

**NPD:**  
**NARCISSISTIC**  
**Personality Disorder**



**DR SUSAN KRIEGLER**

# NPD: **NARCISSTIC** PERSONALITY DISORDER

Have you loved a person who is never wrong, never sorry and believes it is always someone else's fault? Have you ever experienced an individual who's non-accountable for their behaviour and doesn't learn despite the mayhem and pain they produce? Have you witnessed an individual who has no tolerance for the slightest criticism, even when given constructive advice? Read further because this person may well be suffering from Narcissistic Personality Disorder.

Have you ever been in a relationship with an individual who demands your attention incessantly and becomes depressed, sulky and even full of rage if your attention goes elsewhere? This is one of the earliest warning signs of a narcissist. This is where women who know the difference turn their back and walk away; they know that any guy ringing them 10 times a day and demanding attention is not well. Unfortunately, many women can mistake (or delude ourselves) that this high need for attention means we're loved, missed and adored, or maybe we felt wrong in leaving or speaking up, as a result of our own deficient boundary function. Please be assured, this is not love; it's the deadly calling card of the narcissist. (Melanie Tonia Evans, *How to Understand and Implement Healthy Boundary Function*.)

## **What Is Narcissism?**

There are two types of narcissism. Healthy narcissism and unhealthy narcissism. Healthy narcissism is a state of ensuring one's needs are met without affecting one's environment and other people in adverse ways. Healthy narcissism is a constructive assertion of self, and mature utilization of decision-making processes. Unhealthy narcissism is a state of trying to get one's needs met in ways that are detrimental to one's environment and other individuals. Unhealthy narcissism is a destructive assertion of self and immature utilization of decision-making processes. Extreme narcissism is known as NPD (Narcissistic Personality Disorder).

## **The Legend of Echo and Narcissus**

In Greek mythology Echo was a wood nymph who loved a youth by the name of Narcissus. He was a beautiful creature loved by many, but Narcissus loved no one.

He enjoyed attention, praise and envy. In Narcissus' eyes nobody matched him and as such he considered none were worthy of him.

Echo's passion for Narcissus was equalled only by her passion for talking as she always had to have the last word. One day she enabled the escape of the goddess Juno's adulterous husband by engaging Juno in conversation. On finding out Echo's treachery Juno cursed Echo by removing her voice with the exception that she could only speak that which was spoken to her.

Echo often waited in the woods to see Narcissus hoping for a chance to be noticed. One day as she lingered in the bushes, he heard her footsteps and called out "Who's here?" Echo replied "Here!" Narcissus called again "Come", Echo replied "Come!". Narcissus called once more "Why do you shun me? Let us join one another." Echo was overjoyed that Narcissus had asked her to join him. She longed to tell him who she was and of all the love she had for him in her heart, but she could not speak. She ran towards him and threw herself upon him.

Narcissus became angry "Hands off! I would rather die than you should have me!" and threw Echo to the ground. Echo left the woods a ruin, her heart broken. Ashamed she ran away to live in the mountains yearning for a love that would never be returned. The grief killed her. Her body became one with the mountain stone. All that remained was her voice which replied in kind when others spoke.

Narcissus continued to attract many nymphs all of whom he briefly entertained before scorning and refusing them. The gods grew tired of his behaviour and cursed Narcissus. They wanted him to know what it felt like to love and never be loved. They made it so there was only one whom he would love, someone who was not real and could never love him back.

One day whilst out enjoying the sunshine Narcissus came upon a pool of water. As he gazed into it, he caught a glimpse of what he thought was a beautiful water spirit. He did not recognize his own reflection and was immediately enamoured. Narcissus bent down his head to kiss the vision. As he did so the reflection mimicked his actions. Taking this as a sign of reciprocation Narcissus reached into the pool to draw the water spirit to him. The water displaced and the vision was gone. He panicked, where had his love gone? When the water became calm the water spirit returned. "Why, beautiful being, do you shun me? Surely my face is not one to repel you.

The nymphs love me, and you yourself look not indifferent upon me. When I stretch forth my arms you do the same; and you smile upon me and answer my beckoning's with the like." Again, he reached out and again his love disappeared. Frightened to touch the water Narcissus lay still by the pool gazing into the eyes of his vision.

He cried in frustration. As he did so Echo also cried. He did not move, he did not eat or drink, he only suffered. As he pined, he became gaunt losing his beauty. The nymphs that loved him pleaded with him to come away from the pool. As they did so Echo also pleaded with him. He was transfixed; he wanted to stay there forever. Narcissus like Echo died with grief. His body disappeared and where his body once lay a flower grew in its place. The nymphs mourned his death and as they mourned Echo also mourned.

The story of Echo and Narcissus is used as a warning to those who love someone that cannot love them back and is often used as a basis for understanding the implications of Narcissistic Personality Disorder (NPD). It is also used in reference to Borderline Personality Disorder (BPD).



## What Are the Symptoms of Narcissism?

The symptoms are numerous. The most common being:

- A grandiose belief in being 'unique' and 'special'.
- An inflated and often pathological state of self (a 'false self'), which is manufactured in order to receive approval and attention (narcissistic supply).
- A fine hair-line trigger in relation to any perceived criticism, which then brings on 'narcissistic injury' (insulting of the ego / false self).
- An inability to be accountable or take responsibility for actions.
- Creating justifications and excuses that are pathological, unreasonable and extremely immature.
- Bi-polar like mood swings of depression (when not gaining attention and approval) and 'high's when feeling full of narcissistic supply.
- A profound lack of conscience and empathy, and an inability to assimilate how destructive actions impact on others.
- Limited resources to give to others in times of need for genuine reasons (other than soliciting narcissistic supply).
- Blaming of others (especially intimate partner) for feelings of inner pain, torment, shame and anger.
- An ability to manipulate, lie, charm, bully, threaten and deceive in order to get needs met.
- Envy, jealousy and rage towards other people who are happy.
- Extreme discomfort, rage and distrust of others who take attention away.
- Extreme childish insecurities and blaming others for these insecurities.
- High levels of distrust towards intimate partners and certain others, and almost childish idealization of other individuals outside of intimate circles.
- An inability to follow through, complete tasks and dedicate oneself to any structure and conformity that doesn't promote narcissistic supply.
- Pathological jealousy that cannot be reassured.
- Projection of own inadequacies onto others and twisting facts in order to create the other person (often the intimate partner) as the enemy.
- A parasitical approach to other people's resources, believing they are entitled to take from this person or organization.
- A con man demeanour that creates a spilt persona of 'street angel / home devil'.
- An ability to severely discredit their intimate partners to other people.
- Attempting or enforcing the control and isolation of intimate partners.

## How Common is Narcissism?

Narcissism is disturbingly common. Some authors estimate that narcissism at the level of NPD could be as high as 16% of the population. The number of problems I encounter in my practice in regard to narcissism are numerous, and the symptoms that are described are totally consistent with high-level narcissism. Every one of us knows a narcissist, or someone that has suffered abuse at the hands of a narcissist.

## Can Men and Women Be Narcissistic?

Yes, both sexes produce NPD's. Generally narcissistic males create more wide-spread damage due to the tendency of women to cling to narcissistic relationships whilst trying to fix them. The average male is far better equipped to leave a narcissistic female once her 'glamour' wears off and the narcissistic personality and insecure and immature behaviour emerges. Narcissistic men are also more likely to act out violence, pathological jealousy and rage, which can be extremely dangerous for women.

## What Damage Does a Narcissist Do?

The myth of vampires was modelled on unhealthy narcissism. Narcissists commonly terrorize people, suck them dry and leave them in advanced and psychotic states of co-dependency, relationship addiction and severe mental, emotional, physical, spiritual and financial disintegration. The experience of being violated and abused by a narcissist is one of the most horrific ordeals that any individual could ever participate in. A powerful addiction experience takes place (being addicted to the narcissist), which is very difficult to break free of unless specific healing procedures are engaged in. Many individuals never recover from the effects of narcissistic abuse, and this is why prevention and substantial healing practices are very necessary in order to minimize and heal narcissistic damage.

## Is Narcissism Curable?

*"I wish I could say 'yes'. I believe that individuals with narcissistic tendencies can in fact apply humility, do self-development work and take responsibility for their insecurities, defence mechanisms and heal."*

*However, I've never personally come across a true NPD character that could remain in humility and truth for long enough to do the necessary work to stop projecting their darkness and pain onto life and others. The pathological aspect of NPD creates a profound lack of accountability, empathy and conscience, as well as a fabricated false self that truly doesn't think and operate in ways that are logical, real or humane. The true narcissist has created such a fantasy image of themselves as a means of defence, that they can't seem to assimilate truth or healthy behaviours. Accountability and truth feel to the narcissist like the ultimate vulnerability which will leave him or her susceptible to emotional and identity annihilation. In my experience the true narcissist will avoid becoming 'real' at all costs, regardless of the losses he or she may incur." ~ Melanie Tonia Evans.*

### **Can a Relationship be Sustained with a Narcissist?**

Yes, sometimes a relationship can be sustained with a narcissist, but it's impossible to experience a healthy and safe relationship with a narcissist. A narcissist has modelled life as 'all about him or her', and views other people as objects through which to gain narcissistic supply, or to set up as the scapegoat to avoid accountability by blaming this person. Narcissists are masters at violating boundaries, and have no respect for your emotional, mental, physical, spiritual or financial space. The best relationship to have with an NPD is no relationship. Narcissists are often 'poisonous', and once they've violated your space, can easily find the mark in order to do so again. The best defence against a narcissistic relationship is moving on, and totally enforced boundaries; even calling on intervention by authorities if necessary. A life with a narcissist, no matter how strong you are, will feel like you're losing your mind, walking on broken glass, isolating you, and the experience of your entire world turning against you. If you suspect you're in a relationship with a narcissist, conditions won't improve until you pull away and start taking responsibility by empowering yourself.

### **What is the Gift of Narcissistic Abuse?**

Sadly, many people don't realize that the 'signal' of narcissistic abuse is a calling to a 'new you'. You've suffered enormous violations and the torturing of your soul, and the last thing you may feel like doing is recognizing what happened to you as 'a gift'. The truth of the matter is, when you can recognize and embrace that you've been co-dependent and had poor boundary function, you can take responsibility for your own healing.

This then starts shifting you out of being a victim into an evolving conscious being. Narcissistic abuse is a 'make or break' deal. You'll remain shell-shocked, or you'll liberate yourself to a new empowerment that you couldn't imagine, even before your narcissistic experience. The individuals who heal from narcissistic abuse have exceptional acceptance and love of self and personal power, and they experience profound and durable happiness and peace. No longer do they give themselves away to others and life or hold others responsible for providing them with their own sense of self. Recovery from narcissistic abuse offers the ultimate opportunity for incredible personal growth and transformation.

### **What is Relationship Addiction?**

Relationship addiction is a state of being addicted to a particular relationship, past or present, and feeling great anxiety and withdrawal symptoms when trying to pull back and away from the relationship. Like any addiction, relationship addiction is a state of losing self to an outside force. Whether or not the outside force is in fact damaging, severe loss of self-esteem, self-resources and self-respect occurs as a result of losing one's vital connection to 'self'.

### **Is Relationship Addiction Widely Recognized?**

There are all sorts of recognition and groups formed for many addictions, such as alcohol, drugs, gambling and sex. Relationship addiction doesn't have the exposure, support and knowledge necessary to assist those needing to break the dependency and pain of relationship addiction. This is astounding considering that all addictions are emotional based (the urge and compulsion of the addiction is driven by anxiety). Relationships clearly are a prolific source of emotional pangs and pain, therefore being one of the most powerful, if not the most powerful addictive pull of all. It stands to reason that many of the other 'known' addictions are often by-products of the pain created by relationship addiction.

### **Is Relationship Addiction Another Name for Co-Dependency?**

Yes. It's very true that relationship addicts are in fact operating co-dependently, that is they've lost their sense of self and are being controlled by people and circumstances outside of themselves.

## What are the Symptoms of Relationship Addiction?

The symptoms of relationship addiction are identical to the symptoms of co-dependency. They are:

- Basing your life on what your partner or ex-partner is or isn't doing.
- Losing interest in personal goals and pastimes.
- Compliance to aspects of the relationship that you don't agree with, and situations that may not be healthy for you.
- An unhealthy attachment to try and change aspects of the relationship that are causing pain.
- Feeling like you're nothing or worthless without the relationship.
- Often feeling 'empty', depressed, lost and powerless.
- Craving attention in the relationship and feeling high levels of anxiety when not receiving it.
- Feeling abandoned and panicked when your partner or ex-partner pulls away from you.
- Exhibiting behaviour that reaches out of control levels.

## What are the Dangers of Relationship Addiction?

Because an individual may not have the strength or emotional integrity to 'be with self', and manage self without the relationship, the individual is in a high-risk category for tolerating dysfunctional and even abusive circumstances, which will then lead to a further deterioration of self. As with the effects of co-dependency, an advanced state of relationship addiction is extremely serious and can lead to mortality.

## Narcissism Understood

Melanie Tonia Evans explains the Dr Jekyll and Mr Hyde personality disorder that destroys relationships, families, and lives, as an unhealthy focus on self that affects others in unhealthy ways. Everyone to some extent is narcissistic. Most people 'want the good stuff' and from a psychological point of view: everything we do is for some emotional 'payoff' - in order to feel better about ourselves and life.

The definitive quality of healthy narcissism is obtaining self-gratifying results in ways that don't damage other people, whereas unhealthy narcissism works from the mindset: "I win, and I don't care if you lose," or, "Your loss is my win." Narcissism is self-absorption coupled with destructive behaviour.

NPD is a Cluster B mental disorder, and is categorized in this cluster alongside others such as Histrionic Disorder and Borderline Disorder (just to name a couple.)

Narcissism is known to be a construction of a false self, and therefore the individual will exhibit behaviour that is pathological (not real) in nature. Any individual who is not comfortable within their own skin - therefore disconnected from their 'inner peace' - can develop narcissistic characteristics.

### **How Do Individuals Deal with Inner Pain and Emotional Insecurity?**

External factors such as race, class, income, status, or religion place no importance as to whether or not an individual will be narcissistic. It is an 'inner-self' issue. There are three broad types of people living with inner pain and emotional insecurity:

- The ones that wear a mask, 'suffer in silence' and don't want to burden others,
- The ones that wear a mask, and steal energy from the world to feel better, and
- The ones that take off the mask, take responsibility for their emotions, work on themselves and improve life 'from the inside out.'

No-one is perfect and this is totally understandable! However, the damage of narcissism (point two) is extremely evident. It is astonishing how many women are in (or have had) relationships with men who are atypically narcissistic. There are also many females who are insecure, 'creating a mask' and manipulating people (to their detriment) for their own self-benefit. However, two essential facts stand out:

1. Genetically, men tend to act out jealousy, insecurities and vengeance more violently than most women, and women will tend to act more co-dependently and hang onto their dysfunctional partners (regardless of the damage) longer than most men.
2. Statistically, women are at greater risk than men for narcissistic abuse.

Essentially women, who are more inclined to be the caretakers and empaths of society, will tolerate and hang on to narcissistic relationships more than men will. Women tend to be 'fixers' and can feel compelled to 'sort out' issues, whereas the average man is not particularly compelled to 'fix' a woman who constantly demands attentions and acts in childish, aggressive and immature ways.

Women are also biologically and genetically engineered to have a focus on 'the one', and will try to make painful relationships work, whereas men have a greater capacity to think in terms of 'there are plenty more opportunities available'.

### The Real Cause of Narcissism

Why has narcissism permeated our world? The answer: Because we have not evolved (as a world society) to understand the necessity to create an authentic emotional self. To be 'at one' with ourselves, life and others is a very spiritual experience. To not be 'at one' is a hellish experience – this state is where narcissism is born.

It's simple: **Every Act of Abuse is Born from Emotional Pain, Fear and a Need to Control.** When we are 'at one' there is no need to take, harm, maim, manipulate or lie. Narcissism is not a mental condition. It's a spiritual / emotional condition. We've all been taught 'me versus you' and 'survival of the fittest'. Society's lack of authentic emotional training left us with the belief that 'it's weak' to be authentic and real.

A narcissist feels terrorized at the thought of vulnerability (being emotionally honest) and develops a pathological false self to guard the unresolved emotional wounds.

The narcissist and many other individuals haven't realized that establishing healthy boundaries and living truthfully in self-honouring ways keep us safe, and grants the freedom to be real, navigate our lives with authenticity, self-love, self-esteem and self-respect - whilst making decisions that work for the greater good.

Lack of Emotional Intelligence Training created:

- The Martyr / Co-dependent: "I lose you Win", and
- The Narcissist: "I win you Lose".

We can create "I win, everyone wins" mentality, and it's time this awareness and training took place in homes and in society.

## The Pain, Shock and Trauma of Narcissistic Abuse

Narcissistic relationships are tragic and can lead to death. Many women die in this version of love, or at the very least spend years, if not the rest of their lives, emotionally, mentally, financially, physically and spiritually crippled. Prevention, disconnection and recovery require becoming very clear about what narcissism is. All young women should be educated before dating to become empowered and aware enough to avoid highly damaging narcissistic relationships.

I'm not ignoring men who may also be suffering at the hands of narcissist females. The same dynamics apply. The results that nice guys may suffer at the hands of abusive women are similarly devastating. Therefore, even though this article has been positioned for women, I also urge males in destructive relationships past or present to read this article in order to understand narcissism. Importantly I will state narcissistic enmeshment and damage can occur in any relationship in life. It could happen with a parent, a child, a friend or a business partner.

The information in this article relates to high-level narcissism. Even though this information may seem extreme it is important to understand that narcissism is sometimes exposed gradually. The effects of narcissism can initially be very subtle and deeply insidious. It sneaks up on you and permeates and pollutes every aspect of your being. Victims of narcissism are significantly poisoned, and recovery requires a virtual exorcism of the disease and the psychic vandalism that could continue for years.

### It Can Happen to Anyone

If you begin to feel confused in love, and have strange vague feelings that something isn't right, don't simply rationalize and shake these feelings off. Don't bring in the diversions, the excuses and the cover-ups. It won't start off for you as high-level inappropriate behaviour. Of course, it doesn't – because you would never commit to the relationship if it did! Be aware, very aware – that if you feel uneasy, or at times sense darkness or something 'not right' about your partner – investigate and look deeper.

This is why it's very important to be level-headed during the dating period, in order to create safeguards against narcissists.

If a narcissist decides you're a target, he'll seek to enmesh you in a relationship quickly and powerfully. Level-headed women that take their time and aren't feeling the 'need' to have all of their love desires fulfilled instantly by a 'knight in shining armour', absolutely have the right idea. Women who fall for narcissists have often had failed relationships before. They want to feel loved, safe and adored. They want the loneliness to end. Even though they may be powerful and together in so many areas of their life, this was a 'gap', an insecurity, for the narcissist to enter.

If you're in a relationship with a true narcissist, by the time the personality disorder is obvious, you're hooked, empty and exhausted and powerless to create boundaries and protect yourself. In many cases by the time the monstrous personality fully appears, they are watching their own demise with the exits closed. He'd displayed warning signs of abusive behaviour previously. They have discovered some of his lies previously. Because they didn't want to shatter their dream of the most glorious and magnificent man loving them, they lie to themselves. They made excuses for him. They keep defaulting back to the image he portrayed when they first met him. He created the persona of the perfect man for them. He appeared as everything they thought was their life partner. They don't want to admit his ingenious façade wasn't true. They don't want to face the fact the man he pretended to be shows no resemblance to the man he really is. Their self-deception takes them to a level where it is very hard to escape.

*"By the time I did, I was so broken, severely damaged and suicidal that I doubted I would ever recover. I lost out disastrously and had to rebuild my life almost from scratch. I did, and it took every resource and every ounce of strength to do it. I had to find the solutions that I now know of, bit by bit. My purpose now is to prevent other individuals having to experience the soul-shattering devastation I did, and to assist their recovery when they have.*

*I am not the only one...not by a long shot. As a healer and a woman who knows many other women I know how common abusive and controlling relationships are. It's my theory that every woman has been in an abusive or significantly disempowering relationship or knows a woman who has. The problem is we turn our back on women who are being abused. We rationalize they should know better, and how could they do it to themselves? We get sick of the whining and complaining when we know they willingly put up with more of the same.*

*I used to be one of these judgmental women. I had empathy but was secretly appalled by women who were being verbally and physically abused or living with pathological liars, criminals, and chauvinistic, unsupportive men who treated them poorly. I couldn't for the life of me understand why on earth they couldn't leave, and when they did why they would turn around and go back.*

*I'd always walked away from abuse and said "No." I knew my deservedness! Why couldn't other women stand up and be as strong as me! Well lo and behold, an individual like me who is mentally and emotionally strong and resourceful and thought I had my life under control became one of these abused women, powerless, emotionally crippled and mentally deranged. And yes, I also didn't leave, and when I finally did, kept caving in and going back, I became what I despised about women. So much for my righteous indignation" ~ Melanie Tonia Evans*

### **Narcissism in Teenagers**

A certain degree of selfishness, self-importance and narcissism is to be expected during the teenage years. Indeed, when one has a personality style considered narcissistic, he or she is usually a general healthy person in a psychological regard. However, such people, although arrogant and proud at times, do not rely on others to help them maintain a healthy self-esteem, and they do not cherish unrealistic images of their skills and abilities.

On the other hand, teen narcissistic personality disorder takes a different form. Teenagers with this personality disorder are unable to establish a stable self-image that includes an accurate assessment of skills. They feel entitled to special treatment, and when they receive perceived slights to their grandiose perception of their own skills and importance, they may become angry and sometimes violent.

Some signs of pathological narcissism - teen narcissistic personality disorder:

- Fantasies about having exceptional success, attractiveness or power
- Expectations of special treatment
- Over-emphasis on achievements and exaggeration of one's skills
- Exploits other people
- Need for constant praise and validation
- Does not consider others' feelings

- Belief that others envy the person
- Arrogant and haughty behaviour
- Developmental factors that contribute to teen narcissistic personality disorder
- Excessive admiration that does not receive a balance of realistic feedback
- Overindulgence from parents
- Parents over-praise and value as a way to increase their own self-esteem
- Severe childhood emotional abuse
- Oversensitive temperament from birth
- Unreliable or unpredictable care giving from parents
- Learned manipulative behaviours from other sources

### Treating Teen Narcissistic Personality Disorder

It is very difficult to treat teenage narcissistic personality disorder because a teen is usually already in such a fragile mental state. Often, treatment is met with contempt, as the teenager perceives the therapist-client relationship as one that does not properly affirm the teen's perception of self. The goal is to teach the teenager to value him or herself on a more realistic level and to adjust one's thinking about others' value in relation to his or her own. Exercises to help the teen develop empathy for others is part of the treatment of this personality disorder. Medication is usually not used, except sparingly in cases where depression and anxiety come out as symptoms while the teen struggles to cope with a new reality.

*“Donovan, 16 years old, is incapable of loving and, therefore, has never loved you, his mother (or, for that matter, anyone else, himself included) in his entire life. His natural capacity to love and to return love was all but eliminated by his horrid childhood. We practice loving first and foremost through our parents. If they fail us, if they turn out to be unpredictable, capricious, violent, unjust – this capacity is stunted forever. This is what happened to Donovan: the ideal figures of his childhood proved to be much less than ideal. Abuse is a very poor ground to breed healthy emotions in.*

*Granted, Donovan – being the brilliant and manipulative person that he is – knows how to perfectly simulate and emulate LOVE. He acts lovingly – but this is a mere act and it should not be confused with the real thing. Donovan shows love in order to achieve goals: money, a warm house, food on the table, adoration (Narcissistic*

Supply). Once these are available from other sources – the former ones are abandoned callously, cold-heartedly, cruelly and abruptly.

You have been such a temporary stopover for Donovan, the equivalent of a full board hotel (no chores, no requirements on his time). Not only was he able to secure his material needs from you – he also found in you a perfect Source of Narcissistic Supply: adoring, submissive, noncritical, wide-eyed, approving, admiring, the perfect narcissistic fix.

You describe a very disturbed young man with a clear NPD. He values intelligence above all, he uses foul language to vent his aggression (the narcissist resents his dependence on his Sources of Supply). The narcissist knows it all and best, is judgmental (without merit), hates all people (though he calls upon them if he needs something – he is never above exploiting and manipulation). When not in need, he does not contact his "friends", not even his "girlfriend". After all, emotions ("sensitivity") are a deplorable weakness.

In the pursuit of narcissistic gratification, there is no place for hesitation or pause. You put it succinctly: he will do nothing for others, nothing matters to him if it is not for himself. As a result, he lets people down and refrains almost religiously from keeping promises and obligations.

The narcissist is above such mundane things as obligations undertaken. They counter his conviction that he is above any law – social or other, and this threatens his grandiosity.

The narcissist, being above reproach (Who is qualified to judge him, to teach him, to advise him?), inevitably reverts to blaming others for his misdeeds: they should have warned/ reminded/alerted him. For instance: they should have woken him up if they desired his precious company and wanted him to keep a date.

The narcissist is above normal humans and their daily chores: he doesn't think that he needs to attend classes (that others do. This is the unspoken continuation of this sentence). Other people should do so because they are inferior (stupid). This is the natural order of things – read Nietzsche. Most narcissists are predictable and, therefore, boring.

*To love a narcissist is to love a reflection, not a real figure. Donovan is the most basic, primitive type: the somatic (or anal) narcissist, whose disorder is cantered around his body, his skin, his hair, his dress, his food, his health. Some of these preoccupations attain a phobic aura ("freaky with germs") and that is a bad sign.*

*Hypochondriasis could be the next mental step. But Donovan is in great danger. He should seek help immediately. His NPD – as is usually the case – has been and is still being compounded by other, more serious disorders. He is led down a path of no return. Donovan is constantly depressed. Maybe he has had few major depressive episodes, but he is distinctly dysphoric (sad) and anhedonia (hates the world and finds pleasure in nothing). He alternates between hypersomnia (sleeping too much) and insomnia (not sleeping for two days). This is one of the surest signs of depression.*

*Narcissists suffer, by their nature, from an undulating sense of self-worth and from all-pervasive feelings of guilt and recrimination. They punish themselves: they dress in ragged clothes contrary to their primary predilections and they direct their pent-up aggression at themselves. The result is depression.*

*Donovan also seems to suffer from a schizoid personality. These people prefer to stay and work in their rooms, in solitary confinement, chained to their computers and books – to any social encounter or diversion. They rarely possess sufficient trust in others and the requisite emotional baggage to develop stable interpersonal relationships. They are miserable failures at communicating and confine their interactions to first degree relatives.*

*The total picture is that of a young person suffering from a Borderline Personality Disorder with strong narcissistic and schizoid hues. His reckless and self-destructive spending and his eating irregularities point in this direction. So does the inappropriate affect (for instance, smiling while pretending to shoot people). Donovan is a menace above all to himself.*

*Borderline patients entertain suicide thoughts (they have suicidal ideation) and tend finally to act upon them. This aggression can perhaps be directed elsewhere and result in catastrophic consequences. But, at best, Donovan will continue to make people around him miserable.*

*Treatment – psychoanalysis and other psychodynamic therapies included – is not very effective. My advice to you is to immediately stop your "unconditional love". Narcissists sense blood where others see only love and altruism. If – for masochistic reasons – you still wish to engage this young person, my advice to you would be to condition your love. Sign a contract with him: you want my adoration, admiration, approval, warmth, you want my home and money available to you as an insurance policy? If you do – these are my conditions. And if he says that he doesn't want to have anything to do with you anymore – count your blessings and let go.” ~ Dr Sam Vaknin, Malignant Self Love.*

### **Traits of Narcissism**

The most massive (and initially devastating) realization that’s necessary to assimilate, in order to pull away and create authentic love, is that the narcissist is incapable of genuine love and empathy. His purpose for creating a love relationship is for two reasons. Firstly, to secure narcissistic supply (attention), and secondly to have an outlet to project his internal pain and torture onto. Relationship partners who are hooked and ‘hang on’ make the perfect subjects to abuse.

Additionally, many narcissistic are very ‘loose’ and struggle to do the necessary tasks in life, such as be accountable for bills, and play by the rules. Love partners who have good integrity, ethics and are solid citizens grant them the safety net of survival in society. Narcissists believe that being accountable and ‘solid’ makes them disgustingly ‘normal’. Mundane tasks that don’t offer narcissistic supply are avoided and even resented.

The classic bully is an archetype of the narcissist. The bully is a person who takes their own needs primarily by charm or intimidation. To the outer world this person may appear incredibly assertive, confident, charismatic, powerful and self-assured. Nothing could be further from the truth.

Narcissism is a grave condition of insecurity and desperately feeling unloved and unacceptable. An individual with Narcissistic Personality Disorder inherently believes they are ‘damaged goods’ and fears other individuals will discover the truth: that they feel powerless. Thus, the narcissist invests a great deal of energy into ‘gaining the upper hand’, to hide feeling vulnerable, insecure and broken. When they are getting what they want, the charm is flowing and plentiful. When the charm doesn’t work the

intimidation begins. Narcissism is categorized as an unhealthy level of self-absorption and a lack of empathy regarding how their insecure, aggressive and damaging behaviour affects the world around them.

Sadly, when many women realize that the narcissist is insecure and isn't reassured, she'll try harder to love him. Additionally, he'll blame his behaviour on something that you are or aren't doing, and as women we may try to 'do it better' or 'get it right'. Your increased efforts to love him and make him happy only lines you up for more abuse.

The narcissist pathologically believes he is a God onto himself; yet he knows he needs people to gain a 'mirror' (feedback) in order to know he exists. The narcissist's inner landscape is dead without attention, yet conversely, he despises being reliant on attention from anyone he believes is less than him (which is everyone). The more you grant him attention / efforts / energy, the more he'll want to punish you for his dependence on you. Be very clear being needed by him is not love.

### **A Profound Lack of Self Love**

In the myth of Narcissus, the hero fell in love with his own reflection. On the surface it may seem he was madly in love with himself. But look deeper. He was in love with his reflection. This reflection was not his true self. The very fact he fell in love with the illusionary part of himself meant he was not capable of loving his true self. To escape these disowned 'unacceptable' parts a narcissist scripts and creates an image of himself that he can tolerate.

This image is a grandiose version, a version of him that is admired, adored and respected by and in control of others. He needs to be unique and he hates to be one of the crowd or 'normal'. In order to maintain this image, the narcissist will go out of his way to be noticed, admired and liked by others. He is very capable of procuring admiration by offering his skills and services and boasting about his talents and accomplishments. To glean praise from others he will appear very helpful and generous. This is initially, and only to people who are not in his common and familiar life. Thus, an individual connected with a narcissist long term is confused and very misunderstood by the acquaintances who proclaim that 'he's a great guy', when living with a 'street angel / home devil'. Interestingly many of these acquaintances will be temporary and short lived.

As soon as the narcissist is not receiving the initial praise and recognition he craves, the relationship will dry up, or the narcissist will disappear fearful that the individual will discover the truth. In many cases the relationship being based on 'false currency' (non-genuine giving) simply doesn't survive.

It's virtually impossible for a narcissist to 'hang out' with people in normal and relaxed ways. If he's not the centre of attention he feels either 'dead' (manically depressed) or intense feelings of rage. The narcissist needs the stimulus of narcissistic supply as a constant drug, and long-term relationships cannot offer this. Acquaintances and associates that he can charm, dazzle and impress are perfect sources. Narcissists feel the need to be out in life mining fresh sources regularly. This is why when things seem relaxed and serene with the narcissist for a few hours, he'll either create mayhem (by attacking your weakest points), or he'll have to take off into the world again for his drug.

*"I recall times with my ex-narcissist, that he would pathologically lie and create stories that related to my 'weak link' of being accused of giving other men attention. We would be sharing a day together, and everything was calm, and then he would tell me (whilst driving home) that there was a man in the corner of a store that I couldn't keep my eyes off. It always worked, I would become incensed, outraged or go into total despair. This would inevitably occur after a few hours of just him and me when he couldn't mine supply from the outside world. Now I know I wasn't going mad - there was no man there, he made the whole thing up in order to trigger me off and gain narcissistic supply!" ~ Melanie Tonia Evans*

Maybe you can relate to being 'attacked' at the mark that hurts you the most. Maybe the pieces are starting to come together for you.

### **Being Kicked When You're Down**

No matter what the outer world initially sees, the narcissist's depth of empathy and support is sadly non-existent, if there is no 'pay off' of constant admiration, his support towards you (which was initially over-the-top plentiful) becomes unavailable. In fact, the narcissist has to spend so much energy mining attention for himself, he doesn't have the resources to give genuinely (without an agenda) to others.

If you have a person in your life who is incapable of being supportive, and in fact becomes depressed, angry and even abusive when you have a bad time or require assistance, you may be shocked to realize this individual is narcissistic. Narcissists are the classic 'fair weather people' to individuals they're familiar with. If you have no energy to grant the narcissist, you are of no use to him, and he finds it deplorable to give of himself to you. In fact, when you're 'down' and require support, and the focus of attention is off him, he may punish you mercilessly for not making it 'all about him'. When receiving such abuse, the dehumanization is soul-shattering.

### **Manic Mood Swings**

It's important to understand the narcissist is not always nasty and can be truly delightful. This makes this condition very confusing. When he is feeling full of recognition and getting what he wants from life you could not imagine a happier more delightful, funny, loving and charismatic person. This is part of the manic-depressive condition caused by narcissism. When he is high in life, he is high on 'narcissistic supply' the false currency (energy mined from outside of him) that fills him full of good feelings and 'self-worth.'

This 'feed' lifts him out of the depression of his damaged and tortured self. Because this feeling 'full' is in stark contrast to his natural state, he feels euphoria and great relief. He feels power-full (rather than power-less) and makes the most of these feelings. No different to an alcoholic or drug addict who has hit the apex of the binge or the hit. This state is precarious and temporary. When the high reaches its peak the dangerous low is close behind.

Narcissism is bi-polar in its intensity. Many people who have lived or are living with an individual who has Narcissistic Personality Disorder know the sudden lows that come after the highs. Sometimes within minutes of being a 'fun-loving delight' the individual becomes dark, moody and angry. The mood is like a black ink that permeates everything surrounding it. Then the 'walking on broken glass' and the inevitable abuse begins.

### **Lack of Responsibility for Own Feelings**

The narcissist has an inability to take responsibility for his bad feelings. For him to acknowledge he is 'down' is terrifying and means admitting feelings of emptiness and

powerlessness. Psychologically this spells emotional and mental annihilation. The narcissist's false self is his survival, and quite literally he will lose everything in his life (and even his physical life) before giving up the desperate grip on maintaining the facade.

Inevitably his 'bad feelings' are someone else's responsibility, because he cannot claim these feelings as his own. "I'm feeling bad, therefore it must be your fault" The bouts of battering and blaming another individual (often the love partner) continue until the narcissist has been able to mine another hit of narcissistic supply (the much-needed drug of attention).

The narcissist, who has denied his true damaged self, operates in two main dimensions:

1. Pulling compliments and attention (even negative attention if positive attention is not forthcoming) to feel more important and worthy, or
2. Projecting anger and pain outside of himself at the closest person / people.

*The projection is a psychological phenomenon whereby the narcissist will see his own disowned parts as the individual he is attacking / criticizing / demeaning / abusing. The victim of the abuse will literally 'become' to the narcissist all the aspects of himself that he is disgusted by. He will accuse this person of being inconsiderate, deceptive, uncaring and untrustworthy. The enemy within has become the enemy without.*

So whichever mode the narcissist is working through in order to try to feel healthy, the same criterion applies. The narcissist is incapable of sustaining his own energy. He has limited if any resources to supply his own 'good' feelings and just as few resources to work through and transform his own 'bad' feelings. It is always someone else's job. Can a narcissist survive on his own? The answer is 'No'.

Narcissists will seek narcissist supply. If a narcissist is forced to do time alone, without supply, he'll become virtually suicidal, and will put his pathological self to work, and do anything in order to hook up a source of supply again. The primary targets for this supply reside in the world in general, and the secondary source, which also supplies the depot for him to demean, discredit and torment, are love partners.

Inevitably complaints (people pleasers / nice people who see the good in everyone) who have poor boundary function are gravitated to as easy targets. Especially if they have resources that the narcissist can mine and are intelligent and attractive enough to improve his status and image. A compliant will act co-dependently and give and give of themselves to the narcissist. They also have a high level of tolerance to the childish, immature and aggressive behaviour.

### Co-Dependents Make Easy Targets

Compliant co-dependents believe in unconditional love. They will tolerate being damaged and feel sorry for the other person, yet in reality co-dependents are terrified about laying boundaries and taking control of their own lives. Boundary function is imperative protection against a narcissistic individual. Co-dependents love so much it hurts; whereas their self-development lies in learning to love themselves enough to stop the pain. When a co-dependent team up with a narcissist (and many do) they will have their scant boundaries disintegrated and end up tolerating behaviour and abuse that they never thought they would. They will try again and again to prove their love, devotion and loyalty to the narcissist, all the way to their self-demise. Why is this exercise futile? Because the narcissists who cannot accept themselves (and have deep self-loathing) can't accept love, intimacy and commitment from another, and are powerless to grant and sustain these commodities with another. It's an impossibility to give inner resources that simply don't exist.

*“Co-dependents recover themselves by embracing self-love, self-acceptance and self-validation and realizing that the narcissist is totally incapable of granting this. As I painfully discovered, my need to be known by my narcissist as a good person, who was trustworthy and who did genuinely love him, nearly took me to my death. My need for this provided him with the ammunition to keep putting the hoops up higher and higher, and he is gaining the drug of attention by watching me trying to jump through. The goal I was aiming at was never real or available.*

*My greatest lesson and gift out of this exchange was to take on my real mission: grant myself the love, validation and acceptance of 'who I was' rather than attempt to receive it from sources who reflected back my lack of love for self. This was a journey of true humility and self-ownership that finally gave me the hope that I COULD work on me and create the life I deserved. As such I embraced it full-heartedly. I actually had no choice. If I didn't I wouldn't have survived, and at the very best I would have*

*stayed a victim tormented by 'what had happened to me'. My self-journey gave me relief, healing and a purpose to life. People with healthy and powerful boundaries and self-identity don't get taken in for long by narcissistic individuals. Why not? Because these people have healthy limits; they know and back up what they will and won't put up with in their life. When the narcissistic glamour wears thin and the true personality is revealed, individuals with healthy boundary function will remove themselves from the abusive, childish and inhumane behaviour. If you have attracted a narcissist in your life, like me you didn't (or don't) have healthy boundaries. I was fortunate enough to take responsibility and empower myself with this awareness. Like so many women that have fallen prey to abuse – I'd never previously learnt what healthy boundaries were. I needed the narcissistic experience to realize this." ~ Melanie Tonia Evans, How to Recognize and Heal Co-dependency.*

### **The Child That Didn't Emotionally Grow Up**

You may have noted the word 'childish' being used to describe narcissism. Narcissists are angry children in adult bodies. Severe damage from the birth family is generally perceived by the narcissistic child / adolescent. Alternatively, narcissism may set in as a result of a child being given too much entitlement, for example being spoiled by an over-bearing and controlling mother who idolizes the child. Interestingly, other children in the same family may go through similar abandonment, disappointments, smothering and abuse but not develop the lack of empathy, lack of emotional awareness, self-denial and delusions that the narcissist does.

The narcissist's emotional maturity development has become paralyzed somewhere between the age of five and seven years of age. Narcissists don't have the ability to have 'an observing ego', therefore they are prone to 'knee jerk' reactions that are aggressive, abusive, violent, and vengeful - reactions that emotionally stable and healthy adults simply don't do. The narcissist doesn't learn how his behaviour affects other people, despite the people he loses, or the disasters he creates.

There is always a justification or an excuse for the behaviour. The classic narcissistic admittance of bad behaviour is: "I did it because I was angry" and the narcissist truly believes this is reason enough, regardless of the damage, distrust and consequences created. Empathy is non-existent toward the severely damaged individuals lined up during a tirade. Trust me it's not personal: sadly, narcissists simply don't have the inner resources to feel anything but their own pain.

Narcissists feel rage if their sense of entitlement is curbed. The narcissists motto is 'I want, and I will take'. The world to them is a place to mine. Like a child who cannot hear the word 'No', narcissists will help themselves to whatever they perceive as narcissistic supply. Depending upon the type of narcissist (somatic – sexual, or cerebral – intellectual) this will include attention, accolades, recognition, friends, time, sex, possession, money, power, etc., etc. Narcissists have no respect for boundaries that are between them and the bounty that they believe is theirs for the taking, and they will manipulate, charm, discredit and confuse anyone that stands in the way. Narcissists are sometimes conmen, and often thieves.

### The Art of Manipulation

Interestingly narcissists are often highly intelligent and extremely street cunning. They've been expertly hiding their damaged emotional self and navigating life with acute perception and mental analysis of their environment. Many narcissists know exactly how and when to appeal and what manipulative tactic is going to work best in which situation. High level narcissists are incredibly intuitive, manipulative, criminally minded and very dangerous.

A narcissist can size up another individual, lure them into 'trust', and ascertain their weaknesses very quickly. Narcissists will get close and encourage you to share your innermost thoughts and secrets. Women are all too often extremely easy to disarm for full disclosure. Little do they know, that the narcissist is gathering intelligence to threaten you with, torment you with and manipulate you with at a later date. Beware of sharing your life story with anyone until you really get to know them!

Narcissists work to a win / lose strategy. They are parasitical in their approach and will take from outside sources and people whatever is necessary to sustain their false image. Narcissists work from a paradigm of self-absorbed entitlement. They believe their world is positioned to serve their insatiable needs. Many an individual who has connected to a narcissist has been sucked dry emotionally, mentally, physically and financially. No matter what is given, it is never enough. The demands and expectations escalate, and the narcissist is rarely content, appeased and fulfilled. If he is, it's only brief respite before the next surge for power and domination.

The need for 'artificial energy' (taking from outside self in order to create self) is a bottomless pit. Dr Paul Dobransky explains that the myth of vampires was originally

modelled on the human pathological narcissist. Dr Paul also describes narcissism in terms of astronomical science. He explains that when celestial bodies elevate to a level not self-sustainable they create vacuums around them which feed off and destroy surrounding celestial bodies. All of these metaphors make sense. Anyone who has been in love with a narcissist will testify that the experience left them lifeless.

### "The World Owes Me"

Many narcissists have a very loose and unaccountable life. Rules and regulations mean conforming to society and being 'normal', and the narcissistic is horrified about being non-unique. This leads to a precarious life of attaining image, status, possessions, objects and attention regardless of consequences. There is limited compliance to the needs of individuals, groups, businesses or government when the narcissist is operating from his entitlement agenda.

Many narcissists have a superior image to the uninformed: fancy clothes, cars, homes and accessories, (or at the very least they expect to be recognized for their capabilities if results are not yet attained). However, scratch just under the surface and there is a literal minefield of disasters waiting to happen. Narcissists consistently attract problems and severe consequences into their life. Life is chaotic and often disastrous.

Inevitably the narcissist cannot maintain the falsely constructed image. Much of the image may have been acquired by deceptive (even criminal) means whilst refusing to play by the rules. Ego driven immediate gratification is the name of the game. When attention toward lack of credibility, precarious debt, manipulating others for self-gain or 'loose cannon' behaviour arises, the narcissist suffers an intolerable narcissistic wound to his already severely damaged self-esteem. Any assistance or notification of the problems is a major insult and all lengths of denial, manipulation, aggression, intimidation, blame-shifting or pathological lies are used as defence mechanisms to cover up or avoid the scrutiny.

The narcissists don't feel shame regarding his behaviour or the losses or damage he's created for others. He's terrified about being cut off from the objects (people are included in this category) that constitute narcissistic supply.

## **Pathological Jealousy, Lies and Insecurity**

One of the most obvious symptoms of high-level narcissism is intense jealousy and severe sexual perversion and insecurities. Narcissistic behaviour can incur verbally and physically violent (and even murderous) jealousy, and extreme degradation of the opposite sex. Male narcissists are misogynists. They desperately seek women, yet inwardly despise them. These men are totally turned on by extreme sexuality, yet are perversely disgusted by attractive female attributes, believing women are promiscuous, sexually manipulative and attention seeking. The male narcissist will often play out a deep subconscious 'mother-revenge' by running his female partner into the ground. He will destroy her self-esteem, femininity and sexuality piece by piece.

Another symptom of narcissism is pathological lying. Purposeful lying is narcissistic and is born from a need to manipulate in order to control. This characteristic began at a very early age. The narcissist never matured to the level where he accepted essential emotional truths: lying creates distrust and separation with others. It destroys relationships.

To be honest (and therefore vulnerable) terrifies the narcissist. He fears this will equate to being controlled by others. He needs to uphold lies so people don't discover the truth of who he really is. The narcissist finds comfort in not being pinned down, and not being accountable. More lies are necessary to cover up a previous lie. The pathological lies become malignant and the high-level narcissist who is scripting an illusionary life begins to believe his own versions. This is why pathological lying is so hard to detect, and he may even pass a polygraph. Additionally, the narcissist doesn't suffer a guilty conscience. He believes he's entitled to lie. It's the only way he knows how to operate in a world of 'me versus you' without the emotional resources to trust. The tragic thing is narcissists genuinely believe everyone else thinks and feels exactly the way they do. They don't trust anyone. The narcissist makes sure he gets you before you can get him.

## **Trying to Monitor the Narcissist in Order to Survive**

One of the major arsenals in the narcissistic repertoire of weapons is a condition inflicted on love partners known as 'repetitive compulsion disorder'. A victim of narcissistic projections and behaviour can become seriously psychologically confused

and deranged, often to the level of a total psychotic or suicidal breakdown. This of course grants the narcissist the ability to mine attention (you being deranged because of me makes me 'special' – that helps me feel 'alive') and he will continue to project malicious abuse.

Repetitive compulsion disorder occurs because the narcissist is a bag of tricks. He is spontaneous, erratic and totally unpredictable. When connected to a narcissist you don't know what to expect. He may tell you one thing and then do another. Something you discussed and agreed on two hours ago will be dismissed - it's as if you never had the conversation. The idea he had yesterday has changed in preference to something else today. What he agreed to do for you he won't even admit to having discussed. Something that you thought was a normal everyday function of responsibility is intolerable to him. He offers to be reliable one minute and totally lets you down the next. He will twist and turn facts and create imaginary allies to back up "I'm right and you're wrong". He will tell intricate and explicit lies to hit your weak points.

You shake your head in bewilderment because you couldn't fathom an adult lying in such detail unless it was the truth, and what's more he doesn't care who he degrades, damages or discredits in the lies. Guess what? The major enemy that he discredits to his family and colleagues is you. He will muster sympathy and attention from all that will listen regarding the 'intolerable suffering' of his relationship. Before you know it, he has isolated you, and is turning everyone against you, and has you distrusting all the people that were dear to you.

Love partners feel a heightened state of anxiety. There is no ability to feel safe under these conditions. A great deal of focus is placed on the narcissist. Good attention or bad attention it makes little difference. The narcissist is receiving attention: and to him this makes him feel important. He feels powerful in the knowing that he can affect another individual to such a degree. He also knows he can now control his love partner, because the more she focuses on what he is or isn't doing the more she loses her identity, her pastimes, her friends and her life. Before she knows it her boundaries have crumbled and she has lost all self-resources, energy and power to identify the behaviour, pull away and protect herself. The more powerless she feels, the more he believes he is powerful. The more isolated she becomes from the outside world, the more he becomes her everything. Before she knows it, she's suffering from the Stockholm complex. She is manically attached to her abuser, and barely functioning

in the outside world. The very people and things that may provide support and comfort are dismissed, and all she can cling to is him.

Before long she may start manically checking up on him, ringing him constantly, crying, pleading and trying to gain comfort and support from him. When this cycle intensifies, he has her controlled. He can treat her appallingly and she will always be attached to him – trying to win his love, protection, honesty and support. Please understand what is so frightful: by association women see their love partner as their 'rock', their support and their backbone – and this is soul-destroying when you believe the very person destroying you is this man. Welcome into the deadly capes of Count Dracula where the cruelty, contempt and malicious delight begins.

To further explain repetitive compulsion disorder: scientists have conducted experiments with lab rats proving this condition. A rat is given a button sequence to extract pellets and quickly works out how many times he needs to nose push to receive a meal. The number of pushes may be altered daily and the rat will work out the number required. If, however, the button is changed to random the rat becomes agitated and frenzied. He will repetitively push and push the button scattering pellets all over the floor and ignore all other distractions in his cage. Why? Because his sense of stability is threatened. The same occurs in narcissistic relationships. Love partners become hooked to the narcissist because emotional stability is unobtainable. Women go in harder trying to create a 'set result.' This is why poker machines hook people. Women become severely addicted to narcissists, 'pushing the button' all the way to their emotional, mental, physical and spiritual bankruptcy. Morbidly and dangerously they become so empty and powerless that they can barely perceive a life without the narcissist, and spiral into a deep dark pit. In essence the victim feels and becomes the annihilating depression that the narcissist avoids by feeding off her energy. He has taken your light and you have become his darkness.

### **"But He Was So Wonderful..."**

Be very aware that in the 'honeymoon period' of love the narcissist will be an absolute delight, for a period of weeks or even months. A narcissistic relationship commonly starts as a 'whirlwind romance' if he decides he wants you as his partner. You'll be wined, dined, bought and wooed. You'll be so 'in love' that you won't be able to see straight. Take note of the expression 'too good to be true.'

If you're at all suspect retain your interests, and make sure you implement them in your life. Take any new relationship 'slowly', get to know the person, and look out for an abnormal need for attention.

**Have male friends and see how he reacts.** Is he emotionally secure enough to allow you to direct your attention to other areas of your life apart from him? I promise you a narcissist won't be able to tolerate you retaining interests and granting attention to people other than him. Have firm boundaries and make sure you don't drop everything for him and run to a man's side every time he wants to see you.

**Look out for discrepancies.** If he brags about his accomplishments and credentials please check with people who have known him long term. Ascertain his history in regard to stable employment, credit ratings and friendships.

**What is his relationship track record?** Does he still have healthy and appropriate contact with past relationships? Ask his opinion in regard to chauvinism, and the way men treat women. What are his feelings regarding verbal and physical violence to women and jealousy? Does he have a loving relationship with his mother? How does he feel about trust and respect for a partner?

**Be vigilant to sexually inappropriate behaviour toward you, such as early questioning of your sexual past, or if he starts to treat you as an image or an object.** Is he capable of gentle and caring love making, or does he seem detached and aggressive? Does he call you names that refer to your sexual parts? Make him wait for sex, and don't get lured into bed with anyone that you haven't established a meaningful and respectful relationship with first.

### **Becoming the Object of Destructive Love**

Narcissism is the ultimate experience of objectification. To this type of person, you are not a person with feelings. You are a source of narcissistic supply, and all shows of love, affection and empathy are constructed to lure you as this source. Ultimately you are not a person, you are a 'thing' to feed off and sustain his existence. When you finally leave the narcissist, or when he has discarded you (because you know what he is and hold it up to him, or he has destroyed you to the point where there is nothing left to gain, or you don't supply his with enough narcissistic supply) he will find another source and another and then another.

The cycle doesn't end. This can feel devastating – but I promise you it's not personal. He is what he is. Just like the vampire who has to destroy every person it needs to sustain itself; the narcissist lives this perpetual nightmare of bleeding dry everything and everyone in order to exist. Again, and again he faces his worst horror story; being unlovable and abandoned. Unfortunately, narcissists often have to end up old and unable to secure supply before they truly get to face their demons with no hostages to offset the truth.

Yes, they do suffer incredible anguish when their sources of supply abandon them, but they will always seek fresh sources that are available.

According to most psychological experts the narcissists eventually end up destitute, broken, and alone. The people and objects they want cannot survive long term in their presence. It all does catch up with them. Karma eventually has it's say.

### **Leaving and Healing Narcissistic Abuse is Necessary to Experience Real Love**

So, there you have it, vital information in regard to high level narcissism. Do not use these extremities as an excuse for allowing narcissistic behaviour, by telling yourself, "My partner is certainly not all of those things". Be aware aspects such as high-level needs for attention, jealousy, control, isolation, verbal and / or physical abuse, and pathological lying are narcissistic and unacceptable.

Maybe you recognize some narcissistic traits within yourself. Of course, everyone can at times (when feeling empty, unloved and insecure) act narcissistically. The difference is: individuals who are self-aware and employ observing-ego function don't keep operating in self-absorbed patterns that clearly don't produce happy and healthy results. They learn. They take responsibility, stop blaming everyone else, apply humility and amend their behaviour. Then, and only then, can they create a true sense of self with integrity that aligns with life principles that do work. The truth sets us all free, and an authentic life of sustaining and taking responsibility for our own energy is the only formula that creates true and durable results. In order to fulfil our divine right to have a great life we all have to examine and embody principles of oneness, cooperation and trustworthy teamwork rather than utilize actions of suspicion, distrust, manipulation and 'me versus you'.

All of us need to understand that we have to become an authentic source to ourselves. Other people can say and do and behave the way they want. Good and evil exist in the world and it's helpful to accept that, and naive and immature to resist this and be dismayed by it. If anyone is evil that's their stuff. The real question is: Who are we in relation to this? No-one is responsible for providing you with your happiness, safety and well-being - it's your job!

When co-dependents realize this, no longer do we cling to people and try to change them against their will. We accept who they are, take responsibility for ourselves, move on, and align with people and situations that do have the resources to add to our already established sense of self-love and self-respect. Then we create real love, happiness and fulfilment. The experience of being in love with a narcissist clearly doesn't.

Alcoholics and drug addicts may display high levels of narcissistic behaviour. If the addiction is cured, so may the personality disorder. However, true narcissists have the condition embedded in their psyches and the condition of Narcissistic Personality Disorder is known as untreatable. Narcissists simply don't think and feel like normal humans do. They relate to, and even thrive off the feelings of fear, pain and rage, and they have completely switched off the capacity to feel love and empathy. At some point in their life this was a choice created for self-defence (usually in childhood). The problem is: these functions are so severely arrested it would take incredible and continuous input to create the neurological pathways for these feelings to be genuine. Narcissists can mimic these emotions (for effect in order to secure narcissistic supply) but cannot genuinely feel them.

Don't be fooled into thinking that the narcissist wants to feel these feelings. He actually feels superior because he doesn't and believes this is a pathetic weakness in others. He believes living without these feelings grants him a winning edge. The more you try to help him 'feel' the more he will degrade and demean you.

They're literally terrified about facing and dealing with their inner demons. For this reason, narcissists rarely attempt therapy, and if they do, they don't follow through with treatment. Additionally, the narcissist's omnipotent dialogue is continually discrediting the therapist as incompetent, a fool and a phony (at the very least). The narcissist is lead and mentored by no-one, and anyone who is trying to have a say as to how he should be, is a target for his contempt.

The narcissistic experience truly can be an astounding recovery of liberation, empowerment and creating self-love, self-esteem and great boundary function. The narcissistic abuse experience is a 'make or break' deal. You either stay shell-shocked, agoraphobic, lifeless and racked with Post Traumatic Stress Disorder (a common occurrence with narcissistic abuse), or you become healed, empowered and an individual with great inner resources, healthy boundary function and incredible trust for yourself in life.

*"My experience was transformed from an illusion of love to the most powerful experience of creating my True Self. Ironically having my life-force 'destroyed' has led to my life becoming the most fulfilling reality I could ever imagine. My career and life have blossomed to spectacular levels as a result of this experience. Everything I lost; I'm re-creating tenfold.*

*I now give and receive love and connection on a phenomenal and real level. I respect and back myself, and every aspect of my life is filled with decency, loyalty, love and truth. Life is serene, real, supportive and empowering. My life continues to fill with the self-awareness, individuals, events, success and gifts that reflect my new permanent truth. An essential part of my truth is: I will never again tolerate a narcissistic individual. Psychotic behaviour plays no part in my reality. I wouldn't consider connecting with such an individual for ten million dollars! I have discovered a real currency to life that far outweighs a life of illusion, deception, manipulation, abuse and falsities! None of it was love. I now know what true love is! True love feels great. It is warm, supportive, safe, trustworthy, loyal, respectful and real. True love is constructive it is not destructive.*

*I no longer hook into aspects of life that I try to create my 'self' from that are unhealthy. I leave them alone and put my focus on what feels right, true and real. My previous co-dependent self-used to struggle with this long before I experience narcissistic abuse. No longer do life and people dismay me, frighten me or exploit me. I now create my reality authentically.*

*You too can turn it all around... I am daily facilitating women making this empowering journey, and loving life at this level... all because the narcissist brought them to their knees. If we're all really honest with ourselves, we know that we'd received disappointing 'signposts' of pain previously, it's just that the narcissist ended up being the whooping huge billboard that left us with nowhere to go, except to*

*gloriously love, heal and create ourselves. This is all about coming home to ourselves – the place we'd never really committed to before. I promise you it feels like relief, it feels great, and its where the true magic begins."* ~ Melanie Tonia Evans.

### **Trauma Bonding – Is It Love or Something Else?**

When you connected with your narcissist, did you feel like finally you had met true love? Was the connection so intense and powerful that you believed your love was truly meant to be for ever, regardless of the pain your experienced? Nearly everyone who has been in a relationship with a narcissist agrees that the relationship to the narcissist initially felt like the greatest love of their life.

When we first became attached to the narcissist, we had the deep and powerful inner belief that this relationship was 'the one' – it felt so real and so true to us. It felt astoundingly 'right'. We thought we had hit the jackpot. Over time the cracks started appearing, yet we still experienced the glorious times (even if they became less and less) of this 'delightful person' who we wanted to believe was the partner of our dreams.

Of course, we had to employ all sorts of psychological defences to protect this belief. We were all conditioned to believe that powerful and all-consuming feelings, and the 'not being able to stop thinking about someone' and 'feeling an intense attachment' must mean love.

### **Trauma Bonding Number 1 – Stockholm Syndrome**

Stockholm syndrome has been widely documented and proven to be a very real deal. The conditions of narcissistic abuse are ripe to create this phenomenon.

Firstly, the victim feels that they cannot escape the relationship, this is for the reasons of not wanting to shatter the glorious dream of "what this relationship is meant to be", the loss of lifestyle, finances, security, children's wellbeing etc., or because of the very real threat of how disastrous life may become when trying to leave and inciting a narcissistic injury within the narcissist, which inevitably brings revenge and destruction.

Therefore, automatically the roles have become prisoner and persecutor. The prisoner's wellbeing depends heavily on how the persecutor is treating her or him on a daily basis. The prisoner knows that there is a very real threat of cruelty and pain being inflicted by the narcissist, and therefore will try to minimize the torture, by firstly focusing a great deal of attention on 'the enemy', and then trying to find a heartfelt connection with the narcissist to procure nicer treatment.

The narcissistic partner becomes the deliverer of good or bad treatment, and when good treatment comes, there is so much hope and relief that the pain is going to end that the victim focuses on the good times, and 'conveniently' numbs out the bad times – even dismissing them.

We were taught very little about real love – as a safe, supportive, calm, regenerating and trustworthy entity. And we didn't realize that true and real love necessitates a deep knowing that you are the other half of a safe, supportive and genuine 'team'. Narcissistic relationships, in all reality, do not and cannot fit into a healthy description of 'love'. Maybe we never knew what 'safe', 'respectful' 'reliable' love was. Maybe it seemed unrealistic, too hard to achieve, or maybe even boring....

Maybe we have only ever know feelings of fear, deprivation, unease, persecution, anxiety and then the glorious highs that DO come when agony is temporarily relieved with the feelings of 'Thank God he does get it', 'He really does love me" and 'Now the pain will stop'. But of course, these feelings of euphoric relief and release never lasted. They were simply the reprieve between the hills of the terrorizing roller coaster. Maybe we never realized that when we really 'fell in love' with the narcissist, something much more sinister was engendering our powerful feelings of love and attachment. It seems ludicrous and insane to believe that someone treating you poorly could make you want them, love them, and attach you so powerfully. But it is OH, so true! Let's find out WHY. The good times are so much about relief, and I can breathe again, and the danger is over for now – that they feel like intense joy, love and appreciation.

Victims who suffer from Stockholm syndrome within narcissistic abuse are significantly detached from the real world around them, and are instead enmeshed in the narcissist's demands, emotions and tormented world. This often happens as a result of self-isolation preferred by the victim, regarding loss of self-esteem, deep inner shame, and the not wishing to confront the outer world which is full of questions

regarding the victim's apparent reclusive behaviour and disconnection from previous interests, friends and family – as well as, of course, the narcissist's wrath for having any interests that don't pertain to the narcissist.

Stockholm syndrome feels like 'love', as it is a deep attachment to another person for emotional and literal survival. No different to a child trying to instinctively cling to, grant attention to, love and inspire kindness and security from an abusive parent.

## **Trauma Bonding Number 2 – Cognitive Dissonance**

Cognitive dissonance occurs when there is tension created as a result of two opposing thoughts. A simple real-life example is the thoughts 'I want to stay home and relax, but I'd really like to meet up with friends tonight.' In order for a person to be able to comfortably accept their choice without anxious feelings of having made the wrong decision (the lingering of inner shame) – a justification for the choice has to be created. Such as 'It's totally okay to honour myself, and not meet up tonight – I owe it to myself to relax. If I'm okay with that they will be too.'

In the case of narcissistic abuse, the thoughts of 'This is abusive and unbearable, and I need to get out of this relationship, are in total contrast with 'I have to stay and make this work.' In order to ease the inner anxiety of having made the wrong choice, justifications have to be fabricated to offset the inner knowing of horrific abuse.

These justifications are 'stories' such as 'I know she loves me, and she's doing her best – it's just that she had a horrible childhood', or 'I know this relationship is meant to be, and I am going to stay and see it through', or worse still 'He really is a great guy, it's me with all the problems, and I know I make him like this', or 'If I love him enough, I know I can heal him' or 'I'm the only person that understands her. I can't leave her, it's my duty to stay and love her with everything I have.'

In order to rectify the cognitive dissonance of narcissistic abuse, huge overcompensations of reasons to stay have to be created in order to offset the deep inner shame of accepting and enduring abuse. These justifications have to be powerful enough to seem real to the victim, and they serve to create even greater feelings of attachment, devotion and love.

### Trauma Bonding Number 3 – Repetitive Compulsion Disorder

Narcissists are unpredictable in nature. The dealing out of random and conflicting abuse and support creates heightened anxiety and addictive state within their victims.

Remember the example of what happens to lab rats when they have a button, which releases food pellets, that is set on 'random'. Normally the rat knows how many times to push the button to receive his meal and is very content with that. However, when the button becomes unpredictable and unstable the rat goes into a frenzy pushing the button until the floor of the cage is littered with pellets. He is more interested in staying 'hooked on' pushing the button than attending to his own self-care. The rat is addicted to pushing the button (trying to get it to act predictably), just as a gambler is hooked to a poker machine, and just as a narcissistic abuse victim is hooked on trying to gain stable, sane, and safe behaviour from the narcissist.

When life is 'dangerous' with any hope of 'relief', our psychological and emotional survival wiring compels us to hang on and put all our energy into finding relief from the danger. Manic fear and pain reigns until the euphoric relief of the situation presents. If the button was re-set to a standard number of pushes the rat relaxes again, yet if the button was taken out of the cage, the rat would suffer survival panic. If the addicted gambler wins a jackpot, she experiences temporary relief that she has won back her money lost, yet if she is removed from the poker machine before winning, she will find a way to get back to a machine as soon as possible.

If the narcissist attends to your needs, apologizes and acts like he or she has reformed, you feel incredible relief and that you have been removed from the warzone. Yet, when the narcissist leaves the scene and is no longer reassuring you, you suffer severe separation anxiety that can feel akin to a heroin addict deprived of the next fix. Repetitive compulsion disorder creates intense addiction anxiety, which can only momentarily be relieved by 'jackpots', but it never takes long for the anxiety to reach an intense peak again – and of course when we don't know better, we think these feelings of I can't live without you and I can't think about anything but you are 'love'.

### Trauma Bonding Number 4 – Peptide Addiction

With all of the survival fears, powerlessness and anxieties taking place, a great deal of neuropeptides, resulting from your disturbed, fearful and unstable thoughts, are

manufactured in your hypothalamus (chemical manufacturing plant of our brain) and are distributed into your blood stream and received by the cells of your body. Our cells get addicted to the peptides they receive powerful doses of, and then physiologically we get addicted to getting more of these peptides, which the narcissist triggers within us regularly.

This creates feelings of I need his attention, I need his validation, I need his approval, I need his support, I need his love, I need him to provide me with some RELIEF and eventually just like a drug addict licking the crumbs off the lounge room rug, we will try to get any amount of the narcissist's energy regardless of how damaging and soul destroying it is. What we don't realize, in our obsessive quest for relief, that it is the pain and intensity of the dramatic highs and lows that the cells of our body have become addicted to.

We have become a helpless addict, and our drug dealer is the narcissist. He or she is dispensing regularly our body cells' drug of choice – narcissistic abuse. The thought of breaking away from the narcissist of course, at this level, feels unthinkable, and impossible to do. And of course, we mistake it for 'love'.

### **Trauma Bonding Number 5 – Infantile Regression**

In times of intense trauma, it is common to regress back to your most instinctual learnt behaviour in order to try to survive. This is the clinging of a child to the 'parent' you believe is powerful and able to provide some sort of relief to the trauma at hand. What happens when the closest person that you perceive as a source of support happens to be a cruel and abusive narcissist? The answer is 'No difference', because you have already formed powerful attachment and addiction bonds that want to create this person as your saviour.

Infantile regression is powerful, unconscious and a primitive survival program that operates at the very core of your being. Your maturity and self-reliability go out the window and is replaced by utter childlike helplessness. In this state you believe that you will literally die if you do not agree with the narcissist, take the blame, do anything to keep the peace, and grant everything the narcissist wants in the primitive hope that the onslaughts will stop and you will be allowed by the narcissist to avoid complete emotional annihilation. Your rights are completely withdrawn by yourself and numbed out in your need for survival.

The perverse twist to this is that you have now surrendered your soul to the narcissist and idolized this person as 'Your God', who has the ultimate power to dictate your fate. Then when the narcissist 'allows' you to exist again, your idolization becomes the pathological survival belief: This person is the Creator of my world. What greater illusion of 'love' could there ever be?

The truth about love that you need to travel towards is I am the creator of my world, and I am never reliant on any specific person being that creator for me. When I am my own creator, I will reject what is not good to me, and add into my experience more of who I already am. In order to do this your focus has to come off the narcissist, and on to yourself so that you may heal from the illusions.

### **The Truth Always Sets You Free**

Discovering the truth about narcissism will create differing emotions. It may provide relief, acceptance, and the understanding 'That's why. I'm not going mad!' If this is you, especially if you are committed to working on, healing and recovering your deeper inner self, you will see this as a way forward, because embracing the truth about oneself is the only true solution to healing. Remember that it is the truth that always sets us free. It is being stuck in illusions that destroy us.

If you feel overwhelmed by what has occurred to you, and still don't want to accept 'it is not love', or want to keep your intense focus for extended periods of time on what narcissists are, and why they do what they do, or you want to keep blaming the narcissist's atrocious behaviour for how you feel now rather than focusing on and healing yourself, then you are not yet in the 'zone' of creating real healing and relief.

### **Narcissistic Personality Disorder 101 Quiz**

You can take the following quiz of 101 questions to discover your own degree of narcissism, and to understand what level of narcissism you may be experiencing or have experienced from a suspected narcissistic love-partner. When doing the quiz to ascertain your own levels of narcissism, if you don't have a present love partner, answer the questions based on previous love partner 'patterns'. When doing the quiz for a suspected narcissistic person, answer the questions on their behalf to the best of your ability. The results will only be valid if you answer the questions honestly.

|                                  |   | Y | S | N |
|----------------------------------|---|---|---|---|
| <b>HIGHER POWER &amp; GLOBAL</b> |   |   |   |   |
| 1.                               | Do you dismiss a 'higher power' and feel that you alone are your power?   |   |   |   |
| 2.                               | Do you believe in consumerism, and enjoy getting 'stuff' without thought for the environment?   |   |   |   |
| 3.                               | Do you have difficulty in feeling compassion for other individuals and the world in general if the event in question doesn't involve you? |   |   |   |
| 4.                               | Do you feel like it's you against the world?  |   |   |   |
| <b>ATTENTION</b>                 |   |   |   |   |
| 5.                               | Do you enjoy being the centre of attention?   |   |   |   |
| 6.                               | When in a group and other people are gaining attention do you feel uncomfortable, annoyed or depressed?                                   |   |   |   |
| 7.                               | Do you feel angry or disturbed when your love partner is receiving positive attention from other people?                                  |   |   |   |
| 8.                               | Do you enjoy showing people how good you are a particular task, and feel motivated by their praise mostly as the reason to assist them?   |   |   |   |
| 9.                               | Do you feel resentful when other people receive praise and you don't?   |   |   |   |
| 10.                              | Do you feel resentful when your love partner receives praise from other people?   |   |   |   |
| 11.                              | Have you ever tried to discredit someone who is getting praise, or left the scene when others are praised because it upsets you?          |   |   |   |
| 12.                              | Do you find it much easier to give of yourself to people outside the relationship rather than your love partner?                          |   |   |   |
| <b>ENVY</b>                      |   |   |   |   |
| 13.                              | Do you feel angry and upset when seeing other people achieve and accomplish success and good things?                                      |   |   |   |
| 14.                              | Do you feel angry and upset when viewing other people's happiness?  |   |   |   |
| 15.                              | Do you feel angry and upset when something outside the relationship makes your partner happy?   |   |   |   |
| 16.                              | Do you feel angry or upset when your partner talks about other people in a complimentary way?   |   |   |   |

|                                |   |  |  |  |
|--------------------------------|---|--|--|--|
| 17.                            | Do you feel repulsion or disdain towards doing things to make your partner happy?                                       |  |  |  |
| <b>REVENGE &amp; VENGEANCE</b> |   |  |  |  |
| 18.                            | When you believe a love partner does something bad to you, do you feel that you want to get back at them?               |  |  |  |
| 19.                            | Have you ever felt that you wanted to destroy an associate's life?  |  |  |  |
| 20.                            | Have you ever felt that you've wanted to destroy a love partner's life?   |  |  |  |
| 21.                            | Have you ever sabotaged, hidden or damaged the property of your love partner in order to disable his or her operations? |  |  |  |
| <b>HEALTH</b>                  |   |  |  |  |
| 22.                            | Have you ever pretended to be sick or have an illness to gain attention?  |  |  |  |
| 23.                            | Do you feel resentful when your partner is sick or has an illness?  |  |  |  |
| <b>PROJECTION</b>              |   |  |  |  |
| 24.                            | When feeling angry or insecure do you take it out on associates?  |  |  |  |
| 25.                            | When feeling angry or insecure do you take it out on your love partner?   |  |  |  |
| 26.                            | When feeling angry or upset do you place the blame on your love partner?  |  |  |  |
| <b>REGULATION</b>              |   |  |  |  |
| 27.                            | Do you feel that abiding by laws and regulations makes you feel "ordinary" and "controlled"?                            |  |  |  |
| 28.                            | Have you ever lied to, stolen from or falsified information to organizations?   |  |  |  |
| 29.                            | Have you had court cases against systems or organizations or bad credit ratings?  |  |  |  |
| 30.                            | Do you struggle to comply to your love partner's wishes when he or she asks you to do something?                        |  |  |  |
| <b>MOODS</b>                   |   |  |  |  |
| 31.                            | Do you often feel moody when not receiving attention, or when you spend time alone?                                     |  |  |  |
| 32.                            | When moody are you so absorbed in the mood that you don't care how it affects other people?                             |  |  |  |
| 33.                            | Do you enjoy that your moods can affect other people and bring their mood down?   |  |  |  |

|                       |   |  |  |  |
|-----------------------|---|--|--|--|
| 34.                   | Do you have rapid mood swings, feeling high, energetic and animated and then suddenly crashing into depression?                   |  |  |  |
| <b>FALSE PROMISES</b> |   |  |  |  |
| 35.                   | Do you make promises that you don't uphold to associates?   |  |  |  |
| 36.                   | Do you make promises that you don't uphold to your love partner?  |  |  |  |
| 37.                   | Do you tell your love partner that you were going to do something that they wanted, and now you won't because of their actions?   |  |  |  |
| 38.                   | Have you exaggerated or lied about your achievements and qualifications in order to gain recognition or trust from associates?    |  |  |  |
| <b>RECOGNITION</b>    |   |  |  |  |
| 39.                   | Have you lied about your achievements and qualifications to your love partner?  |  |  |  |
| 40.                   | Does it anger or upset you when other people don't recognize your skills and abilities?   |  |  |  |
| 41.                   | Does it anger you when your love partner doesn't praise you?  |  |  |  |
| 42.                   | Do you like to be known as the authority on matters that you talk about and struggle to take direction and mentoring from others? |  |  |  |
| <b>CONTROL</b>        |   |  |  |  |
| 43.                   | When you don't get what you want, do you feel angry and resentful towards people that don't do what you want?                     |  |  |  |
| 44.                   | When your love partner doesn't comply with your wishes do you express anger or resentment towards him or her?                     |  |  |  |
| <b>CRITICISM</b>      |   |  |  |  |
| 45.                   | Do you struggle to accept criticism from associates?  |  |  |  |
| 46.                   | Do you struggle to accept criticism from your love partner?   |  |  |  |
| 47.                   | If you're confronted by associates about a problem, they have with you, do you become defensive, evasive or annoyed?              |  |  |  |
| 48.                   | When your love partner confronts you with a problem about you do you become defensive, evasive or annoyed?                        |  |  |  |
| <b>LYING</b>          |   |  |  |  |
| 49.                   | Do you regularly lie to associates about you and your life, other people and minor details and to get your own way?               |  |  |  |

|                               |  |  |  |  |
|-------------------------------|--|--|--|--|
| 50.                           | Do you regularly lie to your love partner in order to get your own way?  |  |  |  |
| <b>HUMAN DISDAIN</b>          |  |  |  |  |
| 51.                           | Do you think that people who 'do the right thing' will never get ahead in life?  |  |  |  |
| 52.                           | Do you think that people who are loving, compassionate and caring are vulnerable and weak?   |  |  |  |
| 53.                           | Do you feel repulsion, disdain or disinterest towards your love partner when he or she offers you love and compassion?   |  |  |  |
| <b>LACK OF EMPATHY</b>        |  |  |  |  |
| 54.                           | Do you purposely say words and do actions that associates get upset or angered about?  |  |  |  |
| 55.                           | Do you purposely say words and do actions without taking into account your love partner's feelings that cause him or her emotional pain or distress?                                     |  |  |  |
| 56.                           | Do you struggle to care about associates' feelings when you upset or anger them?   |  |  |  |
| 57.                           | Do you struggle to care about your partner's feelings when you upset or anger him or her?  |  |  |  |
| 58.                           | When people are hurt or distressed, and it's nothing to do with you, do you tend not to care and don't feel motivated to offer them assistance?  |  |  |  |
| 59.                           | When your love partner is hurt or distressed, and it's nothing to do with you, do you feel disinterested, agitated, angry or resentful that he or she wants your assistance and support? |  |  |  |
| <b>LACK OF ACCOUNTABILITY</b> |  |  |  |  |
| 60.                           | When you're wrong, do you find it difficult to be accountable and admit your mistakes?   |  |  |  |
| 61.                           | When you're wrong and make mistakes do you try to push the blame onto other people?  |  |  |  |
| 62.                           | Do you use allies in conversations to back up your arguments?  |  |  |  |
| 63.                           | When confronted do you try to change the subject, and / or start blaming the other person for something they did rather than stick to the topic?   |  |  |  |
| 64.                           | Do you struggle to apologize to your love partner when he or she is in pain as a result of your actions, and if you do, know that you the apology is insincere?                          |  |  |  |

| <b>SUSPICION</b>    |  |  |  |
|---------------------|--|--|--|
| 65.                 | Do you distrust your love partner and suspect them of cheating on you, deceiving you or using you?   |  |  |
| 66.                 | Do you accuse your love partner of cheating on you, deceiving you or using you?  |  |  |
| 67.                 | Do you demonstrate jealousy and possessiveness towards your love partner?  |  |  |
| 68.                 | Do you have distrust for people in general, and feel that they have an agenda in their dealings with you?  |  |  |
| <b>MANIPULATION</b> |  |  |  |
| 69.                 | When trying to get your way do you try to make people feel confused, guilty or wrong?  |  |  |
| 70.                 | When trying to get your way do you try to make your love partner feel confused, guilty or wrong?   |  |  |
| 71.                 | Do you use personal information you have gleaned from associates in order to upset, hurt or manipulate them?   |  |  |
| 72.                 | Do you use personal information you have gleaned from your love partner in order to upset, hurt or manipulate him or her?                                      |  |  |
| 73.                 | Have you ever threatened or blackmailed associates with information in order to get your own way?  |  |  |
| 74.                 | Have you ever threatened or blackmailed your love partner with information in order to get your own way?   |  |  |
| 75.                 | Do you gain people's trust so that you can extract personal information from them?   |  |  |
| 76.                 | Did you gain your love partner's trust in order to extract personal information from him or her?   |  |  |
| 77.                 | Have you ever told associates what they want to hear and feigned love, consideration, support or kindness in order to get them to do what you want them to do? |  |  |
| 78.                 | Have you ever pretended to be loving, caring or supportive, or made promises to your love partner in order to get your own way or maintain the relationship?   |  |  |
| <b>DECEPTION</b>    |  |  |  |
| 79.                 | Do you keep contact with love or sexual interests without your love partner's knowledge?   |  |  |

|                      |  |  |  |  |
|----------------------|--|--|--|--|
| 80.                  | Have you ever procured or contacted other love or sexual interests when ignored or not getting what you want from your love partner?                         |  |  |  |
| 81.                  | Do you feel happier when your love partner doesn't know what you're up to and where you are?   |  |  |  |
| 82.                  | Have you had affairs, sexual flirtations or encounters that you have hidden from your love partner?  |  |  |  |
| 83.                  | Have you ever stolen money, property or articles from your love partner?   |  |  |  |
| 84.                  | Have you ever infiltrated your love partner's personal property, private details or sensitive information, such as mail, bank accounts, diary, journal etc.? |  |  |  |
| <b>DISCREDITING</b>  |  |  |  |  |
| 85.                  | Have you ever discredited your love partner to other people in order to damage their reputation?   |  |  |  |
| 86.                  | Have you ever discredited your love partner in order to cause them to lose associates, family or friends?  |  |  |  |
| 87.                  | Have you ever discredited your love partner in order to gain attention and sympathy from other people?   |  |  |  |
| 88.                  | Do you enjoy other people thinking that your love partner is mentally unstable, and the relationship problems are their fault?                               |  |  |  |
| <b>INTIMIDATION</b>  |  |  |  |  |
| 89.                  | Do you ever use vengeance, threats and intimidation with associates to get your own way?   |  |  |  |
| 90.                  | Have you ever exhibited vengeance, threats and intimidation towards your love partner?   |  |  |  |
| <b>MALICIOUSNESS</b> |  |  |  |  |
| 91.                  | Do you enjoy knowing that love or sexual interests are thinking about you, and may be upset in regard to the way you treated or treat them?                  |  |  |  |
| 92.                  | Does it anger or upset you when past love partners move on and create a fulfilling life?   |  |  |  |
| 93.                  | Do you feel satisfaction when previous love partners feel pain and struggle to move on in their life after being connected to you?                           |  |  |  |
| 94.                  | Do you enjoy love interests reacting badly and chasing after you when you ignore them, leave the scene or break off relationships with them?                 |  |  |  |

|                           |  |  |  |  |
|---------------------------|--|--|--|--|
| 95.                       | Have you ever had a love partner who suicided, was institutionalized, or who was unable to function effectively as a result of their involvement with you, and this made you feel important? |  |  |  |
| 96.                       | When your love partner is distressed and feeling powerless does this make you feel powerful and satisfied?   |  |  |  |
| 97.                       | If a love partner returns to the relationship after leaving you, do you punish your love partner, and resent what happened in their life without you?  |  |  |  |
| 98.                       | Have you flaunted affairs, sexual flirtations or encounters real or imagined to purposefully upset and anger your love partner?  |  |  |  |
| <b>MISOGYNY (for men)</b> |  |  |  |  |
| 99.                       | Do you use offensive language in front of women and children?  |  |  |  |
| 100.                      | Have you ever called your partner a 'whore' or 'slut'?   |  |  |  |
| 101.                      | Have you ever hit, physically overpowered, raped, or physically injured a woman?   |  |  |  |

### Scoring

5 points for every YES

2 points for every SOMETIMES

0 points for every NEVER

|                        |  |
|------------------------|--|
| <b>TOTAL YES</b>       |  |
| <b>TOTAL SOMETIMES</b> |  |
| <b>TOTAL NEVER</b>     |  |
| <b>TOTAL SCORE</b>     |  |

## RESULTS

### 30 and under

You're definitely not narcissistic, and are mostly at peace with yourself, other individuals and the world. There may be times where you do, however, struggle to make sure your needs are met, and you may tend to, at times, 'stand at the back of the line' and not assert yourself healthily.

### 30 – 50

You possess a healthy level of narcissism. You assert yourself in order to get your own needs met whilst displaying genuine conscience, empathy and compassion for other individuals. You're human and at times be triggered by fear, insecurity or anger, however, you take responsibility for owning and dealing with your own emotions.

### **51 – 100**

You suffer from some emotional insecurity and can battle with your ego. You may have co-dependency issues where you feel that your own feelings are reliant on what other people are or aren't doing. You may feel abandoned, left out and unloved by others if they are validating your significance to you. You may leave yourself open to abuse from others.

### **101 – 220**

You suffer from emotional insecurities that are diminishing your ability to love yourself, others and enjoy life. There is a definite need for you to empower yourself and work on releasing your fears and insecurities. Although you are insecure and can project these insecurities onto others, you do have a conscience, possess compassion for humankind and do not purposefully set out to hurt other people for your own gain. You may be co-creating abusive situations.

### **221 – 250**

Your insecurities are negatively affecting you and your life severely. You will be greatly diminished in your ability to procure and sustain a healthy love relationship. If you are in a love relationship, it's likely to be fraught with difficulties. The problems are not going to change until you take responsibility and seek the help and information that is required for you to overcome your insecurities. It's likely that you are often the perpetrator in your relationships, and cause angst to others.

### **251 – 300**

Unhealthy narcissism is at play, and your life is often viewed as 'what can I get' instead of genuinely contributing to and caring for others. It will be difficult for you to sustain healthy relationships and establish consistency and durability in your life. There is the ability for you to create your 'self' and establish a healthy life, but it will take concerted effort. It's highly suggested that you don't engage in personal love relationships (if single) until you have worked on yourself. If you're in a relationship, it's likely that your love partner will also require assistance for their recovery of self.

### **Higher than 301**

It's probable that you suffer from Narcissistic Personality Disorder, and this disorder severely affects you and other people in your environment. You cause damage to other people and suffer from hubris and egoic delusions and behaviours.

*Susan Kriegler*  
Ph.D(Psig.) D.Ed.

181 Beckett Street  
Arcadia  
Pretoria  
0083

+27(0)60 621 5398  
reception.smk@yebo.co.za  
www.susankriegler.com  
www.Facebook.com/DrSusanKriegler

Dr Susan Kriegler is a highly renowned psychologist from Pretoria, South Africa. She consults from her practice as well as online to clients in more than 7 countries. To schedule an appointment, or for more reading material as well as Audio & Video downloads, please visit [www.susankriegler.com](http://www.susankriegler.com).

*Artwork by Rafal Oblinski*

*The Legend of Echo & Narcissus Art: John William Waterhouse*

