back and said it wasn't short enough, the same day he said no you guys didn't cut the hair right it has to be shorter. Cut it even shorter only to go out when everyone's commenting on my hair and how different I look and whatever, his remark was, and this was literally the day we came home from the haircut, his remark was, I think women look more feminine and attractive with long hair.

My point is that they will sabotage how you look because they don't want the focus to be on you, has to be on them. How do you deal with that? what do you do if you're in a relationship with somebody like that? if You're reading this article, that's a good thing because you're aware of it now.

What you have to do once again, and it's kind of like a central thing to this article, but it's basically you recognize that you're living for somebody that does not have your best interests at heart.

So, focus on yourself. Yes, it's going to feel awkward in the beginning because you've probably been taught that focusing on yourself is selfish, it's not, it's healthy. So, focus a little on yourself and get in touch with what's important to you is exercise important. are you living in accord with things that are important to you? are you making time for things that are important to you?

Or have you stopped doing them because somebody else doesn't like them? If that's the case, recognize it and take small steps to get back to the things that are important to you. Otherwise, you're allowing somebody to erase you just because it threatens their false reality.

What is the best way to respond when someone gives you the silent treatment, everytime they are upset with you?

The silent treatment is a fine example of immaturity and childishness.

Therefore, the best way to treat this "child" is as you would treat a child.

Many years ago I had a roommate who, apparently, was extremely insulted when I told him we'd gone the wrong way (in the car, he was driving). After we arrived at our destination, he was not only not talking to me, he was on the verge of tears. This was before I knew he was a narcissist, or even what a narcissist is all about (I thought they were just vain people who believed people were there for their bidding. I had no idea as to the extent or how evil they are). I was more than surprised that anyone, especially a grown man, could be this thin skinned.

So I apologized. And apologized again.

I was thinking : “wow, he’s like a fragile little girl”, but I made it look sincere.

Soon he was talking to me again and claimed he was fine. But after we got home and for the next few days, he made jabs at me, obviously trying to hurt my feelings. It didn’t work, which apparently frustrated the hell out of him, because he started the silent treatment. I had never seen anything like it since a girlfriend pulled it on me years before.

My reaction? I found it humorous. I couldn’t believe that a grown person could act this way.

What a drama queen! I want to emphasize that both of us are straight and we were just roommates in a very large house. So I just went about my business and never got upset at his antics because that’s exactly what they were— childish antics. And drama. We were never friendly again and he kept trying to do things to “get even” for this perceived insult (as if deliberately insulting me repeatedly weren’t enough).

I eventually moved out.

He then went on a prank phone call campaign. Except he never blocked his number.

I guess he wanted me to know it was him. He started calling 6 times in a row — first in the daytime, then in the middle of the night since he was always up late. I had for years been silencing my phone after 10 PM anyway, so it never disturbed me, but it did show missed calls, so I woke up to those calls listed on my phone every morning for about 4 months. He never left a message. Then it “slowed” to about 4 times a week for the next 6 months or so. Then less often, I assume in an effort to catch me off guard and actually wake me up. In case you are wondering, I never answered. Not even the first time. In fact, I found it funny for the first few weeks. Did he really think he was bothering me? Was he thinking: “Haha This’ll teach him!” Or did he realize that I must have call blocker and the phone silenced and it frustrated him but he did it anyway? I’ll never know.

Bottom line:

they are children and acting like children.

Treat them as such. Ignore them back. Don’t think about it, just go about your business.

Whatever you do, do NOT say anything like: Why aren’t you talking to me? Or please talk to me.

That’s what they want you do to. They are trying to manipulate you. Do not feed them! If you want to piss them off, then let it be obvious that you find it amusing (by slightly smiling when you are near them and not saying a word) and that it is having no effect on you. If this is a regular pattern and you don’t like it (or anything else they pull), then leave. There are much better and nicer people out there.

Hvis narcissisme er en lidelse, hvorfor siger alle så "vend dig om og gå din vej"? Hvorfor ikke hjælpe dem i stedet for?

Narcissisme opstår allerede i barndommen, oftest pga traumer. De kan ikke hjælpes fordi Narcissister ser sig selv som fejlfrie og perfekte og andre som defekte. De projektionerer deres egne fejl og mangler over på andre. Nægter at føle skyld, anger og føler ingen empati for deres medmennesker. De betragter følsomhed som en svaghed og det vil de ikke være. De ønsker at føle sig mere magtfulde. Derfor ændrer de ikke adfærd.

Hvordan er du overkommet dårligt selvværd?

Ved over flere år at ligge mærke til, hvad jeg bidrager med til samfundet og de evner jeg besidder samt de små fremskridt jeg laver dag for dag. Jeg har også indset at ingen bliver superman på 1 dag.

Det du ikke kan i dag, kan du blive god til i morgen, hvis du arbejder hen mod det. Det er selvfølgelig altid en mulighed at grave sig ned i kulkælderen og bilde sig selv ind at man er uduelig og aldrig vil blive til noget.

Men du kan også "vælge" at gøre det modsatte, selvom andre prøver at overbevise dig om du er intet værd. De fleste der fortæller dig du er intet værd, har ofte selv store problemer. Prøv at se objektivt på det og skriv dine bedste sider og vigtigste færdigheder ned på et papir eller din skærm lige nu, også dem du gerne vil have.

Følg dine fremskridt over tid og glæd dig over selv de mindste forbedringer.

What psychological and emotional damage can a victim of a narcissist experience? What are the symptoms?

If you've lived with a narcissist or is currently living with a narcissist pay attention **to these signals as red flags = full stop!** Think: What do I need? and want to do now?:

- 1) Unable to manage your stress level and feel confusion in the brain for no reason.
- 2) Hair thinning over time and dark circles start to form around your eyes.
- 3) You notice aging of your skin when you look in the mirror.
- 4) Feeling like you are going crazy + 5) Chronic pain in the body
- 6) Extreme body heat and night sweats 7) Waking up in the morning not feeling refreshed
- 8) Depression onsets out of nowhere. Suddenly you just sit and cry and cry.
- 9) Suicidal thoughts pop into your head out of nowhere and you know that you were never a suicidal person or have a history of being suicidal.
- 10) You find yourself starting to believe that your purpose on this earth is to suffer and that nothing good will ever come to you but that there has to be more to life than the suffering you're going through.
- 11) Feeling worthless 12) Tired and exhausted all the time
- 13) Overwhelming sense of fear when you are alone or whenever the narcissist is not with you.
- 14) Overwhelming sense of fear of things you never were afraid of such as driving, walking down stairs, or the fear of being outspoken.
- 15) Obsessive thoughts about the narcissist after being discarded.
- 16) Repeated financial crisis or car issues while dating a narcissist.
- 17) Health issues that doctors are unable to diagnose even after seeing Neurologists and other specialists.
- 18) Inability to lose weight.
Seems like the more effort you put into losing weight something fights against your progress.
- 19) Paranormal activities take place.
For example, you will start to see images of people you do not know whenever you close your eyelids and these images will stop once you immediately open your eyes. Another example is now having the ability to see negative entities or bad spirits when lying next to the narcissist in bed.

Another example, is seeing flashing lights, bright colors, and shadows in the corner of your eyes or seeing shadows run past you when your back is turned.

Another example is constantly forgetting what you were going to the store to get or constantly getting confused when driving on the highway. You start to question your sanity and may even try to make an appointment to see a mental health professional because you think you are mentally ill but ohhhhhh no!! You don't go to a therapist or want to talk about it Tomorrow will be different and much better

You are not crazy by a long shot!!

I guarantee every physical or mental health assessment test

you take will come back as a normal report. If you know that mental illness is not in your family history, you were always able to balance your personal life, work life, and you have always been in a healthy state of mind before meeting the narcissist then this can all be traced to the one and only common denominator. The narcissist.

I've read about others saying that narcissists, sociopaths, and psychopaths have been known to open the spiritual realm. This may all come off as something bad to have the spiritual realm opened but this is actually good for an empath because having the spiritual realm opened allows you to see the unknown that others are unable to see and that this person is no good for you and to remove yourself from them ASAP. If you are consciously aware of these things happening to you - then you are not crazy. You must gain deeper understanding into these signs and into what is happening while living with a narcissist.

20) Unable to achieve your future dreams

(starting your own business, financial freedom, owning your own home, etc)

due to it feels like the road has been blocked or the doors to opportunities just won't open.

21) Feeling older than your age due to your health is declining.

22) Extreme anxiety /panic attacks throughout the day.

23) Coming to the realization that you've suffered a loss of self-identity

of who you are or who you once were and now you no longer know the person who you used to be when you look in the mirror.

And when you finally heal,
You'll realize they had
nothing to offer you from
day one.... Just lies and
bullshit.. It was *you* that
had everything *they*
wanted..

@narcissistic_abuse_is_real

Gas-lighting!

Begrebet stammer fra en 1930'er film der handler om en narcissistisk mand der gør sin partner sindsyg, ved hver aften at skrue op og ned for et gasblus - og bagefter påstå, at hun ser syner.

Gaslighting sker, når narcissisten benægter udtalelser eller handlinger, som ellers er ganske åbenlyse for dig. Det er, når de laver falske historier, lyver eller opfinder løgne. Det bedste er, hvis de kan få andre til at bekræfte løgnen, hvilket i deres øjne gør den 100 procent sandfærdig

+ klik på og se <https://www.youtube.com/watch?v=hN8IMnLdw04>

What is gaslighting when someone says it?

Denying reality to distort yours to cause cognitive dissonance.

Like you would say:

"This person is on fire"



And they would say:

"No, that's just your faulty memory. This person is a figment of your imagination. It looks real but it actually isn't"

Then they will say something like this:

"This person is actually sitting drinking tea, see".

What is an effective message I sending to a person
that I don't want to contact or being contacted by - for months?

Oh, I will tell you exactly what I texted mine as he moved across the country and left me, literally, on a dime. "Drive safe, best of luck with your choices." And when he texted me the next day to inform me that he arrived safely. I said nothing. When he called three times, I did not answer the phone. And when he wrote me a long letter chastising me for my lack of reaction, I said nothing.

And when he mailed me a Christmas gift. I remained silent. Now, 6 months later. I am still as quiet as a mouse.

Do nothing, say nothing, don't respond.
If you have a bad day and feel those angry or sad emotions surging through you ...sit on your hands to keep from texting or writing if you need too!! The faster you take control and stay strong, the faster you will break that old mindset. As time goes by you will be glad you did. And it's deeply satisfying to know that it was you that threw that cocky sadist out for a loop.

What addictions did your covert narcissist ex-partner have?

Smoking, **cocaine**, porn, candy crush, **online gambling** (poker, sports betting), lottery, escorts/prostitutes(on business trips), any recreational drug he could get hold of, spending \$ online buying crazy stuff while drunk or high late at night.

The saddest (or sickest) aspect of all of these answers is that most of these individuals had these addictions since jr high or high school and nobody at their job or outside of their partner and closest friends would know about the shady hidden life they led.

The Narcissist's Number 1 Tool that Drives You CRAZY

Today's topic is about something that I know so many of us have struggled with for years: how to deal with a narcissist. And it really doesn't matter who exactly the narcissist is in your life because they all use this form of manipulation. So, it could be your spouse or your significant other, your sibling, your parent, your coworker, or your boss.

Today we are talking about the infuriating, the frustrating, the crazy-making word salad, as the narcissist's favorite vehicle for communicating.

For those of you who may have never heard of the term "**word salad**", let me explain exactly what that is, and what it means? **Word salad** is a term that people in this community came up with to describe the patterns of communication and **the styles of using language or the styles and patterns of conversations that all narcissists use.**

Maybe you've never heard the term but if you have had a relationship with a narcissist, then there's no doubt in my mind that you are acutely aware, that when you have had a conversation with this person, things never seem to get resolved or you come away more frustrated and more confused than you were before you even had the conversation, to begin with.

Maybe, after the conversation you suddenly have taken accountability for something that you originally thought was the narcissist's fault or after the conversation somehow you feel sorry for the narcissist or you feel guilty for something you hadn't felt guilty for before the conversation. Welcome to the world of word salad.

Not all narcissists are grandiose

– the special 'vulnerable silent' type can be just as dangerous

The introverted narcissist might be more dangerous since they are more difficult to identify. By now, most of us have a good idea of what narcissism is. 'Narcissist' has become a popular keyword also among laypeople. **People who are desperate for attention** go around the stage of the world, taking advantage of and confounding those who are susceptible to their attractions. In a society that is equally enamoured of celebrities and social media, they have an ideal platform. They are in charge of nations, hypnotise, control, - and cause mayhem.

However, a more hazardous subspecies exists beneath the surface of the more conspicuous and well-known ones. **A covert narcissist is a wolf in sheep's clothes**, as opposed to the better known, common overt narcissist. "The more silent and subtle variation is often more confusing and sinister," explains Dr Sarah Davies, the writer behind *Never Again – Moving on from Narcissistic Abuse and Other Toxic Relationships*, and is a psychologist by profession.

Dr Ramani Durvasula, a professor of psychology, says that this variance in narcissistic personalities represents "a more recent evolution in our knowledge of narcissism". New research from the NYU Department of Psychology suggests that **insecurities** play a greater role in fuelling narcissism than a real inflated self-image,

and it relates to two main categories: overt and vulnerable (or covert), with a connection to the practice of constantly uploading selfies on social media. Maxine Chung, a psychotherapist, says of the narcissistically wounded person: **"The façade covers a deep forgotten pain, they have since they were babies."**

However, that mask has a mesmerising quality about it. With the experience of being addicted to their addictive intoxications, I've talked about a narcissist in my current work whose attractions slowly sneak up on the reader. Even after being charmed by more dazzling personalities, it was someone with the more subtle characteristics of the covert narcissist who pulled me in the deepest. My interactions with these created personae disguised an inherent emptiness, and it took some soul-searching to figure that out. It was subtle and insidious.

Classic narcissists make the world seem fascinating by infusing it with a drug-like sensation of scintillation and excitement, sucking in adoration and attention. There is an issue with spotting the covert narcissists who aren't your typical grandiose narcissists since they may sneak in undetected and inflict just as much harm. Or even worse.

Lorna Slade, a psychotherapist possessing experience in helping people recover from narcissistic abuse states that "Covert or 'vulnerable' narcissists tend to be more introverted than grandiose narcissists. But they share the same classic traits. They're just manifested at a far more subtle, work a day level. Theirs is a much more laser-targeted revenge. **But they are mask wearers, they live their lie: and other people will say: 'What do you mean? They are lovely.'**" Try living closer to this lying person and you will be very surprised!

What was it like to be with or be close to a sociopath or psychopath?

this is what I learned from dating a psychopath for 5 years.

1. They're quiet. and This is for your benefit, you likely wouldn't appreciate, what they are actually thinking.
2. They're straight forward.
They're not going to beat around the bush, if you don't like it, they don't care.
3. **Their mask is not who they really are.**
You may like to believe it is, but their mask is entirely fake, and it's exhausting to keep the facade in place all the time, so cut them some slack if it slips. No need to freak out. It is what it is.
4. **They can be cruel.**
If you're a sensitive person, don't even bother trying to talk to a psychopath mask off, they will hurt your feelings, and they will not feel bad about it.
5. If they take their mask off in front of you that is their way of showing you some level of trust. Or they're trying to mess with you. *shrugs* If you can handle it, it is all on you. Choose your game and move wisely.
6. Don't ask questions you don't really want to know the answer to.
If you are hoping for a certain response, don't expect to get it, and certainly don't try to force it.
7. You won't be able to manipulate them. You won't be able to make them jealous.
If you're the kind of person who needs someone fawning over you, and trying to prove how much they love you, it ain't happening.
8. **They have never felt most of the emotions, that you feel or have felt,** and if you are upset they genuinely won't understand why, or how to comfort you.
In fact your tears would likely be an annoyance. Learn to support yourself emotionally.
9. They aren't cuddly and warm. They don't crave human contact. They don't want to cuddle you. If they do it, just know they are doing it purely for your benefit.
10. You will not break their heart.
Threatening to end the relationship will get you no where. They don't care if the relationship ends. It is what it is. You likely will never hear from them again.
If you do, don't mistake that for love. It's not, there's something they want. Probably sex or money or a place to hide or rest for a while.
11. They still have a sense of humor. Granted it is dark, and most people would be offended by it. Personally I find them rather hilarious when they want to be. They dare say something, you don't hear other say.

12. They aren't great listeners.

Just because they are quiet, it doesn't make them open for everyone's problems.

People tend to want to open up to them about everything. It's pretty much all they can do to pretend to be listening and respond appropriately, give them a break,

But rarely ... they just don't care.

13. They get easily tired. As previously stated wearing a mask is tiring.

They get tired of it all sometimes, the same as anyone else. That get to know them.

14. They will never love you. They don't feel love. If they are with you it is 100% because they choose to be with their heads, not with their heart.

15. You will not offend them.

You can try, but I bet you, that they would win that game.

16. They are still people. Their disorder isn't all there is to them.

They aren't some serial killer with a hatchet. They just is more into themselves than is normal - and you have what they need, now.

What NOT to do with a Narcissist

There is no shortage of knowledge concerning narcissists online.

due to the enormous harm they do to others, including those who love them.

There is still tons of knowledge online on what to do whether you are in a narcissistic partnership or have just ended one (using the Gray Rock Method or going no contact, for example). However, whether you're struggling to mend a shattered heart or gather up the pieces of your life after a narcissist tore through it like a number five tornado, knowing what not to do around a narcissist is crucial.

Relationships will not be a game in a perfect universe.

There will be no such thing as a winner or a loser. Breakups and divorces will not devolve into conflicts, with one side attempting to wipe out the other.

Even if there was heartbreak, two emotionally stable adults would pursue the high path to the greatest degree possible to keep the peace, particularly if there are children involved.

In a perfect universe, our kindness would be balanced and repaid by someone who would show love and respect to us even though the partnership had ended.

However, narcissists have extinguished all desire for a better future.

As a result, whether you're trying to recover from a narcissist or you're forced to connect when you have children in common, it's important to consider the less-than-ideal environment you are in to properly walk the path forward.

Here's what not to do while working with a narcissist

Do not participate in their playing.

I thought I should send the guy who had broken my heart a taste of his own medication at the end of my marriage to a professionally confirmed narcissist. To put it another way, I wanted to be like him, shutting down my emotions like a lock, being cold and cruel, and telling him that I didn't care. Since I understood how frustrating it was to be on the other end, I tried offering him the silent treatment. Yet it was all for nothing..

Since I'm not a narcissist, I fell miserably at attempting to play his role. I experience remorse, sympathy, and sorrow. I realize what it takes to love and care about others. And there are certain thresholds I will never reach, such as forcing others to collapse to their knees in agony on purpose. As a result, whether you're trying to recover from a narcissist or you're forced to connect when you have children in common, it's important to consider the less-than-ideal environment you're in to properly walk the path forward.

I don't think they'll adjust.

I always attribute the psychologist who diagnosed my then-husband for saving my life to this day. About the fact that the reality devastated me, his advise to escape and not look back was just what I wanted to hear to get out of a marriage that was slowly destroying me. He told me that narcissists never improve, and that the guy I married and had children with **was just going to get worse.**

Since they have little reason to improve,

narcissists just become stronger with time because they realize you've always fall into their pit. Furthermore, narcissists have no reason to hold up the charade when you have seen them at their lowest, as their mask falls off.

A narcissist will not stop to new lows and cruelties.

Whether you're going through a divorce or custody battle with a narcissistic partner, don't underestimate them. Don't do anything. Get rid of any illusions of what you're capable of. Don't be disappointed if they go to unimaginable lengths to harm you.

Do not be fooled into believing they have no idea what they're doing.

Any schools of thinking deem narcissistic personality disorder to be a psychiatric disorder. The difficulty with this example is that it conflates NPD with other psychiatric disorders including depression and assumes that a narcissist should be handled with medicine or counseling. However, the fact is that narcissists have complete power of their behavior. They simply don't see the point.

This is shown by how a narcissist behaves differently in public than behind closed doors. **They are very well aware of what they're doing, which is why they try to keep their actions hidden from the public eye.**

Do not attempt to mediate.

I had to learn another lesson the hard way. I expended a great deal of energy attempting to mediate between the narcissist I adored and others, especially our children. I couldn't comprehend that anyone would purposefully harm someone they cherished, so I made a slew of reasons to attempt to mitigate the suffering my children were experiencing. (When my children were angry with him, I would say something like "He didn't intend to say that" or "Try not to take it too personally," which made my children feel the same way I did, when someone invalidated my feelings.)

Fortunately, the doctor who diagnosed my husband was able to make me see the light as it came to defending his cruel actions. He advised me to avoid mediating disputes between my husband and others. He advised me to tell my children that I was still by their side, no matter what. You don't have to be the main explainer for narcissists. So get out of the way of a narcissist and everyone else because, **contrary to popular belief, the devil doesn't need an advocate.**

Don't trust them when they tell you that you don't deserve something more.

I might compose a whole article on how narcissists deceive us into believing we are incapable of a better partnership. But the bottom line is that they are attempting to persuade us about our worthlessness, so that they can proceed to exploit us.

The reality is that narcissists are well aware that we are superior to them, which is why they seek us out in the first place because we possess virtues that they lack, such as kindness, empathy, forgiveness, and the desire to love.

Most specifically, narcissists are serial liars, so don't believe anything they tell.

Understanding who you're up to, accepting them for who they are, and realizing that what you do is just as critical as what you don't do is the perfect approach to cope with a narcissist. As long as you're loyal to one of the two choices.

**Isn't it
pathetic how
we waste so
much time
on certain
people and in
the end they
prove that
they weren't
even worth
a second
of it.**

KUSHANDWIZDOM.TUMBLR

What kind of person, would a narcissist be afraid of losing?

these are 4 main things a narcissist usually wants from someone:

1. **Someone who perfectly fulfills their agenda, wants, needs and desired feelings.**
2. **Someone who is easy to control, patient, transparent, empathetic, non-competitive, understanding, a very good listener, and someone who doesn't appear to regularly cause narcissistic injury** in the form of abandonment (co-dependent), rejection (someone less likely to break up with them), shame (someone with low self-esteem), etc. They want to be able to successfully accomplish the first thing listed.
3. **Someone who reinforces their 'false self', grandiose beliefs and fills their empty sense of self-worth.** They want someone to reflect back positively on them to both themselves and to others.
4. **Someone who is attentive, validating and admiring.** They want a steady flow of positive supply to fulfill the objective listed above. In a perfect world, they'd like to be worshipped and treated as royalty.

I'd say in terms of who a narcissist would be afraid to lose, it would be dictated by how irreplaceable the supply is. So I'd say how hard it is for the particular narcissist in question to reach these objectives.

For example, if a narcissist wants to become filthy rich by marrying a billionaire, that is an agenda that not many people can fulfill. So if they manage to latch onto a billionaire, that might be someone they would very much want to keep. However, if a narcissist wants to just have someone that caters to their needs, that might be easier to find.

What are the biggest signs that someone has narcissistic personality disorder?

Every person with NPD is different. Sure, they share a lot of commonalities, and their behaviors can be very predictable, but a grandiose narcissist and a covert narcissist look nothing alike.

That said, being able to identify someone with any personality disorder or toxic behavior is a key to choosing who to engage.

Often, through love bombing and a trauma bond, the choice is eliminated for the victim. You want to spot the signs before you get to that point.

Some of signs you'll notice in them,
and some signs you'll notice in you.

Early signs you notice in them

- They idolize and idealize you.
- They express the belief that you can do no wrong.
- They'll validate you and shower you with attention and goodies.
- They talk about moving in together, naming your future children, and a house in the country during the first week of dating.

They will say glorifying words to you, that they want to hear you say.

- They say, "I love you", sometimes on the first phone call.
- They want physical intimacy almost immediately.

Over time you notice

- Their problems are always someone else's fault.
- They have an excuse for everything and avoid accountability.
- Every time you want to talk about a problem in the relationship, they twist it into being a problem about you.
They distort your memories and your reality, they lie about big and small things.
- They have flying monkeys.

Signs you notice in you

- You have sex more quickly than your typical pattern.
- You say, "I never do this, but..."

Over time you notice

- You feel like you must constantly prove yourself, like you're not quite good enough.
- You need more validation and approval than before.
- You seek reassurance about even small things.
- You may see a doctor to evaluate your mood and your cognitive function.
- You gradually become more exhausted, less productive, and more overwhelmed.
- You start developing frequent illnesses and injuries.
- You feel exhausted and drained after being around them.
- You feel angry and are having difficulty staying emotionally regulated.
- You feel fear and don't know why.

- You find yourself making excuses for their behavior.
- You hide their behaviors from your family and friends.

- You feel like you're losing who you are.
- You no longer recognize yourself and it is not a good feeling.
- You don't like who you are, when you're with them.

[How do narcissists show their love in a relationship?](#)

If you want to see a narcissist blush and express much love to you become a generous giver expecting nothing in return and give willingly and unselfishly. This will gain the narcissist's love - and appreciation for the supply they are receiving.

<https://drpsychological.com/how-narcissists-keep-you-from-moving-on-the-narcissists-last-lie/>

<https://drpsychological.com/what-happens-when-you-reject-a-narcissist/>

<https://drpsychological.com/divorcing/>

<https://drpsychological.com/8-phrases-to-shut-down-narcissists-toxic-people/5/>

<https://drpsychological.com/how-to-make-a-narcissist-miserable/>

[What is a narcissist addiction?](#)

I am sadly well-qualified to answer this question.

Narcissistic addiction is an overwhelming need for the good opinion of someone who knows neither empathy nor mercy, yet is skilled at reading weaknesses and asserting control over your identity, **replacing your inner voice with theirs**.

It is sometimes thought of as trauma bonding, the process by which a victim identifies with her tormentor because they've been through such stress together, **even though the tormentor was the source of the stress**. Yet it's no ordinary trauma bond: The narcissist assumes control over your identity, making her opinion of you the central concern of your thoughts.

This may sound to some like a religious cult. I believe it's worse.

We are born with social attachment points through which our parents mold us in childhood. Seeking a hit of certain neurotransmitters (probably oxytocin), children look for approval from their parents and try to correlate their actions with positive responses; as adolescents, we replace parents with peers – and oxytocin is released as a result of social belonging or validation.

Oxytocin remains a core mild addiction into adulthood: we seek in-group status throughout our lives. To quote the movie 'Revolver', "*We are approval junkies. We're all in it for the slap on the back and the gold watch.*"

I used to be bothered by recovering alcoholics and others who have battled addiction; my attitude toward them mixed genuine sympathy with a feeling of superiority. Not just "there but for the grace of God go I," but thoughts like "How could you have ever bothered with cigarettes when the science was so clear?" I remember being disgusted by drunk people when I was young, so stopping at one beer was never a problem. I patted myself on the back because, whatever my ample flaws, addiction was not one of them.

Uh-huh. Sure.

The oxytocin port through which our parents dispense approval is, it turns out to be a major security vulnerability. Cults infiltrate our heads through that port, making the approval of the group or guru the regulating valve for dispensing this sweet, sweet neurotransmitter hit.

Narcissists give – and take this wonderful love-feeling, as a means to and a cover for, what they really want: power via control over someone they need - and don't understand. Or in more serious cases: they just get off on torturing you - the destruction is the goal. They are not going for that sweet warm and insecure vulnerable open love-feeling.

To have a narcissistic partner is like being member in a cult which believes in human sacrifice ... and the sacrifice is you.

All over Quora websites, you can see it, in question after question:

“What will the narcissist do, if I say this?”; “What does the narcissist think of that?”

“What is my narcissist ex thinking of me right now?” klik på og se

<https://www.youtube.com/watch?v=IKxmFPmzzx4>

These are people bereft of a supply of a feel-good neurotransmitter, like oxytocin, barely clinging to day-to-day existence as they are trying to quit it with a cold turkey. These are people in the throes, pains and hurtings of an addiction. They have lost their freedom and power, because they have given it to a person without a heart.

After nearly three decades, I have no interest in my narcissist ex, and no dependence on her good opinion. I regard her as deeply disturbed, without empathy. These days, when I'm around other people and part of a social group, or romantically involved, I feel no craving for the same high dose of oxytocin or whatever it is the narcissist metred so carefully out to me - in order to control me via my lovesick junkie brain.

Now for the bad scaring part: it comes out of the blue. My inner voice says “Too bad I'm a worthless piece of shit, if only I could be good enough for her I will be saved!” It is like finding a missing part of a jig saw puzzle, oh now I am whole and happy. All of the time. No more love blues, now I have a loving partner. then I goes quiet. Because ... I know it is just an illusion, with this woman or man.

When I have a significant other or am socially occupied, this never happens. For some reason my old devil still manifests like a phantom **when I'm oxytocin-deprived.**

“Nobody could understand the level of the terribly psychic take over unless they have lived it personally. I have met people 30 years later after no physical contact, who still feel like the narcissist moves through their daily life, like a ghost or black icy ink.”

In case I have not made myself clear:

If you've recently escaped one of these monsters, you need to take this matter seriously and wean yourself away from your attachment to the narcissist's approval.

You are going through a form of full cult deprogramming - get help

Advice:

Write from and to yourself on a secret personal dairy book.

When you write your inner thoughts here, you will start an interesting new dialog with your deeper self.

When you see your thoughts out there on paper or on a screen, you don't have to remember these words, they stand there and are statements that you now can letting go off - or/and you can think new thoughts.

Try to imagine, that you will find these notes and words 20 year from now, and from this point, you will want to remember how it was for you – and you will get a new look on your past, that is your now, now. How do you feel, do and think today?

Hvordan bliver du manipuleret af narcissisten eller psykopaten?

En narcissist vil primært manipulere dig med det formål at opnå "sin narcissiste forsyning" igennem dig. Narcissistisk forsyning går i korte træk ud på, at narcissisten **er afhængig af** at få ros, beundring, få **stjernestatus** og føle sig betydningsfuld og bedre end andre.

En narcissist vil f.eks. **opføre sig belærende og bedrevidende** overfor dig, med det formål at få dig til at indse at narcissisten er klogere end dig og at du har brug for narcissistens bedrevidenhed. Det er meget normalt at narcissister markere sig selv som værende den selvudråbte "ekspert" og "autoritet" eller "den kloge" som har forstand på alt og derfor kan de være hurtige til at irrettesætte andre.

Narcissister har en bemærkelsesværdig evne til at få andre mennesker til at føle sig som dumme idioter som ikke har forstand på noget eller forkerte tåber som ikke kan gøre noget rigtigt.

For narcissisten er hensigten med denne adfærd naturligvis at hæve sig selv over andre og fremstå som værende den klogeste og dermed nyde stjernestatus.

Denne metode virker bedst på børn samt voksne med lav selvtilid. Men det kan give bagslag når narcissisten prøver at belære sin chef eller spiller bedrevidende foran en reel ekspert. Chefen vil sandsynligvis blive ret så fornærmet over narcissistens irrettesættelser og bedrevidenhed, og en reel ekspert vil hurtigt kunne udstille narcissisten som værende et selvovervurderende arrogant fjols.

En narcissist har et meget stort behov for at få andres opmærksomhed og være i centrum, og kan til tider opføre sig bizart i jagten på at være midtpunktet: jeg så engang en kvindelig narcissist dukke op i en hvid brudekjole til sin kusines bryllup! Seriøst hvem gør det?! Gæsterne blev tydeligvis noget forvirrede og nogle af dem måtte spørge sig selv om hvem der egentlig var bruden. Hvor er det egoistisk af narcissisten at tage opmærksomheden væk fra bruden og over på sig selv! Narcissistisk manipulation kan være bizart foruden at være præget af en stor mangel på empati.

Men åbenlys arrogance kombineret med et stærkt behov for at være i centrum er sjældent noget man kommer langt med ude i den virkelige verden, og derfor

er det ikke ulogisk at finde narcissister som næsten ingen venner har og som må nøjes med at nyde stjernestatus hos sine små børn og underdanige kone/mand.

Der er en anden personlighed som er langt bedre til at manipulere end narcissisten, og det er psykopaten. **Når det kommer til manipulation, så er psykopaten den ubestridte ekspert, som narcissisten ikke kan måle sig med.** Årsagen hertil er enkel: narcissister er så selvoptagede (særligt af egne behov og stjernestatus) at det kan svække deres dømmekraft i forhold til deres omgivelser og andre mennesker.

Psykopater på den anden side nyder at manipulere med mennesker bare for fornøjelsens skyld og derfor er manipulationen i sig selv ofte den primære motivation for psykopaten, som derfor har udviklet manipulation som sin spidskompetence. Psykopaten vil hurtigt danne sig et billede af hvem du er som person: hvad du kan lide og ikke lide, hvad du står for og hvad dine motivationer, værdier, behov og ikke mindst hvad dine svagheder er og så vil psykopaten spille på dem.

I mødet med en ængstelig person vil en psykopat opføre sig betryggende og fortrøstningsfuld (eller omvendt: intimiderende) i mødet med en narcissist vil en psykopat opføre sig imødekommende overfor narcissistens behov for opmærksomhed (eller omvendt: tage den narcissistiske forsyning væk fra narcissisten). En rutinepræget person som savner spænding vil finde psykopaten sjov og spændende at være sammen med. Altså vil psykopaten spille på din særlige personlighed og særligt dine personlige svagheder, og det er også derfor at det er svære at gennemskue psykopater i forhold til narcissister.

Hvordan kan man undgå at blive manipuleret af både en narcissist og en psykopat? Det vil man desværre aldrig kunne helt. Særligt psykopatisk manipulation er der **ingen** som kan være helt immune overfor - det hænder ofte at selv eksperter bliver manipuleret af dem. Men der er dog tre tiltag som kan **minimere** risikoen for at blive manipuleret af dem.

- **Lær dig selv at kende rigtig godt.** Mange mennesker ved overraskende lidt om sig selv, og i et møde med en manipulator er de derfor meget sårbare, fordi manipulatorens så kender dem bedre end hvad de kender sig selv. Jeg vil særligt anbefale dig at du får godt styr på hvad dine **svagheder** er. Jo bedre du kender dine svagheder, jo nemmere vil det være for dig at kunne gennemskue når de bliver brugt imod dig.
- **Virker noget for godt til at være sandt, så vær ekstra forsigtig.** Dette er en god tommelfinger regel at følge i livet i stort set alt. Dette inkluderer også andre mennesker; hvis en person virker alt for god til at være sand, så træd lidt tilbage og vær varsom samt lad tiden se tingene ad for dig - en manipulator vil sjældent have tålmodigheden til at bære masken i for lang tid.
- **Vær opmærksom på, at ingen - inklusiv dig selv - er immune overfor manipulation.** Dette er vigtigt at huske, for jo mere selvsikker man er, jo mere udsat er man også for manipulation. Men er man derimod opmærksom på egen tendens til at blive manipuleret, så vil manipulationen også være lettere at opdage og genkende.

Sidst men ikke mindst, så husk at selvom narcissisme og psykopati er to forskellige personlighedsforstyrrelser med mangel på empati for andre som fællesnævner, så kan de sagtens **overlappe** hinanden. Det er bestemt ikke unormalt at se narcissistiske psykopater eller narcissister med tydelige psykopatiske træk.

[Why can't I stop crying over this person? The narcissist?](#)

You are grieving

It is a death of all you've known , all you believed ...

It's a death of a love feeling. The love you gave, the trust you showed

You placed your tender heart in their hands and you believed they would never break it

They would never betray it , abuse it or demean it .

You showed your vulnerability , your hurts and your tears

You felt safe with them and invited them into every aspect of your life

and they became your **Life**.

They use so much of what we shared with them to wound us in the end

We are ignored, neglected and abused and they decide we are their greatest enemy, when we only wanted to love them .

Deceit and betrayal cut so deeply

from the one who told us we could trust them .

Love is so dear and fragile , a egg you must hold close and cherish ,

protect it and nurture but, they don't require love and this is how we become broken

We give what we believe a normal person would need. *What we would need.*

They take our love and cheat , triangulate and torture us with it

<https://risingabovenarcissism.quora.com>

What things can't a narcissist do?

Narcissists are unable to regulate their emotions.
you've heard it said that narcissism is a shame based disorder,
narcissists are constantly trying to avoid any feelings of shame or inadequacy.
this is why they will not apologise, take ownership, adjust any maladaptive behaviour,
say sorry, admit fault. this is why they embellish, act grandiose, have tantrums, rage,
belittle others, happily throw you under the bus to make themselves look good.
all their behaviour stems from their inability to regulate their own emotions,
and they are emotional little beings... when it comes to themselves.

How do you successfully destroy a narcissistic person?

Believe me, I know how you feel. You have a burning rage for revenge.
You are filled with feelings of betrayal and humiliation. You come to the realization
that the person you once loved and cared for callously used you and threw you away.
Your emotions are completely normal. And you are right - they were horrible and callous.

I'm going to give you a secret on how to deal with these types.
Narcs worse fear is when you heal. Believe me, he understands your power.
He didn't choose you because you are weak. Narcs choose victims because they have everything
they do not. You are intelligent, kind, full of empathy. Sure, you probably also suffer from low self-
esteem and poor boundaries, but your overall personality is a good person.

Narcs want to BE YOU. I want every survivor to know this.
They completely understand the qualities and values you have. They want them.
They destroy you throughout the relationship because they are jealous of these qualities. Narcs
destroy you because they do not want you to return to the person
you were when they met you. So full of happiness. So full of life. So full of vitality.

Do you want to destroy them? Be that person. Flourish.
Become the highest version of yourself. Become successful.
Become healthy. Go heal. Be the person they met but x10.

The unintended side effect of having a relationship with a narcissistic person is that, if you leave and
are safe and are able to heal, they have helped you become the greatest version of yourself.

One day, you will look back and laugh at them. I promise you.
You will realize you had the power all along.

<https://www.quora.com/topic/Narcissists-1>

We cannot understand it nor will we ever

We cannot put logic, rhyme or reason into a abuser

We scream in silence and we scream in the car so no one us can hear or judge us You feel like a lost soul , aching with sadness and regret You feel as if you gave your world to them and nothing will ever be good again

You suffer so deeply on a cellular level as your mind was mangled in a sea of gaslighting, projection, and the push and pull of bread crumbs *We accepted so little for all we gave ...* We were treated as if our time and place on this earth meant nothing and that we were nothing to them It simply cannot be put into words the absolute pain we feel

The love , honor and humanity in us rejected

You cry for all of it , the loss of innocence, time , the insecurity and low self worth that is now a constant presence.

The fear that this is now our life

That we will never know real love , joy or happiness again That there will always be this dull ache in our soul and that our view will forever look jaded I believe we cry for us and a life that we had looked forward to , a feeling of hope which now eludes us , a peace that has withered o n the vine of our future .

Through your tears you will learn acceptance and healing , one day you will notice you have cried a little less and grew a bit stronger as each moment without them is another day you survive

You will unearth a new version of you that has boundaries, self assurance and self love that grew through the most harsh conditions and was watered by your tears and is now flourishing.

dr Phill om narcissister

<https://www.youtube.com/watch?v=3DgHtkNm-Mc>

<https://www.youtube.com/watch?v=BW3kekvF2c8>

<https://www.youtube.com/watch?v=3wVQqpDkPKg>

<https://www.youtube.com/watch?v=vowk8gj5HTA>

<https://www.youtube.com/watch?v=eI65CbmTIAc&list=RDLV3DgHtkNm-Mc&index=3>

Om kvindelige udgaver af narcissisme:

<https://www.youtube.com/watch?v=OsLFwvJ9d38&list=RDLV3DgHtkNm-Mc&index=9>

om at vokse op med en narcissistisk forstyrret far/mor

<https://www.youtube.com/watch?v=uRMhS6oeehY>

10 gode råd til at tackle en narcissist

<https://www.youtube.com/watch?v=h7a0HjVID7g&list=RDLV3DgHtkNm-Mc>

Am I a narcissist?

I've always wondered this, because I find myself being nice to people just because I think it's the right thing to do. I'm inconsistent, manipulative, can lash out, and am always thinking about myself.

Yet I've also always told myself that I'm not a narcissist.

I cry over movies, I realize people have emotions and I'm pretty sure I care about others. But is it all fake? I've studied narcissism. The internet says "Symptoms include an excessive need for admiration, disregard for others' feelings, an inability to handle any criticism, and a sense of entitlement." I have all of that. I seek attention, in many ways, maybe by lashing out or being crazy and funny.

But I'm also a nice person. I'd give someone the shirt off my back, I give my friends my last dollar. Please help I'm so confused.

In what ways can an aging narcissist become more delusional?

As the body ages the brain ages as well so it's normal to have more frequent memory lapses. With a narcissist their habit of doubling down on their BS is so entrenched, however, that they will argue in defense of the "false narrative" that they've been selling and adding to over the years. To the point that they no longer know what really happened or what they said previously.

I tested my narcissistic and self deluded mother once by adding to one of her tall tales and instead of noticing that I'd changed it significantly she jumped in defense of the version I'd told. She'd often mentioned someone she knew that was in the Air Force and over the years she had come to claim he was a pilot (something she'd never mentioned when I was growing up) then it became a story of him taking her up in his plane. So I challenged her by saying she was always saying she knew how to fly a plane because he'd taught her... ha! She jumped right on the story and said "I do know how to fly a plane!"

As she got older she would make things up about me and then get angry if I didn't go along with her story (for example claiming I'd been Crystal Gail's stand in, something I think I'd remember :-)) when I didn't back her up, saying one of us was definitely crazy, she became furious saying "I'll find the letter you wrote telling me you were!" So not only do their memories fail them they begin to buy into their own BS to the point of acting psychotic in their narcissistic rages.

They also think they are just as attractive as they ever were and will become offended if you don't let them seduce you (like someone's aging narcissistic father did when I didn't respond to his advances the way he'd hoped). Then when you tell people that they hit on you they will try to act like they were only joking around (but if you were to give them an inch they'd take a mile).

As fewer and fewer people want to hang around and listen to them
inflate themselves in their ever growing “false narrative” they start to think the whole world
is against them and become more and more convinced they are the poor deprived innocent victim
of a cruel fate/god/society etc.
that didn't give them the admiration and attention they felt entitled to receive.

What is the commander personality that can control narcissists? Can you learn that?

Yes. And It's very easy to control a narcissist and give a narcissistic injury back.
If you want to do this may I advise to you that I will take no responsibility for what might happen to
you. Narcissists are dangerous and out of control lunatics. It's best to leave them behind. Okay? With
that out of the way here's how to control a narcissist.

You flip the script and instead of defensive mode you go into offensive mode.
You put a mirror back onto them of their feelings.
You do this in a non threatening and non emotional manner.
YOU are the commander of your emotions.
YOU direct the conversations.

Think of yourself as a doctor giving your prognosis to a patient that is very ill.
Reflecting back onto the patient just how their behavior is causing them harm to their health. The
reasons narcissists behave as they do is to be able, at all costs to NOT reflect and look inside
themselves.

When they say something to you like:
“Wow, your work has just only improved slightly.
It's okay, you could use more practice.”

You could say: **“You seem angry”**
“You seem upset is something frustrating you?”
“Is something bothering you?”

Hold a mirror up to them.

Reflect back to them their emotional states.
When they get negative (and they will) you could say something like:
“You have difficulty being positive don't you.” “You hate happiness don't you?”
“Be appreciative, life is short”

When they try to get you angry and start yelling at you, you could say:
“You enjoy abusive behavior” “You enjoy starting fights.” State their feelings,
nothing more. Do not get into an argument. Stay calm and ninja.

If they fly off the handle, leave with no explanation. Just go.
It has nothing to do with you. They cannot reflect on these emotions.
They want you to focus on you so you never look at them, turn it around
and reflect the mirror back to them



What is the deep secret of life?

1. Unconditional love
is not unconditional tolerance.
2. Grind in your 20's.
Build in your 30's. Chill in your 40's.
3. Bad communication ends a lot of good things.
4. Real friends:
when you get to the top, your friends know who you are.
When you hit the bottom, you know who your friends are.
5. It is not about the size of circle. It is about the loyalty in it.
6. Your biggest supporter is a stranger.
Your biggest hater is someone you know.
7. After you hit a certain age all you want is Money, Stability, and Peace of mind.
8. Standards: to high or to low? Focus: sharp
Confidence: on Self-doubt: off
Gratitude: on
Intentions: set
9. Remember: The level up is about improving,
not impressing.

Hvilke begreber fra persisk ville være gode at have på dansk?

Persisk er det mærkeligste sprog i verdenen. Det indrømmer jeg som en persisk-talende person. Men det er også det smukkeste! Jeg glæder mig over det her spørgsmål.

Persisk er generelt et meget høfligt, sukkersødt og poetisk sprog (måske lidt *for* sukkersødt) og selvom nogle af fraserne er mærkelige, så giver de ret god mening på persisk. Persisk er mærkeligt, fordi der er så mange mennesker, der snakker det (nu er der flere dialekter indenfor persisk) og fordi det er et ældgammelt sprog (derfor har det ændret sig meget, og det ændrer sig stadig konstant). Her er mine sætninger/begreber som jeg ville ønske, at dansk også havde. Du vil nok indse, hvor mærkelige, men poetiske de fleste er, når du læser dem:

Doret begardam: Jeg vil cirkulere rundt om dig.

Definition: Meget tætte, "clingy" venner eller par vil sige det her til hinanden. Det betyder, at du elsker dem så højt, at du bare vil gøre alt for dem og være sammen med dem hele tiden.

Jaye shoma khali: Din plads var tom.

Definition: Hvis du er taget til et arrangement, fest, café osv. og der er en ven, der ikke kunne komme, så er det meget høfligt at sige til dem, at deres "plads" var tom. En meget sukkersød måde at sige "jeg ville ønske du var her/jeg savner dig" på og at du lagde mærke til deres fravær.

Jeegaré manee: Du er min lever, nyre, hjerne eller hjerte.

Definition: Intens måde at kommunikere affektion og kærlighed på.

Det betyder, at du prioriterer og har brug for en anden person så meget, at de bogstavelig talt spiller den samme rolle som et af dine livsvigtige organer. Lidt mærkelig sætning, men bliver brugt ret ofte af persisk-talende.

Mah pishooni: Pande der ligner en måne.

Definition: En pige, der er så smuk at hendes pande skinner som en måne.

Dette siger man kun til piger, som er ekstremt smukke. Det er en kraftig, stærk måde at vise sin beundring på. Man siger ikke det her ofte - selv mennesker i ægteskab siger ikke det her til hinanden, da det er en meget ekstrem konstantering.

Deltangam: Mit hjerte føles stramt.

Definition: En måde at udtrykke din ubærlige længsel for nogen på.

Det er når du længes efter nogen så meget, at du bliver trist til mode. Når dit hjerte er stramt, udtrykker du altså dit savn for nogen.

Del sukhtan: Brændende hjerte.

Definition: Når man synes, det er så syndt for nogen og føler medlidenhed for dem, at ens hjerte brænder på grund af dem.

Abe rooham rikht: Vandet fra min sjæl blev spildt

Definition: Hvis noget var ekstremt pinligt, så siger du at al vandet fra din sjæl blev spildt. Kan også formuleres som "vandet fra mit ansigt blev spildt".

Damet garm: Må din ånde være varm.

Definition: En måde at vise taknemmelighed på. Når vi siger, at nogens ånde altid må være varm, så betyder det, at vedkommende altid må være i live og have det godt.

Mehmoon: "Gæsteri".

Definition: Hvis du har været hjemme hos nogen og været gæst, så siger du, at du har været til gæsteri. Dette er nok det begreb, som jeg ville ønske dansk havde mest, da jeg altid springer frem og tilbage mellem forskellige ord for det på dansk, når jeg bare kunne sige det så simpelt "gæsteri".

Og der er mange flere, men de er ikke lige min yndlings.
Jeg kan godt klare mig uden at sige "du er min nyre".

How do I deal with low self-esteem?

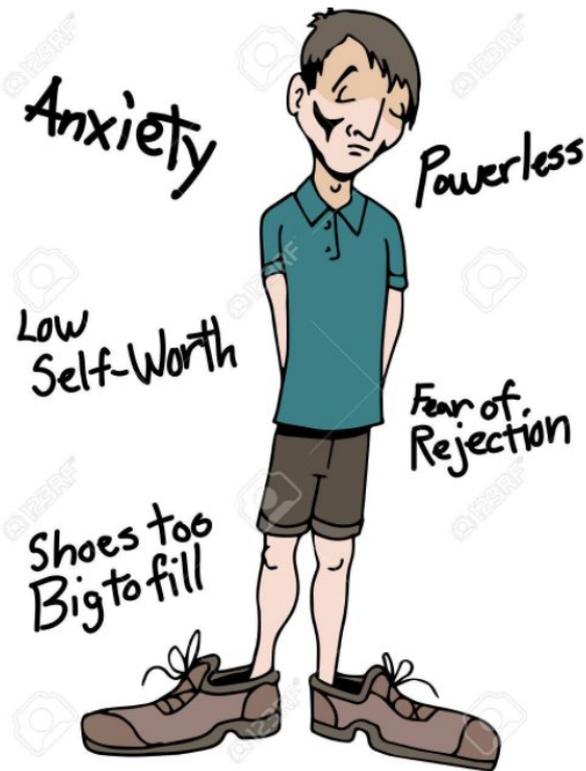
Most people suffer from a lack of confidence.

From my childhood, I have had this problem of so-called low self-esteem and it affected my life badly many times. I would say many times it's very difficult for me to express my thoughts/ideas to others even it is way better than others' ideas. It is due to the fear of "WHAT OTHERS THINK"

Always we give space to other's thoughts in our mind.
That's where the problem of low self-esteem arises inside us.

1. Accept Yourself - Yes! Accept yourself the way you are.
Accept your body, Accept your Past and let go of the things you can't change.
Stop comparing yourself with others and stressed out for not doing what others can do.
Everyone is different and have their interest. Find it.
 1. Don't care about others
Don't give a shit about what others think of you.
Whatever we do, there will be criticism for that. Ignoring such is the best way.
 2. Love Yourself - Always make yourself a priority.
Don't let others and their thoughts spoil you.
 3. Explore yourself and find your interest -
We all love to do something which makes us happier and more confident. Find it and stick to it. Do it regularly.
 4. Affirmations - Affirmations can boost up your confidence level.
Every Morning affirm yourself that "I AM VERY CONFIDENT ABOUT MYSELF AND I CAN ACHIEVE ANYTHING EASILY"
 5. Challenge your Negative thoughts - We are always afraid to do something which will block our success. Dare to do it as many times as possible.
You will see that that fear expelled away after some attempts.
 6. Avoid Negative People - As much as possible avoid the negative people around you who demotivates you. If the person is unavoidable, ignore their words and prove yourself good to them.
 7. "Last But not least" Don't Urge
Always remember that everything will not happen in seconds or minutes.
It's all a slow process but the effort you put into it will make it faster.
Don't urge anything and stressed out. EMBRACE THE PROCESS.

We're all in the same boat. Believe yourself! Magic will happen!!



Hvordan lærer jeg at stoppe med at være så bevidst om, hvad andre synes om mig?

To afgørende punkter:

1. **De andre tænker på sig selv og ikke på dig.** Tænk på, hvor meget du tænker på andre ud over, hvad de mon tænker om dig. Ikke ret meget vel? De andre er ligeså selvcentrerede som du og jeg. De tænker ikke ret meget på dig og mig ud over, hvad vi mon tænker om dem. Blev du først klar over dette, slapper du uendelig meget mere af.
2. Med hensyn til mennesker, du ikke respekterer, må du spørge dig selv: **Hvorfor søger jeg anerkendelse hos dem, som jeg ikke selv anerkender?** Dem, du synes, er fjolser/kvajpander/dumme/overfladiske osv., skal du ikke bekymre dig om. Du anerkender dem ikke, så hvorfor skulle du bekymre dig om, hvad de mon tænker om dig.

Lær disse to grundregler, og du er godt på vej.

Og lad os nu lige tage en puste pause, med en god historie:

[The Love of Wildlife](#)

British Alex Larenty lives on an animal reserve in South Africa and spends his days giving massages to lions. One day, he discovered that every time he applied cream to a lion to cure an infection in his legs, the lion shudder and seemed to smile. Since then, he massages every lion in the park daily. Thanks to the cuddles, he created such a bond that just by seeing him come, lions lay down, start stretching their legs and smile. **With love and respect, all relationships are possible!**



What are some of the most awesome psychological facts?

1. We automatically second-guess ourselves when other people disagree.
2. We're are easy convinced that the future is bright and good
3. We (unintentionally) believe, what we want to believe.
4. We look for human faces, even in inanimate objects.

5. Social media is psychologically designed to be addictive.
6. Yawning is a cool down for our brain.
7. **It takes about 66 days for an average individual to make something a daily habit.**

8. *We can udnretsnad any msseed up stnecene as lnog as the lsat and frsit lteerts of wdros are in crrcoet palecs. Suhc as tihs stnecene.*
9. Men aren't more entertaining than women: they only make more jokes, and they don't care whether others like their humor or not
10. Studies have shown that consuming food without preservatives will increase I.Q by up to 14%
11. **If you sob out of happiness, the first tear will come from the right eye, but if you cry out of sorrow, it will come from the left.**
12. Food prepared by someone else tastes much better than your own preparation, even when you use the same recipe.
13. In a group a person tend to look more for the person they are closest to.
14. **People would rather change the truth than change their views about people.**
15. People between the ages of 18 and 33 are the highest percentage to have depression in the world.
16. The maximum number of close relationships/friendships you can maintain is between 50 and 150.
17. Phobias may be memories which are passed down through many ancestors by means of our DNA, according to new studies.
18. A hug longer than twenty seconds will produce hormones into your body that makes you trust the individual who is hugging you.
19. People are franker because they're emotionally drained. That's why people mention things in late-night talks.
20. Narcissistic Personality Disorder exists in around 6% of the population.
21. The fastest supercomputer in the world takes 24 million watts of power to run, but our brains only need 20 watts and operate over 100,000 times faster.
22. Almost all colors have a physical wavelength associated with it, but the color Magenta doesn't as your brain is actually interpreting the color as "not green."
23. Seeing someone else smile makes us smile inside. (we feel it automatically)
 - The type of music you listen to impacts the way you look at the world.
 - You'll feel more happy spending your money on others and than on yourself.
 - Babies start to process language just like grownups after a couple of days of being born.

What did you learn from previous relationships?

1. Never let a fool kiss you, or a kiss fool you.
2. A bad mood is never an excuse to use cruel words.
3. Stop expecting people who are assignments to pour into you.
4. When the right person comes into your life, you won't need to remind them to text or call you.
5. Don't go back and grab the old one, you just need the new one.
6. Someone you haven't even met is wondering what it'd be like to meet someone like you. [Date that person here.](#)
7. You're the ocean and they prefer puddles, don't take it personal.
8. When you settle for crumbs, you will always be starving.
9. Salt and sugar look the same. Be careful who you trust.
10. Similar values are the superglue of a relationship.
11. Being alone and feeling alone are two different things.
12. Sometimes we create our own heartbreaks through expectations.
13. Being loved is the minimum. Make sure you are also being respected.

Lust confuses you. ***Love covers you***

Er der nogen gode sider ved at blive gammel?

Helt sikkert... hvis jeg da bare lige kan huske dem.

Man ved hvem man er. Man er vel off og du har nu dit eget hjem og dine sager.

Det med at skulle bevise ditten og datten er et vel overstået kapitel, du hviler i dig selv.

Du er fri af børn, kan gøre hvad du vil. Børnebørn er noget helt andet end da du selv var forælder.

Man tænker ikke så meget over, hvor lækker man er, for det er man jo bare – eller ikke. men er det nu særlig vigtigt...?

Det der er vigtigt er at der er harmoni og glæde i ens liv.

Usikkerhed omkring ens person er ikke eksisterende. Du har fundet ro.

Værdierne i dit liv ændrer sig og det her overflade fake shit indser du bare er kommercielt og er hamrende ligegyldigt. Man kan og har ret til at sige "jeg er træt", jeg går hjem nu.

Jeg oplever mig selv være mere nærværende. Jeg tar tingene stille og roligt. Jeg skal ikke hamre derudaf. Jeg får stadig frække tilbud, men det er intet i forhold til mine yngre dage, bare det er en befrielse, ikke at blive betragtet som sexsymbol. Det er virkelig skønt. Tid er alfa og omega, man sætter automatisk en værdi i tid. Jeg bliver skruptosset hvis min tid bliver spildt. Der er intet at frygte, så absolut ikke. Jeg griner og omfavner evt. fysiske skavanker der dukker op her og der..enjoy..

What is the cause of avoidant personality disorder?

Dr. Ralph Klein, M.D., a leading authority on avoidant personality disorder, has said the early parent-child relationship is such that the child tries everything to find satisfaction in his/her relationship with the parents. And, having tried everything and been unable to find satisfaction, loses all hope of having a satisfactory parent-child relationship.

Contrast this with the borderline or the narcissist who finds that if they play their cards right with the parent, there is at least some satisfaction in the parent-child relationship.

Not with avoidant personality disorder. Dr. Klein writes that the child does not experience being a "vital cog in the family system, be it healthy or pathological; rather, the experience is of being a dehumanized, depersonified function that can be called on to serve a purpose, any purpose, and then can be consigned again to the back shelf until another service or function is required. "

Guntrip, one of the first to write about this problem, referred to the child's situation as "the baby in the steel drawer." Though to an observer outside the family, the child may be well-taken care of in terms of food, clothing, education, **the child feels desperately alone, emotionally untouched, and unable to find any way to have the parents respond positively to the child's expression of want or needs.** The parents care for the child on their schedule and according to their agenda, not contingent on the child's feelings and desires. Since the child's relationship with the parents does not satisfy the child's subjective or emotional needs, the child turns to fantasy relationships, and may develop a rich fantasy life that is entirely disconnected from reality.

The parent-child relationship is spoken of by therapists as a "master-slave" relationship and the person's self-concept as a "self-in-exile." In the "master-slave" relationship, the child's life is permeated with fear, so much so that - unable to see the forest for trees - the child may not know what fear is.

To read directly what Dr. Klein writes [Disorders of the Self: New Therapeutic Horizons: The Masterson Approach: 9781138883741: Medicine & Health Science Books @ Amazon.com](#)

What confuses a schizoid?

1. Why buy a shirt from Abercrombie when you can get a shirt at goodwill? A shirt is a shirt. I don't understand why name brand makes someone feel better or be "cooler." I'm not shaming anyone I just don't understand. Why buy 500\$ shoes and then not wear them because they're expensive and you don't want them getting dirty?

2. As a fan why scream and cry and faint, when you could have a normal conversation with the person you like or are obsessive about? Tell them you appreciate their work or something other than acting insane. Who ever the person is isn't going to remember you anyway, why waste the money on a "meet and greet"?

3. I don't understand why people freak out about someones nudes leaking or anything similar. What's so shocking? Yah justin bieber has a penis... what's the controversy?

Society is very confusing to me.

What are some unknown facts about psychology

- 1:— Money can't buy you happiness but poverty can't buy anything.
- 2:— They start missing you in your job, when they fail to replace you.
- 3:— Anger is a condition in which tongue works faster than the mind.
- 4:— You can't be strong all the time. Sometimes you need to be alone & let your tears out.
- 5:- Everything comes with an expiry date.
- 6:— You can't start the new chapter of your life if you keep re-reading the last one.
- 7:— Money is numbers & numbers never end .
If it takes money to be happy, your search for happiness will never end.
- 8:— No one's always busy. It just depends on what number you're on the priority list.
- 9:— Believe it or not you can have whatever you want, your ability is limitless.
- 10:— Everyone is trying to find the right person but nobody is trying to be the right person.
- 11:- Your rumours don't define your character,
your grades & finances don't define your intelligence.
- 12 No Comparison please: No one can play your role better than you.

What are some psychological facts about love?

Most female are attracted to guys who possess a robust feel of humor as it shows greater brain and honesty

1. If you feel angry, drawing straight lines will help you calm down; if you feel sad, you can draw a rainbow.



2. If you think the cell phone number a person gave you is fake, you can read it wrong and see if that person corrects you.

3. When you're queuing, if the person in front of you takes too long to pay, you can stamp your foot on the ground or otherwise make noise. It's not maddening, but it is potentially irritating, so the person will hurry up and leave.

4. Silence is the best way to let someone know that they did something wrong.

5. If someone is mad at you and you stay cool, they may be even more mad at you at the time, but feel embarrassed later.

6. It is not bad to let others see your flaws or weaknesses because, in this way, they will feel that you are a real person, thus creating a feeling of closeness.

7. If you are procrastinating, but there are tasks that you urgently need to complete, you can think about them before going to bed. This will mentally prime your brain and allow you to begin subconsciously planning a route to accomplish the task. That way, when you start doing it, it will be much easier.

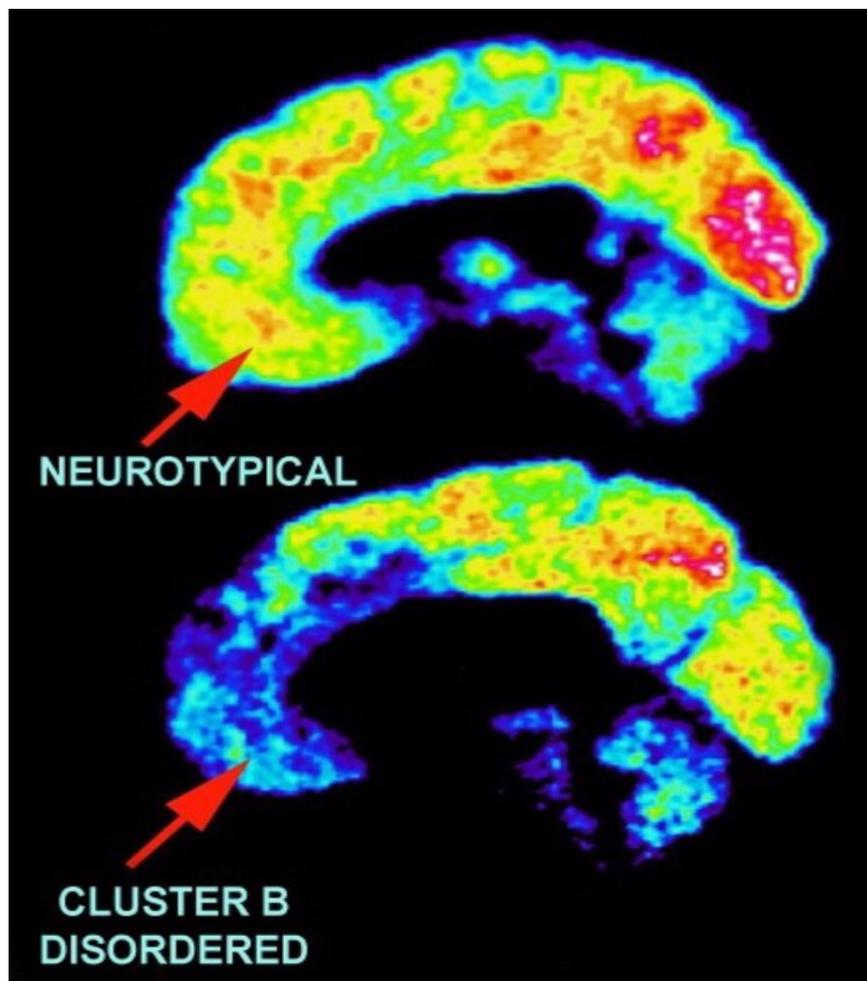
Is true Narcissism caused by a lack of development as a baby or child because of something lacking from the parents or other factors?
Is Narcissism permanent or can they actually feel things like compassion, respect, friendship & so like most people?

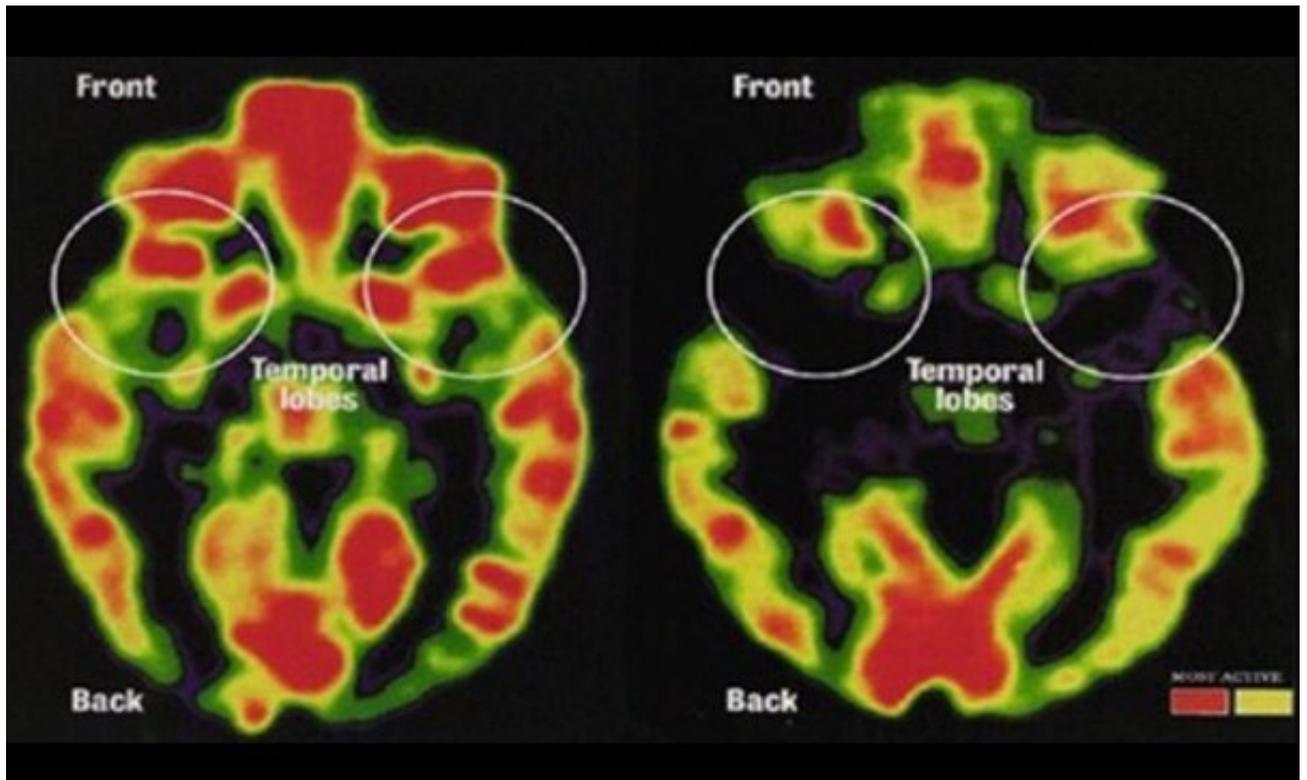
This is a three-in-one question.

1. **The Cluster B disorders are entirely genetic.**

They are the result of a Cavum septum pellucidum (a cyst in the brain) that failed to close around the age of nine months (as it does in neurotypical people).

This cyst impedes the flow of cerebrospinal fluid and causes the progressive deterioration and atrophy of certain parts of the brain in the frontal and mesotemporal lobes. People with NPD are born just like the rest of us, but their genes dictate that their Cavum septum pellucidum remains open throughout life, leading to the kind of brain damage that is readily apparent in the images below:





The Cluster B disorders **are permanent and progressive**—they get worse over time. A surgical procedure (fenestration of the Cavum septum pellucidum) shows great promise in curbing the antisocial behaviors associated with Cluster B personality disorders.

1. The brain damage that people with Cluster B disorders exhibit prohibits healthy attachment. It severely dampens empathy. It excludes the possibility of feeling what neurotypical people know as “love,” so my answer to your final question must be “no.” I do not think that Cluster B-disordered people can experience compassion or respect, and, in my experience, people with Cluster B disorders **very seldom** have relationships that are even remotely close to what I would call “friendship.”

The toughest part about dealing with a person with a Cluster B personality disorder is knowing when to let go. For twenty-four years I had faith that my exNarcWife would “grow up,” and that our marriage could be saved. Then, in 2016, I discovered the 2010 research that inaugurated the genetic/biological paradigm, and I was liberated by it.

I was able to abandon hope and save myself and my children once I accepted that my exNarcWife’s personality was hard-wired, genetic, biological, and progressive. Once I came to that conclusion, escape was the only viable option. No contact and maximum distance became my goal. While it took several years to achieve this goal, I eventually did, and I am now happier than I have ever been

Why do narcissists have days when they don't really seem like a narcissist?

I think that is the saddest part about narcissists. Regardless of what anyone will say about them, at the very heart of them, they are still human beings who yearn for the basic needs (and I mean basic, because after the basics, it switches quite a bit) same things we all yearn for. They yearn to trust, however, they have such a fight or flight mentality (that they created to feel they were surviving) that trust never keeps up with them. They never learned how to cope healthily.

For example, in a relationship, one day they may think the world of their partner, they believe no one is possibly better. This is what everyone calls the “love bombing” phase. But what people consistently miss when referring to this stage is, they ACTUALLY really do have high hopes for you (the partner.) What happens next is what starts the degrade/devalue stage.

They have such high hopes for their “victim”/new relationship, that ANY single minor error makes them completely lose hope in you. “She’s perfect . . . But today she was hanging out with this foreign girl, doesn’t she know that girl makes her look dumb?” (They often have flawed logic, this is a real example.) Maybe she’s not as smart as I thought she was? How could she do this to herself? — and ultimately the narc thinks, “how could she do this to ME? I trusted her so much.”

This is when the degrading begins. They DO want you to feel like shit because they have to feel superior to you to survive, at least in their minds.

They couldn’t possibly be a let down, so they can’t allow your choices to be a reflection of them. Thus, YOU have all the problems. It’s safer for them to admit you have problems than admit, hey dumbass, YOU (the narc) picked her the way she is. They can’t be okay with that. I’m not saying they’re a dumbass because every person they date should be perfect. I’m saying they are dumb enough that they can’t own the fact THEY picked the imperfect person and they were okay w/ them at first.

And in the end, as normal humans, we know people don’t need to be perfect to be loved. But they feel you should be perfect, because of fight or flight. And to them, perfect is everything THEY are themselves. With no room for deviations. The need to always be right, feel justified, and advocate for themselves is so strong. Because if they don’t, who else will?

They can’t trust that people aren’t always some underlying threat to them. They will look for your problems until they find them, because they are sure the problems w/ you are there somewhere.

Their minds see people as mostly bad with a few moments of good, instead of mostly good with a few quirks.

Back to your question, let’s say you’ve already been in the “degrading” phase with the narc. Why on Friday afternoon from 3pm to 10pm were they acting fine? Despite how [they lack human empathy \(because the need to defend themselves is too strong to focus on others-?\)](#), they still have human minds/brains.

It’s possible that in their heads (that are always running full speed trying to protect themselves) they have thought for a split second, [“okay maybe she’s not so bad. After all, I can depend on her to be there for me.”](#) [“Maybe it’s worth it to let down the fear of her imperfections?”](#) [“Maybe she doesn’t deserve to be cheated on.”](#) etc. etc.

They are letting a little faux empathy come up.

I say faux because even at the root of this empathy, they are mostly needing to justify to themselves why they need you around . . . And that reason is because they need dependable sources of attention, to always *chase* the idea that they'll have someone they can trust. In that instant, they might even be enjoyable. Their mind has "softened." It is slightly more benefit of the doubt towards their environment and life.

Beware though, it will be short lived,

because the cycle will start all over. The "fight or flight" response is SO strong that it is ingrained in their minds. The second you "screw up" again and threaten them and their illusion of perfection, it's back to the degrading. Back to thinking you're not worthy of kindness. Back to thinking they can cheat on you. And YOU deserve it all.

It's all very unfortunate. Because they seek happiness, trust, and to feel loved like all of us. But they go about it in a very wrong way because they are too afraid to lose everything (their "right" to live). Letting down their guards is a window of time for them to be unprotected by their masks.

How do narcissists destroy their relationships?

Narcissists are masters of destroying or sabotaging their relationships.

This is one of the reasons it's not possible to make them happy.

This sabotage is driven by 3 key factors:

1. The lack of whole object relations and object constancy
2. The need for narcissistic supply and praise
3. The need to preserve their idealized self, their persona

The lack of whole object relations and object constancy.

The narcissist does not have the ability to see all of you at one time. They see you as "all good" or "all bad." They also don't have the ability to remain positive about your relationship during a challenge or a setback. They assume it is over. For this reason, the narcissist will do or say things when they see you as "all bad" that are harmful to the relationship.

They will...

Say something so cruel that things will never be the same

- Reveal your deepest secrets
- Destroy something of importance to you
- Cheat on you

As soon as they flip back into seeing you as "all good," which can happen quickly, they do not remember ever feeling you were "all bad." They cannot fathom having done or said anything hurtful because they "never felt that way."

This is when you'll hear...*That never happened*
- *I would never say that to you! That doesn't sound like me*

The need for narcissistic supply.

The need for narcissistic supply is so strong, it superseedes all else.
Remember, a narcissist gleans supply in 2 ways:

1. Ingratiation: admiration, praise, respect, validation, positive attention
2. Grandiosity: Gaining power and control by devaluing others

The narcissist will...

- Ruin their laundry by leaving a pen in their pocket, just to ruin yours
- Get fired, decreasing discretionary family income, for attention
- Continue to blatantly lie, when you've told them you'll leave if it happens again

The need to preserve their idealized self, their persona.

The narcissist needs street cred with their flying monkeys. They will do things that sabotage their relationship just to preserve their image.
They also need to reinforce this image for themselves.
The narcissist will...

- Demean you in public, to look powerful
- Flirt with younger, attractive people to look more attractive
- Transfer finances into their name to be in control
When their persona includes being a victim,
they will sabotage themselves just to have more victim stories.

The narcissist will...

- Take a pic while driving, then post it publicly, just so they aren't considered safe to drive their kids
- Be physically aggressive with the kids, so they have supervised contact only
- Spend all of their money, so they can be broke

But is it actually sabotage?

Or instead, is the narcissist getting exactly what they need?
While it appears that the narcissist has ruined their day, their financial security, their relationship with their kids, the narcissist has actually secured narcissistic supply.
That's their primary need. **The narcissist has gotten exactly what they wanted.**

+ se

<https://antifragilenarcissistsurvivorswithdrmelissa.quora.com>

Below are 30 signs that you are caught in an abusive relationship

Signs you are being terrorized by a narcissist in your own home. Some you may have noticed. Others seem “normal.” to you after some time. And some are going to blow your mind.

- You start out feeling like you’re “living the dream” but quickly realize that you are in a nightmare.
- You realize nothing you do, will ever be “right.” and you can’t trust anything the narcissist says.
- And you alone are responsible for this relationship, financial, emotional, and household problems.
- You feel like you’re with another child, not a loving partner
- Nothing of yours is sacred. It will be used, moved, broken, or hidden.
- Your birthdays, holidays, and other special occasions are sabotaged.
- You are drilled about who you were with, who you talked to, and who you’re connected with on social media as if you are a criminal.
- You wonder if you’ve been bugged or tracked.
- You witness extreme reactions to seemingly minor things.
- You walk on eggshells to avoid triggering their angry feelings
- The narcissist blows up when you want to improve the relationship.
- You make excuses – lots of excuses.
- You run interference for your kids and other family/friends, so they don’t experience the wrath.
- You notice conflict or strain in your relationships that never was there before.
- **And that the narcissist’s opinion is the only correct point of view.**
- The energy of the home is tense. You both lose the ability to relax.
- You feel anxiety as you approach home after being in your job.
- You find novel ways to “read the room and wibes” to know what to expect, when you walk in the door.

Know this. These are the signs. They are not normal. They are not healthy. A relationship like this is not sustainable.

If you still aren’t sure...

- If you’ve moved on to walking on toes already, keep going away.
- You grow more and more insecure and unsure of yourself year after year.
- You become physically and emotionally sicker each day.
- You wonder if something is wrong with you.
- You lose all connection to what you want and need
- You look in the mirror - and no longer know who you are
- You become more and more unable to make even simple decisions
- You question your reality, your memories, your beliefs and feelings.
- You know you need to leave, but you still look for reasons to stay

**If any of the last 8 ring true,
you are in an abusive relationship.
you are a victim of intimate partner violence.
And you'll continue to be terrorized until you
choose to leave, or you die every day bits by bits**

**What are some psychological
tricks and hacks that are useful to know?**

1. It takes about 66 days for an average individual to make something a daily habit.
2. Eye pupil rises to 45% when an individual looks at somebody they love.
3. Food prepared by someone else tastes much better than your own preparation, even when you use the same recipe.
4. Hearing a single negative thing could damage at least five positive memories.
5. Studies have shown that consuming food without preservatives will increase I.Q by up to 14%.
6. Men aren't more entertaining than women: they only make more jokes, they don't care whether others like their humour or not.
7. Shy people tell others very little about themselves, but they do it in quite a manner that makes other individuals believe they know them better than they actually think they do.
8. People in blue rooms are also much more productive.
9. Being alone is harder for your health than you really believe.
10. Any relationship born between 16 and 28 years of age is more likely to be robust and long-lasting.
11. If we have a plan B, our plan A is less likely to succeed.
12. Being happy around people makes you happier.
13. Convincing yourself that you slept well tricks your brain into believing you did.
14. The sort of music you listen to influences the way you view the world.
15. A hug longer than twenty seconds will produce hormones into your body that makes you trust the individual who is hugging you.

What are the most interesting facts about narcissistic people?

Narcissists need you more than you need them, and they hate to admit it.

Narcissists need you to need them, and they hate to admit it as well.

Narcissists need you to not know how much they need you, and... that's right, they hate to admit that too.

Narcissists, are needy. Very needy.

They need you. But they don't want you to know. this

5 Warning Signs:

Being involved with a narcissist is like dancing with the devil in the pale moonlight.

You don't see the horns, you don't realize he is red and all dressed up to seduce you, and you think that pitchfork is some kind of swanky, oversized utensil. By the light of day, though, the picture starts to come into focus. It's difficult to identify a true narcissist or a person with a narcissistic personality.

For me, I caught on almost too late to spare myself from this person who suffered from a pathological lifelong personality disorder. It took a year for me to understand that the rules of love didn't apply and that this relationship was a disaster to my mind, body, and soul. I found out that I was dating a narcissist.

Outstanding seducer, the narcissist, has more than one trick up his sleeve. Yes, narcissistic people often strongly need to control, are critical and self-centered, but this doesn't come naturally at the start of a relationship. So how to recognize a narcissistic person?

Here are the top 5 warning signs to recognize a narcissist:

1. They use the strategy of being a mirror and crave perfection.

Oh, my God. That's it...! This is what you have been waiting for! So much in common.

It is strange. And incredible sexual chemistry! Lots of attention and an immediate connection.

All those things you dreamed of. You feel very lucky and just want to stay in this moment.

The narcissist is an expert in this area. They know everyone likes to feel special, and their tendency to seek and woo those who may be a little emotionally vulnerable or too forgiving or insecure makes it even easier for them. They want the target to feel that there is an intense connection in order to let their guard down.

It will also create confusion later when affection is randomly denied.

Reflecting the target's likes, dislikes, dreams, passions, etc., further intensifies the "connection".

But beware, this is the initial trap set by the narcissist. **Someone who sounds too good to be true, can be just that** ...specielt if some of the following signs are also present.

2. They speak for themselves... constantly.

Narcissists are fascinated by one thing and only one thing – themselves.

You may notice that the conversation is always changing in their direction, that whenever you talk about something "you" they quickly step in or redirect to them.

They praise their accomplishments, are often boastful, and seem to hold themselves in higher esteem than most other people.

It's not always something you get right away, as their charisma and charm can be a diversion from the fact that they're actually quite superficial and self-centered. If you stick around, it gets incredibly boring and you notice discrepancies and recognize a lot of egos swelling. The same boastful stories are repeated often, and the lack of interest in anything other than your SELF only contributes to the erosion of your importance in the relationship.

3. All their exes are awful og just bad choices. No gratitude at all.

[Narcissists Are NEVER Happy!](#) When the narcissist talks about their ex-partners, you will hear many words like "unstable", "crazy", "bad in their skin", "bipolar", etc.

They will regale you with stories of everything they endured in the past, always the hero or the victim, and never at fault for the unpredictable, cruel, and irrational behavior in their past relationships.

Descending and speaking ill of their exes serves several purposes.

First, it is an inexpensive way to develop a relationship. **Essentially, they are telling you, you are better** and you feel safe they want someone to like after all they've been through.

It also creates a pity for the narcissist for what they have been through, which deters the reality of the situation, that most of what they disclose may be completely untrue,

and that they can tell you how the ex has behaved, they often completely ignore the context of the situation which pushes them to drive anyone who has a relationship with them to the brink of insanity.

When one is sufficiently exposed, the constant manipulation and distorted reality created by the narcissist can lead almost everyone, even the healthiest minds, to react strongly, perhaps even in a totally unusual way? In fact, this is what the narcissist who enjoys what is happening.

Finally, talking about the things their exes have done in a negative way **may be a way of warning you not to do the same, lest you join the list of undesirables**. The flip side of the coin is that they also often have these loser exes, who are still in their lives, as “friends,” whom you may end up beginning to suspect that they have sex– and rightly so.

The narcissist hates to give up a good source of admiration, sex, money, attention, etc., but they are also often the only ones, who can be trusted. So they continue to manipulate and chain those who have been able to free themselves in the past. If the two of you have a fight, break up, take a break, etc., don't be surprised to learn that they have contacted/seen one of their exes for you without blinking an eye. That's why they're there.

4. They have a double face.

The narcissist is constantly trying to meet his own needs and has no interest in yours. The only time they seem to do something for you or in your best interest is, because it serves them. Sorry. Meanwhile, your requests or desires often go unnoticed, sometimes even ridiculed.

They will take something you wanted to do and make it less attractive than what they wanted or make you feel guilty about accepting by making you look selfish and indifferent to their needs. They tend to sometimes project their own devious and self-interested behaviors onto others to get what they want. This can go along with the dynamics of love bombardment to affection retention in 1 hour.

When they want to shower you with love, have sex, or forge intimate relationships, they are into it. But the second they get bored, or they feel that you're not cooperating with them – or maybe **they need to remind you who's in control** – they'll close like a book, get cold, make fun of you for wanting to be physical, and maybe even ignore you.

They'll flirt with others, chat with exes, and maintain some “fan club”. They'll do whatever they want, disappear without explanation, not return calls or text messages, and then reappear as if nothing had happened. If you are not there to respond to their every whim, you will be punished usually with guilt phrases and silent treatment. **Conclusion: their needs are always very important and yours are not. Accept this basic rule, and all is well – for a while.**

5. Something is wrong, and you can't put your finger on it.

Narcissists thrive by skewing your sense of reality. They need your low self-esteem and high self-doubt. They rely heavily on “gaslighting,” which is essentially a tactic that erodes the target's sense of reality. This can be done through lies and exaggerations that are constantly repeated until they appear to be real by their constant presence. It can be done by giving false hope and delivering rejection and disappointment instead. It can be done by degenerating into distancing, verbal insults, taunting, or rage when questioned.

The narcissist will also encourage you to feel anxious and insecure, which promotes a totally toxic and codependent dynamic that leaves her/him in control. This can be seen from the beginning, when the other is flirting with others in front of you or where they know you will see it, such as on their social networks or around sources they know they will report to you. Then the other will deny it so resolutely, that you will be left in shock.

“Did I REALLY see that? Maybe I imagined it.

No, no, you didn't. You can also see it from the beginning by noticing they go through things or insult you in a humorous way. They make jokes at your expense in front of groups of people and then hide under the pretext of “that was just humor, you can't laugh at yourself”.

If you react, they may start insulting you, using the same words they used to slander their ex, which of course you don't want for yourself. Then you will surely keep silent, allow the remarks to continue, and allow your self-esteem to grow deeper. The lower your self-esteem, the easier you are to control, the more anxious you are, and the more likely you are to become codependent on them. So if you felt your instincts screaming something is wrong here, LISTEN TO IT. If there is a red flag, be careful. Don't convince yourself that the flag is orange, magenta, or fuchsia.

What to do?

If you find that the more time you spend with this person, the more uncertain, confused, replaying scenarios, haunting, or “crazy” you feel, GO AWAY. **The more time you spend in a relationship with a very narcissistic person, the worse the situation gets.** It is harder to break free when they learn about you, your weaknesses, and how best to manipulate you. Pleading your case means nothing. Asking them to change will either bring rage or agreement ... but it will only help to calm the situation and give you a false sense of hope, or balance in the relationship.

The scars they leave are deep if they are given the chance to stay and continue to exercise their will. Your ability to trust yourself, to believe in others, to decide, to feel confident and trust will be in tatters, if not destroyed. Although they are very devious and good at what they do, there are signs and they will appear fairly quickly. So if you see these things from the beginning, don't wait to find out. The only option to escape for good is to leave, leaving no contact. They'll tell you they're going to change, they'll tell you, you can be “just friends”, they'll tell you they realize, and you can believe them. Don't give them a chance to come back into your life. Block them! The sooner you realize that you are not loved, the less damage they can do.

Top 10 Behaviors of the Female Malignant Narcissist

A Narcissist and narcissism is being on a spectrum, from veryveryvery bad to bad. and when it gets to where it's considered malignant, then you're dealing with someone who has the potential to be very calculated and dangerous. Malignant narcissists are not people you want to have any kind of relationship with. **The probability that you will be harmed in some manner by a malignant narcissist is nearly 100%.**

First, let's define what exactly malignant narcissist means. Malignant narcissists are also sometimes referred to as a dark triad personality, because there are three distinct parts to the personality

Social exhibits the typical behaviors of grandiosity, he or she will require tons of attention and adoration, and he/she will have an overall attitude that they is superior to other people.

About Psychopathy or to have a antisocial personality disorder.

So this is a person who does not have a conscience. Essentially, they don't really experience feelings of empathy, regret, guilt, shame, remorse, or compassion for other people, they don't feel bad for the horrible things that they do.

Machiavellianism

This is the part of the personality that is manipulative, that is exploitative and highly deceptive, and sadistic. Meaning that they gain pleasure from causing other people to suffer physically or emotionally, they get off on the pain; they create in other people's lives. As you can imagine when you put these three distinct parts of the personality into one, that makes this individual incredibly dangerous and the probability of harm very high.

The typical behaviors you will witness from the female malignant narcissist

First, the female malignant narcissist is much more difficult to identify than her male counterpart, and that's because she utilizes her femininity and just the fact that she is a female to her advantage. Remember, these people are proficient actors, they have learned how to mimic normal human behavior to other people they target.

Usually, female malignant narcissists are harder to recognize because her tricks in her manipulations are disguised under a sweet and feminine demeanor. People are just not usually expecting. This type of pathology and deceptiveness from a female, unfortunately.

However, we need to be wary of all people in this day and age; we need to know the red flags and the typical behaviors to watch out for everyone that we interact with. **This disorder is just too prevalent in society these days not to be educated.**

The female malignant narcissists will use mirroring and love bombing in the stages.

She's going to mirror back to you all the things that she's observed are important and meaningful to you. She will pretend that those things are the same things that are important and meaningful to her. And after she gets your attention and interest by mirroring, she will usually slide right into the love-bombing phase to complete the deal, and get you to think that you've potentially met this amazing woman, who just seems absolutely perfect for you.

The female malignant narcissists will use these same tricks to hook friends, job, career, and their sex relationship. Basically, she will use these same techniques for anyone that she encounters she wants to take advantage of. She is a smooth liar

They will say anything to get what they want, I mean nothing is off-limits. They will lie about their circumstances, the welfare of their children, their own health, and their childhood. Many times they will lie about things that no one would lie about to taking advantage of another person.

I have witnessed one lie to other people about one of her children having cancer to an unsuspecting person at church, and her child didn't have cancer, but she got everybody at this church to believe this because who would lie about her child having cancer. They do it effortlessly with no hesitation.

These people can also usually cry on command in order to further exploit their lives and the people that they're trying to trip.

They are two-faced liars.

Many times, they will play several people at the same time in order to gain the most rewards for whatever she's after. She will befriend anyone if she thinks she has something to gain from it, doesn't matter if it's your arch enemy. In fact, many times she probably will prefer to do these things because you would never suspect that.

I have known malignant female narcissists who have been having affairs with family members of her husband. I have seen them lie and [manipulate](#) other people for money, giving absurd pity victim scenarios to several people; in order to take advantage of all of them financially, you name it. It is just me, me and me again, against the whole cruel egoistic world.

These women don't know the word loyalty and honesty. She might behave as if she has high levels of integrity. However, nothing could be further from the truth. Also, they can turn into a bully in a matter of seconds when necessary, they can literally go from playing the victim and switch into the nastiest bully you have ever seen. Remember, their highest priority is getting what they want by fooling other people usually. However, when that isn't working, or you catch them in a lie, or in an act that they cannot escape, they can get aggressive and will resort to emotional and verbal attacks and abuse in order to bully you into submission.

They can be highly sexual and seductive

The female narcissist knows she has tremendous power and control over victims by using her sexuality. So it's very common for these women **to play** the supergirl and be superb in bed. They know that if they have those skills, that they can victimize and exploit a target for more and far longer, than if they don't. They are great high earning hookers.

Many times they will try to get a target sexually obsessed with her or dependent on them sexually. Then they'll get them to do what they want by withholding it and giving it to the target when he or she does what she wishes, but these women are highly sexual and I continually hear about how good in bed they are for my clients.

They take pleasure in humiliating other people

They love to watch other people have hurtful soul-crushing emotions or feelings, and nothing does a better job than humiliating someone in the most drastic ways.

All malignant narcissists relish in the humiliation of other people and they get off on it even more if they're responsible for the humiliation, and of course the more public the scene, the more joy they extract. They will sell you short, just for the moment of attention.

If you are a severely alienated parent, then your ex is a malignant narcissist.

And anyone who has had the horror of going to court against the malignant narcissist, and his or her cronies know the delight and Happiness, these people feel when they can destroy the other parent's life, when they can turn their own children against them and publicly vilified the targeted parent. While the child professes their unending love for the abusive and the disturbed parent, the filthier and disturbing they can lie about and humiliate the targeted parent, the more public they can make it the happier these people are.

Many times they will try to get a target sexually obsessed with her or dependent on them sexually. Then they'll get them to do what they want by withholding it and giving it to the target when he or she does what she wishes, but these women are highly sexual and I continually hear about how good in bed they are for my clients.

She is fierce competitive with others especially other women

Malignant narcissists look at winning as literally life or death, they cannot tolerate losing.

Winning takes priority over literally every other thing in their lives, they will go to great lengths to win, they will lay, they will cheat, they will sabotage anyone or anything necessary in order to win.

Therefore the only way for a normal person to ever come away unharmed with these people is to disengage, because these people do not have a conscience, they can do things to other people even their own children, that you and I would never dream of doing to anyone.

We're just no match for the malignant narcissist. Knowing what I know, now I would never ever challenge these people. If you find yourself tangled up with a malignant narcissist, my advice to you is to disengage immediately, cut your losses and walk away, because they will go to extremes in order to win nothing and nothing is off-limits.

They consistently and notoriously refute and escape responsibility

This is a cornerstone for antisocial personality disorder and it's bizarre to watch them do the things that they do to other people, and the innocent voice in saying "I have done nothing wrong".

They rarely believe it, when they say it. They hide their lying face and show you just the innocent face, they have learned.

The female malignant narcissist is pathologically envious of other people.

They feel electric levels of envy. They also believe that other people are also envious of them because they can't comprehend that other people would not feel envy as they do.

The horrible thing about pathological Envy of the malignant narcissist is they will go to great lengths to ease this overpowering feeling. If you are unlucky enough for them to become envious of you, they will do all kinds of horrible things to sabotage you, to get what they want. It's not a pleasant place to find yourself when a malignant narcissist becomes envious of you or something you have. Pathological Envy consumes these people, and if they are hell-bent enough over it, they will do just about anything to get it or to see that they destroy it, so you can no longer have it either.

[Pathological Envy](#) is probably the biggest factor that drives their behavior, it can literally rule their lives. They have no real understanding of how "others" think and feel. This is consistent with the malignant narcissists, and that is they truly believe that they are superior to other people. They think that the naivete of other people is bizarre, and they find it hard to understand why other people are unwilling to [manipulate](#) or take advantage of other people.

Many times they will theorize that people are all just like they are, they find it so hard to believe that other people would have an issue with being exploitative. If they encounter people who catch them doing something atrocious to them, they usually will only blame the victim, they truly believe that these things are the victim's problem, **they should have known better.**

It's not their fault they lied and took advantage of you; it's your fault for not knowing any better. This type of thinking is consistent for the male and the female malignant narcissists.

Many of my coaching clients will ask: "Did this person ever really love me?" And the answer is no - not like you loved her/him. Think about it: if all you ever felt towards another person was the cold wish to win, how would you understand the meaning of love, a friendship of caring? You would not understand.

The way I tried to explain malignant narcissists to my coaching clients is to think of them as a different type of human being. They are a different species, they don't understand love, and they don't comprehend the pain and suffering that they caused, because they don't feel normal human emotions.

They are in denial about the true impact they have on other people. There is a disconnect with these people, they are soulless, they are incapable of changing, this is the evil part of their personality, I believe that. And as I have mentioned, the only way to win is not to play. Cut your losses, walk away, go no contact and save yourself.

See more here

<https://drpsychological.com/top-10-behaviors-of-the-female-malignant-narcissist/narcissistic-personality-disorder/3/>

What are the common characteristics of the white knight narcissists?

“White Knight Narcissist” is my term for someone with a Narcissistic Personality Disorder who likes to be seen as a good person. They get their narcissistic supplies by doing helpful and good things for other people.

This is in direct contrast to malignant Narcissists, who I am calling “Black Knights”, who get their narcissistic supplies from sadistically setting out to demolish other people’s self-esteem and pleasure in life.

Example: Barry and Sue

When narcissistic Barry first met single mother Sue, he could not do enough for her and her three-year old son. He did all the little chores around her house without being asked. He replaced burnt out lightbulbs, cleaned out the garage, and helped Sue to repaint her son’s bedroom.

After they were married, he gradually switched to doing less and less at home and more and more for strangers. It was like he had absorbed enough praise from Sue and now needed to please other people to feel good about himself.

When Sue complained that Barry was never at home anymore, he devalued her instead of examining his own behavior, as she ask for. “When did you become so selfish and self-centered Sue?” he replied.

The reality was that Barry did not know how to actually be intimate with other human beings. He had no real interest in other people except for getting their validation that he was a good person. He substituted doing chores and being helpful for having meaningful conversations or paying attention to what Sue said her real needs were.

As Sue put it, “I liked that Barry was so helpful, but I did not want to marry a handyman. I need a husband who cares more about my emotional needs and less about whatever chores need to be done.”

What is it like working for them?

You might think that they would be loved by their staff, but that is not usually the case.

I saw a man in therapy who worked for a well known charity. He was in therapy to find ways to handle his narcissistic boss. He described the man as **a public hero - and a private tyrant.**

As the face of the charity, the boss was portrayed in the media as a fighter for the rights of the downtrodden. Those who worked for him saw his other side. He devalued his colleagues and everyone who worked for him was afraid of incurring his wrath. He had a bad temper and thought nothing of publicly humiliating anyone who displeased him. In reality, he was more horror than hero, despite his public persona as a good guy.

Punchline:

The reality is that doing good deeds is just another way for them to seize the spotlight and shore up their shaky self-esteem. Having said that, I still recognize that many of us have benefited from White Knight Narcissists’ need to be seen as special - and that this is preferable than them actively wanting to harm other people.

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Borderline, Narcissistic, and Schizoid Adaptations.

I CALL THEM the "THE 5 FFFFF's OF NARCISSISM"

They are Fast—*as in a Lightning fast connection. Everything moves fast. Pushing for sex the first time you're alone. Then: "Hey, let's move in together! Yeah, it's only been a week but I love you." Saying I love you fast. Like the second time you see them. Never leaving your side.*

Being with a covert narcissist is like having great cell-phone service on a cheap knockoff phone. You have a Lightning-fast Connection but without quality construction and good materials YOUR cheap phone will fall apart so fast it won't matter how great your connection is.

Favors—*things you didn't ask for. They ingratiate themselves with you. Buying your favorite foods, running to the store, let me help, let me get you this, let me do that. Paying for small things—drinks, cigarettes, fast food, never anything big. But things you never ask for.*

Coverts store these things up like long-lasting batteries in an Energizer Bunny and one day you'll be expected to reciprocate. It's now your turn to lovebomb them the way they lovebombed you at the beginning. When you don't or won't or can't do this, the narcissist will turn on you suddenly and viciously.

Fantasies—*they create a fantasy world inhabited by exactly 2 people. You and the covert. In that world anything is possible. You're rich and famous. You're the most beautiful. Everyone is envious of you. And you're expected to buy into the fantasy 200 percent.*

FANTASY ISLAND isn't just a lame 70's tv show. It's where you and the covert narcissist live together. It's where you both pretend the narcissist is perfect and superior. It's where you pretend you don't see all the godawful things he's done to you.

Finicky - everything is their way or the Highway.

You can do nothing right after a certain point in the devaluation process. Coverts will pick you apart for breathing. For existing. They'll provoke you into erupting with contempt towards them, then use your reaction to confirm their own cognitive distortions and wrong thinking about you. See? You are a shitty person. They knew that. You just treated them with the contempt they expected from you (you were only fighting back but that's just semantics)

Narcissists are like toddlers toting around a grownup body.

And like most toddlers they can be FINICKY. Finicky Eaters are five-year-olds who refuse broccoli. A covert narcissist is finicky too—about your behavior, your tone, the mere hint of a double standard from you, whether you constantly meet their exacting standards of "fairness", whether you utter sounds in the correct way to avoid offending their "royal person",

What are the most relationship damaging traits of a narcissist?

1. **Love bomb:** This is what hooks you to their manipulation. You will be their "one and only" the "chosen" one! They never felt like this about anyone else! Little do you know the death trap you are being set up for. They say this to everyone, especially the one they run to after you piss them off.
2. **Gaslighting:** This is where they make your fucking head spin and you try and tell them "rationally" what bullshit they pulled and how you are trying to process it. The more you try to explain "rationally" is the more irrational you will become. AND you will sure as shit start second guessing your reality. And most likely blaming yourself.
3. **Reactive Abuse:** You know, they say something like this, "why can't you just fucking believe me! I am doing all I can. I know I cheated and lied to you multiple fucking times but give me a god damn break you lunatic!" Then what happens? You flip your shit! The god damn gaslighting, seconding guessing yourself, their manipulation of you needing to believe them but they always end up fucking around with someone else! It all sends you into a never ending tailspin to hell. And you FUCKING blow! And rightly so.
4. **Vulnerability:** This is more so for the Covert or Fragile. You will feel so god damn sorry for them. You will want to help them and believe them. You will want to get back what you two once had years ago. You know? Before all the lies. But the more you force yourself to accept the abuse the more you hate and despise yourself. Which you don't need, you have already proven you think very little of yourself to have stuck around this abusive shit show for years.
5. **Understanding:** You will try your god damn hardest to get this person! You want to understand them and work through your differences! You will go to war for them only to be fucked over time and time again. And every time you want to talk about your feelings they come back with more manipulation. They can't understand you need fucking space from all the bullshit they put you through. Their patience runs thin and then they flip that shit on you again! Driving you more mad until you "react" which leads to reactive abuse(AGAIN!)leading you right back in to their vicious cycle of you are the abusive one and they were just trying to "love you!"

Listen, I'm so fucking sick of this bullshit. It doesn't have to be Narcissism. A toxic, mean fucking asshole could do the same thing.

What you need to realize is there is better out there. There is someone you won't have to chase down to prove your worth or be scared as fuck they are going to run off with the next swinging dick.

There is someone out there that would never dream of doing an ounce of the shit they pulled on you. What they did wasn't love and what they are trying to pull you back into isn't love either!

What are you afraid of losing??

That is what You need to ask yourself every fucking day.
"WHAT AM I LOSING?"

Because if You lose it, you wouldn't be losing anything.

But what you do lose is a little bit of sanity the longer you allow it to go on.

The choice is yours .

Gode link om Narcissisme:

Ebbe: om **James Mastersons** synsvinkel:

<https://www.psykoweb.dk/narcissisme/1.htm>

James F. Masterson - The Real & False Self

<https://www.youtube.com/watch?v=AzbUCMdoOas>

<https://www.youtube.com/watch?v=A02Ucd6monY>

<https://www.youtube.com/watch?v=NCmGpssZ57U>

<https://www.youtube.com/watch?v=AdZDh8SrS9U&list=PL39yqs1qPfcPfqPJDdnjXv-LFE8Czdp7f>

Otto Kernberg: Narcissism: A Defense Against Borderline

<https://www.youtube.com/watch?v=DlopY4DfFV4>

<https://www.youtube.com/watch?v=hcX5x8zs5-0>

<https://www.youtube.com/watch?v=g9YAQay1ljc>

Frank Yeomans: The Key to Treating Malignant Narcissism

<https://www.youtube.com/watch?v=FXWgng47jkA>

Treating Narcissism: Absorbing Aggression and Believing in People

<https://www.youtube.com/watch?v=3wbxFODzvjw>

The Malignant Narcissist's Internal World

<https://www.youtube.com/watch?v=-AeWDCJaENc>

The Difference Between Borderline and Narcissism

<https://www.youtube.com/watch?v=V7wSF91MshE>

Narcissistisk Aggression (Toward the Self) & Emptiness

https://www.youtube.com/watch?v=Cq-tCrq_VFg

Narcissist, Psychopath, or Sociopath: How to Spot the Differences

<https://www.youtube.com/watch?v=6dv8zJiggBs&t=5s>

sygelig Narcissism, sadismen, destruktionslysten & Our Undoing as a Species

https://www.youtube.com/watch?v=x3zaA6BA_Is

DIANA DIAMOND 3 Faces of Narcissism: Grandiose, Vulnerable, Malignant -

<https://www.youtube.com/watch?v=2B0qwIFAYbY>

<https://www.youtube.com/watch?v=25fQ6FNvy4I>

smerten og konsekvenser ved at være narcissist, at vågne op fra ønsketænkningen

<https://www.youtube.com/watch?v=ZqQvNtcEoul>

<https://www.youtube.com/watch?v=3PoZtEX8PKE>

Sheldon Bach: om narcissisme

<https://www.youtube.com/watch?v=M6Xzy8CaNq4>

R.D. Laing

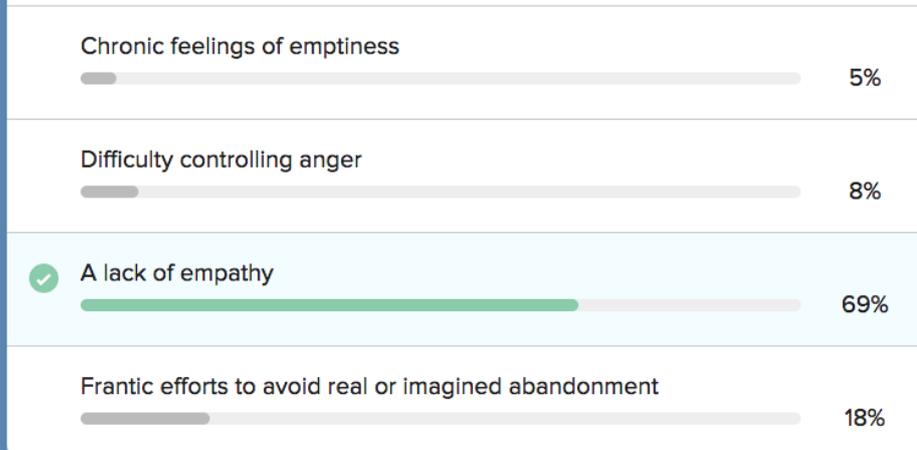
<https://baggrund.com/2015/08/30/hvis-det-normale-var-en-diagnose>

De næste skærbilleder er fra:

https://reference.medscape.com/viewarticle/975835_2

Which are among the criteria listed for a diagnosis of NPD, according to the *Diagnostic and Statistical Manual of Mental Disorders, Fifth edition (DSM-5)*?

YOUR PEERS CHOSE:



According to the DSM-5, a diagnosis of NPD requires five of the following nine criteria:

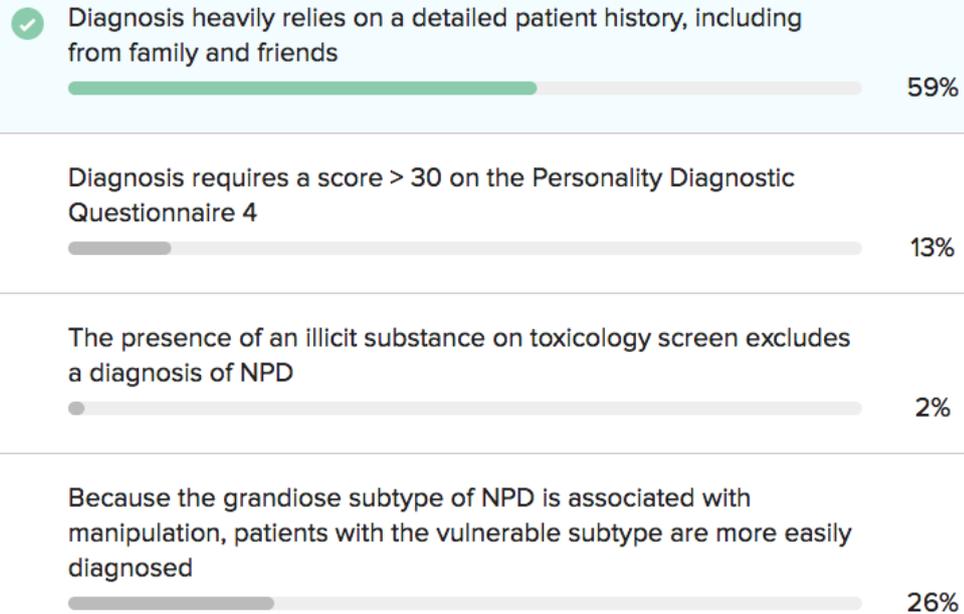
- A belief that they are unique or special and can only associate with and be understood by others like them, such as people or institutions with high status that are special
- A grandiose sense of self-importance
- A lack of empathy
- A preoccupation with fantasies of unlimited beauty, brilliance, power, success, or ideal love
- A sense of entitlement
- A need for excessive admiration
- Interpersonally exploitative behavior
- Envy of others or a belief that others envy them
- Arrogant and haughty attitudes or behaviors

Persistent feelings of emptiness, difficulty controlling anger, and frantic efforts to avoid real or imagined abandonment are among the criteria for borderline personality disorder, which is included in the differential diagnosis for NPD.

[Learn more](#) about the presentation of NPD.

Which statement is accurate about the diagnosis and workup of NPD?

YOUR PEERS CHOSE:



The diagnosis of NPD is typically made on the basis of a history of narcissistic symptoms from pertinent sources (such as the patient, their friends, family, and co-workers, and the observations of the clinician).

In the psychiatric interview, the person with NPD will display a lack of concern for others, a sense of superiority, and an egocentric view of the world. No signs of psychosis (eg, hallucinations, delusions) are present. They have full orientation to time, place, and person and memory is intact. More specific personality tests, such as the Personality Diagnostic Questionnaire-4, can also be used to facilitate diagnosis; however, this is not required, and debate surrounds their reliability and usefulness.

Although there are no specific laboratory studies that diagnose NPD, a toxicology screen may be advisable in view of the high incidence of substance abuse in patients with this disorder, to rule out alcohol and drugs as possible causes of narcissistic character pathology. However, this is not a requirement for the diagnosis.

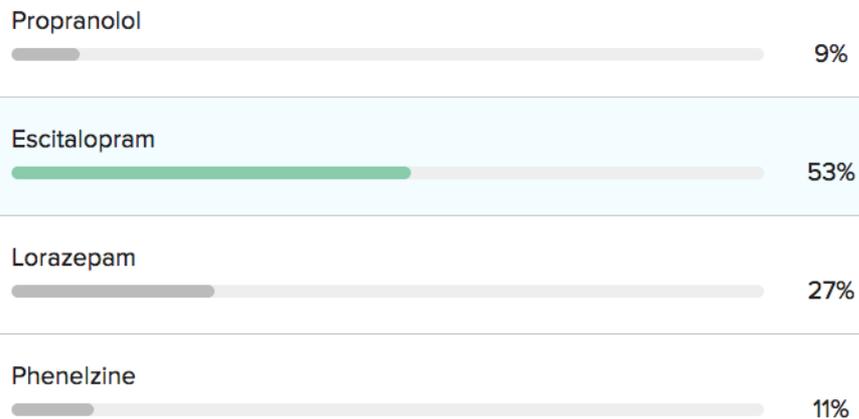
Two basic subtypes have been identified: grandiose NPD and vulnerable NPD. The grandiose subtype is associated with aggression and boldness. The vulnerable subtype involves hypersensitivity and defensiveness, and it is often overlooked. Some persons with NPD may exhibit parts of both subtypes.

[Learn more](#) about the workup for NPD.

ANSWER 4/5

No medications are approved by the US Food and Drug Administration (FDA) for the specific treatment of NPD. Of these drugs, which is more commonly used to address symptoms associated with comorbid axis I conditions in adults with NPD?

YOUR PEERS CHOSE:



Patients with NPD often benefit from the use of medications to treat symptoms associated with the disorder or to manage comorbid axis I diagnoses, including bipolar disorder, major depressive disorder, and dysthymia. These drugs include antipsychotics, antidepressants (selective serotonin reuptake inhibitors [SSRIs]) in particular, and mood stabilizers. Escitalopram is among the SSRIs that may be used to manage comorbid mental health concerns in adults with NPD. SSRIs are the antidepressants of choice in these patients because of their minimal anticholinergic effects.

Propranolol and lorazepam are sometimes used off-label to treat anxiety. However, they are not among the commonly used medications for patients with NPD who have comorbid axis I diagnoses. Phenelzine is a monoamine oxidase inhibitor, a class of antidepressants not commonly used in patients with NPD.

[Learn more](#) about medications for NPD.

QUESTION 5/5

Which statement is most accurate regarding therapeutic approaches in patients with NPD?

ANSWER 5/5

Which statement is most accurate regarding therapeutic approaches in patients with NPD?

YOUR PEERS CHOSE:

Family therapy should be avoided in all patients with NPD, owing to their exploitative behavior	6%
✓ Psychoanalytic psychotherapy (talk therapy) remains a mainstay of treatment for NPD	56%
Therapists should aggressively and quickly deconstruct narcissistic defenses to avoid being manipulated by patients with NPD	25%
Among patients with NPD who require hospitalization, longer stays (> 1 mo) are more effective for changing behavioral patterns	13%

Long-term, consistent outpatient care is the approach of choice in the treatment of NPD. Specifically, psychoanalytic psychotherapy is a mainstay of treatment. Other therapeutic modalities used to treat the disorder include group, family, and couples therapy, as well as cognitive-behavioral therapy and short-term objective-focused psychotherapy.

In general, therapists should recognize that narcissism plays a self-preserving role in the patient's daily life; for this reason, they should be cautious about deconstructing narcissistic defenses too rapidly and work to help the patient gain a realistic comprehension of their own behavioral issues. A too-swift breaching of the self-inflated defenses can plunge the patient into clinical depression and lead to suicide.

As a rule, patients with NPD do best with shorter hospital stays; prolonged time in the hospital does little to change the underlying severity of the illness.

[Learn more](#) about treating NPD.

This Fast Five Quiz was excerpted and adapted from the Medscape article [Narcissistic Personality Disorder](#).

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[What differentiates a covert narcissist, from other types of narcissist?](#)

Let's imagine three women are having lunch together. One is a Covert Narcissist, one is an Exhibitionist Narcissist, and one is a Malignant Narcissist.

The Exhibitionist Narcissist is bragging about her new boyfriend and how important and wealthy his family is. She is showing off the beautiful ring he recently bought for her. The Malignant Narcissist is filled with rage and can hardly eat because she is choking back her desire to smack the Exhibitionist to stop her bragging. She is thinking about what she could say to totally humiliate her and ruin her pleasure. Meanwhile the Closet Narcissist is sitting there wishing she were as self confident as her Exhibitionistic friend.

● **Summary of the Three Types**

The Exhibitionist Narcissist:

Her idea of bliss is to have more than her friends and exhibit herself in front of what she takes to be an admiring audience. When her defensive grandiosity is in place, her basic stance is *I am more special and better than you.*

The Malignant Narcissist:

Her idea of bliss is to destroy the pleasure of anyone of whom she is envious. Her basic stance is: *I don't want you to have anything. I want it all.*

The Covert Narcissist:

Her idea of bliss is to get the approval of the Exhibitionist Narcissist that she admires. She is too afraid to openly seek the attention she craves because that makes her feel too exposed and vulnerable. She avoids the spotlight the Exhibitionist enjoys. Her basic stance is: *I do not dare openly seek attention.*

Punchline: While all Narcissists are focused on self-esteem regulation, tend to be very self-centered, and are also low on empathy, the Covert Narcissist is distinguished by her fear of the spotlight and her need to find indirect ways to get the attention and approval that she craves.

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[some key phrases to pay attention to when dealing with a narcissistic person](#)

“Been there, done that (better than you).” One up-manship.

They are extremely conscious of where they stand in relation to others.

I believe the experts call this hierarchical thinking. The narcissist must be at the top, so if you’ve done it, he’s done it more, better, faster, etc.

“I had a tough upbringing.” You will hear about their awful parents, grandparents, brothers, sisters, how deprived they were, that they were bullied, etc.

They are telling you they grew up in a dysfunctional family. It actually would behoove you to take note of this. It is a harbinger of things to come.

Stretching the truth. They exaggerate, embellish and actually outright lie about things they’ve done. Sometimes to win an argument, other times to make themselves look better, and occasionally, just for the heck of it (which means I have no idea why).

“Sounds like a personal problem.” This might be said when you are complaining about something. It means they don’t want to hear about your boring problems, but you can bet you’re gonna hear about theirs.

“People don’t know how to drive in this f-ing state.” Road rage. Watch what they do, and listen to what they say when they are in traffic. Rush hour is a competitive sport. They take the driving of others personally.

“What did they say about me?” You might get quizzed after a function that you and the narcissist attended. For some reason they think other people are always thinking about them.

“My ex was crazy.” ANYONE they’ve had a falling out with (which is pretty much EVERYONE) was crazy. They’ll back it up with off-the-wall antics (don’t believe it). If you get a chance to talk to these people, I’m sure you’ll find out that the narcs made them crazy.

Repeating the same stories. The same stories, the same complaints, over and over. I was too polite to tell him he had told me before. I now know he had canned speeches about his past. He told them so often, he forgot who he told them to.

“I really don’t like holidays.” Yup, they will bring the most joyful of occasions down. They don’t like holidays, so you, or anybody else for that matter, won’t enjoy them either. They’ll have some trumped-up reason for feeling this way. It would never occur to them to be civil for the benefit of others.

I, I, I. Aye, yai, yai! will you hear a lot of statements that begin with I. A disproportionate amount. I mean, you won’t get even close to equal floor time, no matter where you are. or who you are with, or what the occasion. It’s your birthday, graduation, funeral? Doesn’t matter.

Sometimes it’s more about what they won’t say.

I never heard, **“That’s a good point. You’re right.”** They have unbelievable stamina, and incredible skill, when it comes to debate. I NEVER won an argument. I would just get exhausted and give up. I also never heard **“I’m sorry”** but I ended up being sorry. I was very sorry I ignored this obnoxious behavior.

Live and learn.

What are the most relationship damaging traits of a narcissist?

1. **Love bomb:** This is what hooks you to their manipulation. You will be their “one and only” the “chosen” one! They never felt like this about anyone else! Little do you know the death trap you are being set up for. They say this to everyone, especially the one they run to after you piss them off.

Gaslighting: This is where they make your fucking head spin and you try and tell them “rationally” what bullshit they pulled and how you are trying to process it. The more you try to explain “rationally” is the more irrational you will become. AND you will sure as shit start second guessing your reality. And most likely blaming yourself.

Reactive Abuse: You know, they say something like this, “why can’t you just fucking believe me! I am doing all I can. I know I cheated and lied to you multiple fucking times but give me a god damn break you lunatic!” Then what happens? You flip your shit! The god damn gaslighting, seconding guessing yourself, their manipulation of you needing to believe them but they always end up fucking around with someone else! It all sends you into a never ending tailspin to hell. And you FUCKING blow! And rightly so.

Vulnerability: This is more so for the Covert or Fragile. You will feel so god damn sorry for them. You will want to help them and believe them. You will want to get back what you two once had years ago. You know? Before all the lies. But the more you force yourself to accept the abuse the more you hate and despise yourself. Which you don’t need, you have already proven you think very little of yourself to have stuck around this abusive shit show for years.

Understanding:

You will try your god damn hardest to get this person!

You want to understand them and work through your differences!

You will go to war for them only to be fucked over time and time again. And every time you want to talk about your feelings they come back with more manipulation. They can’t understand you need fucking space from all the bullshit they put you through. Their patience runs thin and then they flip that shit on you again! Driving you more mad until you “react” which leads to reactive abuse(AGAIN!)leading you right back in to their vicious cycle of you are the abusive one and they were just trying to “love you!”

What is a less severe form of narcissism?

There are two basic forms that narcissism can take: Narcissistic Personality Disorder (serious) and Narcissistic traits (much less serious). When I talk about narcissism or say that someone is a Narcissist, I am almost always using those terms as shorthand for Narcissistic Personality Disorder (NPD).

What are narcissistic traits?

These are ways of thinking and behaving that are similar to those that are also seen in people who have a Narcissistic Personality Disorder. However, if you only have narcissistic traits, you do not qualify for a personality disorder diagnosis. Some common narcissistic traits are:

- Self-centeredness.
- Being very concerned with status.
- Lacking emotional empathy.
- Being controlling.
- Not taking responsibility for your own mistakes.
- Blaming other people when things go wrong.
- Devaluing other people.
- Needing constant validation.
- Dominating conversations.
- Being uninterested in other people except when it serves your needs.

Narcissistic traits exist on a spectrum.

Some people have lots of narcissistic traits, while other people have very few.

What is a Personality Disorder?

In brief, a personality disorder is a maladaptive and rather rigid set of beliefs, behaviors, deficits, and coping strategies that are believed to have their start in early childhood, before the age of five, when the personality is forming.

In order to qualify for being a personality disorder, this pattern of being in the world must be pervasive, relatively stable across time, occur in almost all situations, and be used with most people., in addition, from an Object Relations (OR) theoretical point of view, all people who qualify for a personality disorder must lack Whole Object Relations (WOR) and Object Constancy (OC).

What are whole object relations?

This is the ability to see yourself and other people in a realistic, integrated, and stable way that simultaneously includes both good and bad qualities. Without WOR, you can only see yourself and other people as all-good or all-bad with nothing in between.

What is object constancy?

This is the ability to stay emotionally connected to someone you like while you are hurt, frustrated, angry, disappointed, or physically distant from them. Without OC, during a fight, love can quickly turn to hatred and your loved one can seem like your enemy. The lack of OC is one of the main reasons that people abuse people they claim to love. During a fight, they “forget” the love and lose touch with all the positive past history.

What is Narcissistic Personality Disorder?

This is a personality disorder that is characterized by narcissistic traits, deficits, and coping mechanisms. In essence, people with NPD have all the issues of a personality disorder and they express these issues in distinctly narcissistic ways.

Punchline: Many people have narcissistic traits who do not qualify for a full diagnosis of Narcissistic Personality Disorder. Narcissistic traits are a less severe form of narcissism. Having a few narcissistic traits is the mildest form of narcissism.

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A narcissist is a walking cesspool of toxic secrets.

You won't know the half of their filthy secrets and lies until they've sank their dirty fangs into you or once you've escaped their abusive clutches. Here is a comprehensive list of what a narcissist hides from you:

- Finances; whether they have money stashed away somewhere or have a history of bankruptcy or bad credit, they may keep this hidden from you if they have their eyes on your wallet and assets.
- Their status; it's quite likely that when the narcissist was love bombing you, they still had one foot in their previous relationship. Narcissists are infamous for monkey branching or overlapping in their primary relationships. They won't let go of you until their new relationship is established for a seamless transition.
- Hookup apps & dating sites; any narcissist worth their weight will have multiple hidden dating and hookup apps hidden on their phones and devices. Dating and hookup apps are a narcissist's favourite pass time as they cultivate alternate sources of supply behind your back.
- Promiscuity & serial cheating; a narcissist will cheat regularly, with impunity and galling entitlement with multiple different sex partners simultaneously. Your schedule will be carefully studied as the narcissist plans their betrayals when you're at work, when they're "out of town" or any other period of time away from you which they can seize on.
- The raft of STDs you're potentially being exposed to as they feign exclusivity.
- Smearing; a narcissist will spread heinous lies and outrageous embellishments about you to justify their own piss poor behaviour towards you.
- Addictions; porn, sex, compulsive masturbation, drugs, alcohol and gambling. You may know they have a proclivity to substance abuse or gambling but the severity and extent of their addictive and highly impulsive behaviours will be hidden.
- Your replacement; when you're being devalued by a narcissist, someone else is being love bombed. Between their strings of casual hookups, narcissists will also keep a keen eye peeled for your replacement. They will engage in full on emotional and physical cheating in their search.

●Marriage; vows mean diddly squat! There will be no “in sickness and in health”, no loyalty and certainly growing disdain as the narcissist experiences the pinnacle affect from tying the knot.

●Their exceedingly low threshold for boredom.

It's your job to keep them entertained and stimulated 24/7 and when you fail to do so, someone else from the harem garage will be appointed to the task.

●The abuse; gaslighting, manipulation, exploitation and the gratification they derive from mistreating and deceiving which only worsens the longer you stay.

●They need you more than you need them. Narcissists need someone to act as an emotional punching bag, scapegoat and someone they can treat like a doormat to soothe and self aggrandise. It's all about the exertion of power and control over you.

Narcissists are infamous for leading double, triple or quadruple lives.

Narcissists will also lie and deceive even with the most innocuous circumstances.

They derive a profoundly sadistic sense of joy when they pull one over on you known as narcissistic duper's delight.

The name of the game in a narcissistic relationship is deception, secrecy and mind fuckery at every turn. It gives them a toxic sense of gratification as they gleefully watch you suffer in a state of exasperation. Narcissists are sneaky af and will always have plenty of secrets they're withholding at any given time.

That's why it's just easier to disappear on the narcissist and save yourself from further torture.

Though most of us read about the three stage

Idealize, Devalue and Discard, Dr. Babiak talks about the stages a bit differently:

One. The Assessment Stage. This is where the Predator is determining upon meeting you and trying to interact with you to see if you meet their requirements as prey. They are watching your body language, listening with intent to your responses, asking you many questions, paying attention to your eye contact. The predator is determining what use he can make of you. Good contacts? Sexual relationship? Financial gain?, etc.

It is like a lion grooming a gazelle.

They will then follow up quickly with gathering your contact information such as Social media, phone numbers, etc. and will almost with lightening speed reach out to you with constant, constant, contact. Within minutes, hours or days you will be bombarded with idealization contact from the predator which will immediately have you believing that you have met someone very interested in you; someone who sees value in you.

Two. The Manipulation Stage.

This is where the Empath, believing in giving most people a chance, (because people have inherently good intentions - NOT!) is slowly, methodically, put under the trance of the PSYCHOPATHIC BOND. You will find yourself trusting way too soon, breaking your own deal-breakers and boundaries. They may idealize you in words and actions, making you feel SPECIAL. We all want to feel special, so we tend to overlook things that don't feel right or are over the top or moving too fast.

We become like sleeping-beauties under a spell, giving the PSYCHOPATH/NARCISSIST way more information than we should. We begin to engage in a dangerous dance in which the Predator is using us, but we fail to see it clearly due to the subtle, well-thought out calculations. They will be very responsive and giving at first. It is a mind-control ploy to make you feel SAFE. Once they have you ensnared in their trap of all wonder, that is when they will play the TAKE-AWAY game and begin the emotional manipulation and abuse. You become their puppet-on-a-string trying to please someone who will never be pleased and never cared to begin with. You were chosen to serve their needs and be their punching bag.

If you stand up for yourself and confront, you will be the recipient of severe punishments such as silent treatments, subtle put-downs and slowly your self-worth will deteriorate. Remember, they seek Empaths because of the high-level of "understanding and rationalization". This should spell RUN, but many Empaths don't until it is clear that this has been a GAME and ILLUSION.

Three. The Discard.

This phase is inevitable with all pathological Narcissists and Psychopaths. They either have extracted all they can from you, or grow bored of how understanding you were or the GAME is no longer "FUN" for them, and they move on. Sometimes quickly, sometimes slowly.

If you eventually catch on (and you will) if you muster the courage, you may exit first but not without losing a part of yourself and your innocence.

Though Empaths should NEVER let go of the beautiful part of them that believes in light and love, they must learn to understand a very painful life lesson. Amongst the many good people who walk the planet, there are many others who are wired differently than us and have dark intentions.

It is only when the EMPATH understands this to be a universal truth, that he/she can survive the Predators that walk amongst us.

[Laney Zukerman~The Relationship Coac](#)



Is it hard for a narcissist to keep the mask on for such a long time?

A: I will answer by explaining the mask and how it is used contextually.

Why the mask?

The Narcissists mask is what s/he **wears** to assert a face of superiority and entitlement, protecting her/himself from feelings of invalidation and insecurity which are intolerable to them. The Mask forms the hard core shell around a very weak and vulnerable inner core, sense of self. This strong, cool and resilient facade disguises the vulnerable and insecure true self behind. that seeks to be approved and admired. Being a narcissist is a tiring draining endeavor, emotionally and psychologically due to wearing a mask all the time.

Narcopaths do not experience emotions like you or I do.

Your love was very real. Theirs may have been convincing, but it was not real. They did not feel any of the vulnerability, trust, or bonding that you did. They observed and mirror, mimicked what you expressed, but they did not feel it. **They were wearing a mask.** This is why it's so simple for them to drop & replace you at a moment's notice, while it takes you months or years to recover.

The beginning of the relationship was the stage of idealisation (ID) and during this phase you were love-bombed, adored, attended to and revered.

Mask on / Mask off:

When you first met them and during the initial weeks of getting to know them and becoming intimate, **you were dating their mask**, a phantom, a work of creative fiction. They're a creature devoid of emotion and empathy, but you couldn't spot the signs because you were 'off your head' on Narcocaine. They gave you so much attention, ego stroking and sex, you fell into a stupor.

A new dawn:

When you suddenly realise you're in withdrawal from Narcocaine and realise something's shifted in your relationship, you develop a new state of fear and anxiety. Suddenly you're not getting those early morning texts, **those little love notes**, late night phone or booty calls, **no more sex whenever you want it**. You're getting less attention and little admiration. The Golden light begins to turn to darkness. The Narcopath once fulfilled every wish, every sexual desire, until you became yesterday's plaything.

From Idealization to Devaluation

Deep down, when you cross the precarious threshold into never-never land (DV), you know something's changed but you cannot 'put your finger on it'.

You don't want to come across as insecure or needy, so you keep silent all the while the voice in your head is telling you, "Something's wrong". The Narcopath subtly minimises you, something you instinctively sense but can't comprehend. Something's definitely off!

Yesterday seems so far away

You yearn for that look in their eyes, the sparkle, the smile, the gushing response when you say something. (Sound of **record scratching**.) **It's the beginning of the end, Honey. Believe me! You've slipped into the DeValuation Phase(DV)**, down the helter-skelter (twisting slide) into the matrix, a plethora of efforts at gaslighting, the silent treatment, stonewalling, triangulation and smearing is coming your way.

Suddenly, the Narcopath is no longer available at your beck and call; they are no longer fawning after you. Now, they seem bored, uninterested in you, less willing to spend time together. Now it's you doing all the chasing. What the hell happened?

Devaluation = mask is beginning to slip.

Narcs wear their masks outdoors, when trying to manage secondary and tertiary sources of supply. They must not let it slip! As I wrote, previously, ignorance is vital to them in order to perpetrate their abuse and manipulation.

[Johnny Do's answer to What helps a narcissist the most?](#)

Ignorance is what the Narcissist requires and that is why the mask is so important. If people see them for who they truly are, 'the game is lost'. They must maintain the pretence at any cost. That is why their image is so important; it's why they erupt with absurd, over-reactions to slights **because they or anyone else must not confront their true self!** Their false self is omnipotent, god-like, despite being an act of pure fantasy and illusion.

Public Angel / Private Wretch

Narcopaths will rarely take off their masks to anyone but their primary source, perhaps a close relative who they enjoy abusing. Most of their venom and vitriol is retained just for YOU!

Mostly in public their mask stays on and in private it comes off, behind closed doors. The outside world cannot see the wretched beast that's slaying your soul.

The public / private contrast is why it's so difficult for others to believe you, once you've been smeared! The Narcopath plays the victim to the outside world, perfectly.

Back to the question:

Is it hard for the Narcissist to keep the mask on? It depends who you're referring to.

To the outside world, no. It's tedious to maintain, but doable, because their vicarious existence and perpetual lust for new supply requires that they do so. Occasionally when they have a bad day it might slip in public, but generally they know the perfect remedy: a quick apology here, a bit of love bombing there, and no one is none the wiser.

However, you, their significant other, are different! You're the chosen one!, the one chosen for supply, the one chosen for abuse and manipulation! Behind closed doors, at the end of the idealisation/ beginning of the DV phase, the mask will slip regularly, and this is all part of the process.

The Mask is the key tool of deception:

The Mask is the tool which the Narcissist hides behind, both from themselves (their true self) and the outside world. It's the shield which they use to get what they want. Occasionally, it slips when the Narc is dealing with someone who triggers

them, someone who they deem inferior, inept, unimportant to them. Taxi drivers, waitresses, flight attendants, concierges, sales reps, support staff (people they deem less than themselves and not useful, long-term). These unassuming victims will suffer their barbarism, albeit temporarily.

Below are a range of tactics all Pathological people use which the mask facilitates.

The mask makes you think they are not an abuser, even when the truth is staring you in the face.

The Mask enables them to pull off these manipulation tactics .

Silent Treatments

The arguments create silent treatments which start off in hours and progress to days and weeks. These are to create distance so they can tap up new/different supply. As you become boring, tedious, dependent and demanding, you lose your shine. You're predictable/dependable, but 'dull'. You've stopped pulling out all the stops/rolling out the red carpet for Narc-arse, you've stopped eulogising them and settled into the relationship.

That is what normal people do, after the honeymoon phase. The problem is that Narcs don't do relationships, they don't do security, stability, or dependency!

Stonewalling;

They will refuse to answer questions when you demand to know information about their movements. The mask will come off and you will see their contempt, their rage: How dare you question them?! This is designed to stop you from finding out the truth. Over time, they will condition you to stop asking questions. You will start to walk on eggshells. You will sense they are with/seeing someone else long before you have proof.

Gaslighting:

A Narcopath's stock-in-trade: someone who has lied to themselves since childhood will easily dupe you into believing their false tales. They will deny the truth, deny they were there, deny they said it, tell you that you must be hearing things. **They will tell you that you're 'losing it', and in time, that's exactly what will happen!**

Smear Campaign:

This slots into the mask-wearing, and it is a contingency to ensure that no one sees through their mask. They will begin to smear you subtly, to friends, family, colleagues, and over time, your reputation will be tarnished more and more - **but subtly at first**. By the time you exit the relationship, their masks will be perfectly placed front-and-centre, and it will be accompanied by a Halo, just for good measure! Remember: no one can ever find out the truth about them - just another side of their dark decagonal face!

Targets are further traumatised and punished by society. They are judged as crazy and emotionally unstable because they react to the narcissist's mind-fuck behaviour. The narcissist (or a psychopath) remains cool and composed and somehow people believe them over you all because they wear this flawless mask.



Are there defining characteristics

that can assure you, that you're not a narcissist? What are they?

- *If everything bad that ever happened to you was done to you by others.*
- *If all your relationships didn't work out without you having a hand in that .*
- *If you cheat on every partners you get with, due to those partners pushing you to do so.*
- *If you're a very noble and altruistic person but people just don't seem to get that.*
- *If you really hate your parents but sometimes go around telling people about your blissful childhood when at other times you wanna wallow in the damage they caused you.*

- *If you're an adult but your parents are to blame for your life circumstances.*
- *If you have several different social media accounts, because of having to create a new profile when you end a relationship, as a precaution against being stalked by your ex. Because all your exes somehow turn to stalkers.*

- *If at every job you get, somehow the manager doesn't like you and seems to be threatened by your talent and skills.*
- *If you really, really hate your exes, but you're holding on to their numbers, because you never know what you might need them for.*
- *If you feel that your partner deserves to be mistreated, so you don't care if they're hurt by your actions. They don't care either and you know for a fact that they're lying that they love you, eventho they cry and yell it everyday. You're not susceptible to manipulation, so you could care less about their snot blubbering down their red and swollen face.*

***You might just wanna go take a long nap,
Then get up and go to sleep.
Then repeat. Infinitely.***

If these characteristics do not apply, you should be good.

This is the hardest thing you will ever have to do in your life will also be the most important thing.

Stop having difficult conversations with people who don't want to change.

Stop showing up for people who have no interest in your presence.

I know your instinct is to do everything you can to gain the appreciation of those around you, but it's an impulse that steals your time, energy, mental and physical health.

When you start fighting for a life with joy, interest and commitment, not everyone will be ready to follow you to that place.

That doesn't mean you have to change who you are, it means you have to let go of people who aren't ready to be with you.

If you are excluded, insulted, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and your life.

Truth is, you're not for everyone and not everyone is for you.

This is what makes it so special when you find people that you have friendship or love matched. You will know how precious it is because you've experienced what it isn't.

There are 7 – 8 billions of people on this planet

Maybe if you stop showing up, they won't look for you.

Maybe if you stop trying, the relationship ends.

Maybe if you stop texting, your phone will stay dark for weeks.

That doesn't mean you ruined the relationship, it means the only thing that was holding it was the energy that only you gave to keep it. That's not love, that's attachment.

It's giving a chance to those who don't deserve it! You deserve so much more.

The most valuable thing you have in your life is your time and energy as both are limited. The people and things you give your time and energy to, will define your existence.

When you realize this you start to understand why you're so anxious when you spend time with people, activities or spaces that don't suit you and shouldn't be near you.

You'll start to realize that the most important thing you can do for yourself and everyone around you, is to protect your energy more fiercely than anything else. Make your life a safe haven, in which only people "compatible" with you are allowed.

You are not responsible for saving anyone.

It's not your responsibility to convince them to improve.

It's not your job to exist for people and give them your life!

You deserve real friendships, true commitments, and complete love with healthy, prosperous people.

Deciding to distance yourself from harmful people, will give you the love, esteem, happiness and protection you deserve.

Do Narcissists have a conscience?

No, they do not.

Dr. George Simon is one of the most important researchers on personality disorders.

Narcissists prey on people who have a conscience. People who want to do the right thing.

As Dr. Simon says: "It's not that they aren't aware enough, it's that they don't care enough."

Popular psychology has most people believing that narcissists are unaware".

They know they can take advantage of the fact that you have a conscience.

Watch this entire video.

https://www.youtube.com/watch?v=Z-Vv0qpK_mE

Do narcissists realize when you've finally had enough?

Narcissists don't realize anything while using you . They treat you like an object.

It happens with us too when we use objects in our life and don't think

that we had used them ENOUGH or optimum or minimal.

We do not have a reciprocal relationship with objects.

We use objects and we discard then replace them when they are no longer useful.

This is how narcissists deal with other human beings, except that when we use an object,

the object is not harmed by the usage. The narcissistic relationship would therefore

be more parasitic than anything, because the narcissist uses other human beings

to that human being's detriment.

They cause harm, in other words.

Like a tapeworm. No matter how much you eat when you have a tapeworm, you are still always depleted because the tapeworm is getting most of it.

When the tapeworm becomes too powerful, you begin literally to starve.

They take everything and there is nothing left for you.

This is the relationship with a narcissist !

And when you finally heal,
You'll realize they had
nothing to offer you from
day one.... Just lies and
bullshit.. It was *you* that
had everything *they*
wanted..

@narcissistic_abuse_is_real

**Does a narcissist know how it truly feels
to be content with just one person?**

True relationship always happens with one person.

But narcissists don't actually want a relationship.

They don't want to build anything with anybody and they do not desire to share anything.

They don't want a partner. They only want SLAVES .

More correctly, they want to treat you as an OBJECT .

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The narcissistic relationship would therefore be more parasitic

than anything, because the narcissist uses other human beings to that human being's detriment.

They use , abuse , leave them in hurtful situation and move to another relationship.

Narcissists rarely have a gap between their PREY, and may have been grooming several potential replacements of you during their relationship with you !

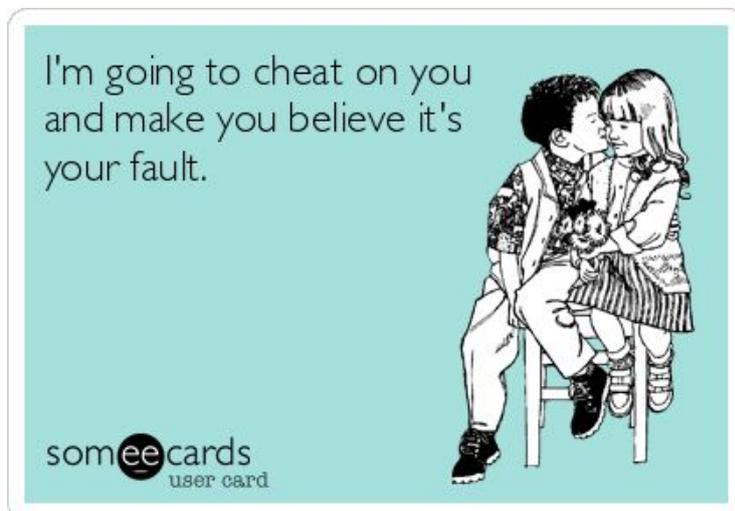
Some people keep
changing partners to
avoid changing
themselves.

© Conscious soul

Read that again

What are the stages of healing from emotional abuse?

1. Feeling numb. Too stunned to even cry.
2. Wishing to die constantly. Depression
2. No longer feeling numb but finding it really difficult to face life.
3. Not wanting to be amongst other human beings
4. Processing the trauma slowly and trying to understand what happened and why this happened
5. Addressing the many issues
6. Addressing the residual issues
7. Lessons to be learnt
8. Forgiving
9. Not worth wasting more time. Closing ceremony!



Kære brevkasse

Jeg elsker min kæreste, men hun kalder stort set alt for 'gaslighting' (en form for psykisk vold, hvor offeret begynder at tvivle på sig selv, red.), og det driver mig til vanvid. For det første fordi det sjældent er sandt, og så fordi hun bruger det til at lukke diskussioner ned. Jeg ved godt, jeg ikke er en psykopat, der manipulerer, men det sårer mig faktisk, at hun altid bruger det udtryk.

Hvad gør jeg?

Mvh. Gasmanden

Gæsteredaktør Sidsel Ana Welden Gajardo:

Kære Gasmand

Når jeg læser dit spørgsmål, tænker jeg: Er det mon egentlig mig, der skrives om, og er du, Gasmanden, egentlig min kæreste, der bare ikke tør konfrontere mig med min egen psykodramatiske terminologi? For jeg er skyldig i præcis det samme som din kæreste. Jeg kaster om mig med ord som gaslighting, toxic, red-flag og lovebombing. Og helt ærligt, bare fordi man siger til sin kæreste, man elsker dem, betyder det jo ikke, man love-bomber. Ligesom det altså ikke er gaslighting, hvis man gør sin partner opmærksom på, at vedkommende aldrig tager opvasken og støvsuger, selv om vedkommende er af en anden opfattelse.

Og så bliver det jo rigtig tricky, for hvad nu hvis du rent faktisk gaslighter hende, og hun beder dig lade være, og du benægter, at du gør det?

Men jeg vil lade min tvivl komme dig til gode, hvilket ellers er noget, jeg sjældent gør med mænd.

Derfor tager jeg en for holdet og erklærer, at jeg også synes, vi skal stoppe med at bruge anklager om at ens partner bruger alvorlige manipuleringsteknikker som nyt smart popkulturelt lingo. Det er faktisk ret problematisk.

Jeg vil vaske min egen mund fri for de her begreber, og så kan du jo altid vise mit svar til din kæreste og sige:

Se, den tid er altså ved at være forbi.

Og hvis hun insisterer på at blive ved med at sige, du gaslighter hende, og ikke lytter til, at du bliver såret, hvem er så den egentlige gasmand i jeres forhold?

Jeg håber, I slipper ud af gaslighterens catch-22.

What is narcissistic projection?

Projection is a standard tactic used by pwNPD to gaslight objects sourced.

Supplies ego fuel for Narc raging internal fires

Once you recognise a Narc is projecting, it's the biggest tell. The great reveal.

Surfaces and exposes the malicious, nasty, covert games they play away, behind the scenes.

Red flag alert.

Projection

A defense mechanism narcissists use that involves condemning others for their own emotions, traits, reactions, and behaviors. A narcissist projects without being provoked. Although the narcissist may project their positive attributes onto you (mirror image), most of the time they are scraping the mud off of themselves and smearing it onto you. Everything they say precisely describes them, but it mind screws you so bad it may leave you asking yourself the question, "Am I the narcissist?"

Narc-ology♥



*All
narcissists
tell on
themselves.*

Projection is the process through which they reveal who they are and what they're doing.



INNER INTEGRATION

Husk at det du siger om andre,
det siger mere om dig, end om dem.

"Everything we say about the world or other people
is a projection. Vi do not see the world as it really is.
We see the world and people like we feel for or against them
We all see everything better or worse than it really is."

Om ADHD

Are ADHD adults more immature than non-ADHD adults?

I am a pretty successful semi-retired 53 old male with unmediated adult ADHD and I can give you a quick back of the envelope answer:

1. Yes. We can be absolutely perplexing. I to this day rely on my wife to tell me when I'm saying something stupid or being overbearing, making people uncomfortable etc. I have ZERO instinct for people. I consider myself an alien amongst earthlings and my wife is a hired assistant earthling that helps me not get sent back to whatever planet I came from. I alienate at least 3 out of 4 people who work for me (the upside is that who is leftover are the best!) I can be the nastiest, meanest, belittling prick you've ever met, but only for 30 seconds. The rest of the time I'm absolutely fantastic and you'd be glad to work for me, hang with me, and so forth. You just have to be able to stay on the bull for those 30 second bursts or we're both f***'d. It's really that simple.
2. I could not possible remain employed by anyone else for long. I do fantastic work but am a complete space shot. I'm self employed. I leave my house and literally drive by every place I intend to go. But I was still one of the best lawn care providers in my city for years because I loved making things beautiful and my clients adored me. Of course they didn't have to ride the bull with me ... (see #1)
3. I'm probably above average IQ wise. I know shit I really have no business knowing. It's not always a great help, honestly. I'd trade "being a people person" for 30 points of IQ any day.
4. I can hyper focus. I went from a lower income lawn care business owner to owning 53 rental units in 3 years, selling a few, and semi retiring this year at the age of 52. Once I set my teeth into something I'm unstoppable.

So in short, yes, we just think differently and value differently, sometimes VASTLY so we at least appear immature. And of course, what walks like a duck, etc. But for myself, when I get in the groove, really focus on something I love, I leave earthlings behind in every way. Take this all with a grain of salt ... I probably have some delusions of grandeur too!

People often say this because scans of a neurotypical brain compared with scans of the brain of someone with ADHD show that the prefrontal cortex area, (associated with organization, planning, controlling hyperactivity and decision making) is roughly 3 years smaller in the young ADHD brain. This has led to a hypothesis that a person with ADHD is relatively three years behind in certain development and maturity. By the time we reach our late 20's, our prefrontal cortex is mostly consolidated. So while the region is still under-stimulated in an ADHD brain, relative maturity levels should be about the same

What are the three keys to happiness?

1. **Something to do.** We humans are fearfully, wonderfully made, designed to work and play and reflect and create and produce and heal and help and study the stars and tell stories and make babies and raise up good people and teach and watch reruns and bake cookies for the class.

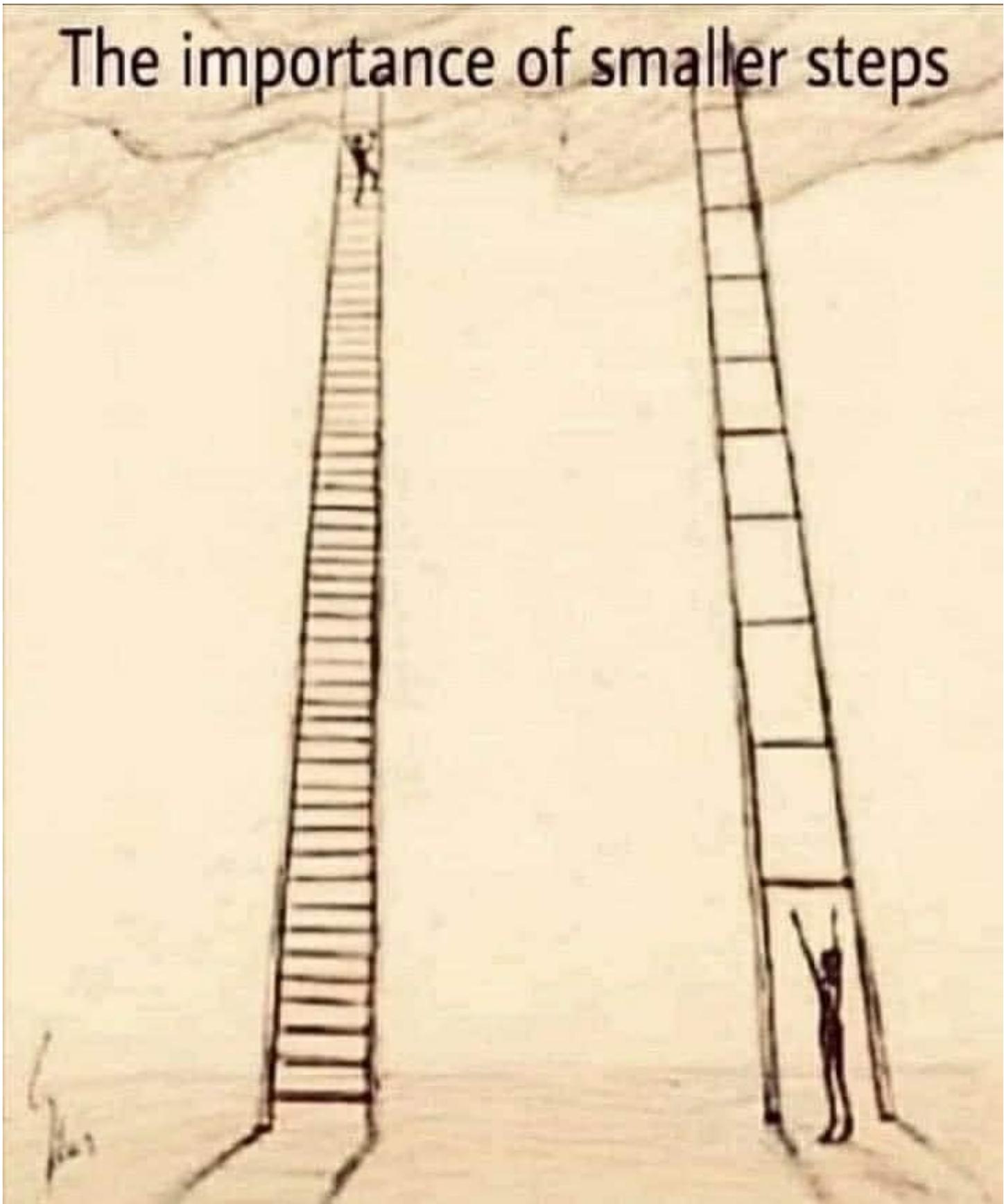
Depression and fear and hurt slow down our doing or stop it altogether. One key to happiness is to find something to do that suits and satisfies you. No matter if it's chess or flying, or reading, or great and noble deeds for humanity. Just something.

2. **Someone to love.** We inhabitants of the planet are created to connect and commit, and to cherish. It doesn't have to be a great romance. It can be your cat or your cousin or your parents or your patients or your pastor or your students or babies of all kinds, everywhere. Just someone. Including strangers and people on TV.

The second key is loving someone, just *someone*.

3. **Something to look forward to.** We're the only beings that think a lot about the future. For you it might be heaven and bliss with your God, or your daughter coming to visit, or a pedicure or picnic or party, or M*A*S*H reruns back on TV, or retirement, or making a birthday dinner for your mom. Or being done with all the laundry. Or snow. Or the gifts of your vegetable garden. The third key is imagining something coming in the future — Paradise or your package from Amazon, or the weekend, just *something*.

The importance of smaller steps



THE IMPORTANCE OF SMALL STEPS IN A SUCCESS JOURNEY

