

Narcissist in relationships vs. Clinical picture

AETIOLOGY

Disruption in formation, constellation, integration of **Self** owing to **ACEs, trauma, and abuse (DEFINE ABUSE)**

Empty schizoid core

Narcissism is compensatory and infantile

Failure of **separation-individuation**

Introjection of external objects (**Othering failure**)

object inconstancy,

ceaseless introjection and incorporation of internal objects

MASK the emptiness, compensate for it (introjective personality).

Dissociation, confabulation

Fantasy defense, especially in interpersonal relationships
(shared fantasy):

Idealization-devaluation-discard-replacement-hoovering

Hall of mirrors

Dual motherhood

**Covert vs. Overt narcissism: injury, collapse,
decompensation-mortification**

Primitive-infantile Defenses:

Splitting

Projection

Projective Identification

Rationalization

7 Stages of shared fantasy

1. **Co-Idealization (lovebombing, introject and narcissist all good because he owns object), entrainment**
2. **Dual motherhood** in a shared fantasy (recreation of childhood)
3. Need to **reenact separation** leads to **mental discard** which results in **narcissistic injury** (narcissist not omniscient, his judgment was wrong)
4. **Devaluation of external object to restore grandiosity** (make ego-congruent sense of the discard of an hitherto idealized object).
5. **Devaluation of introject via splitting defense** (introject now all-bad, narcissist grandiosely all-good)
6. **Real life discard**: projection of introject to you in an attempt to integrate it with external object. Projection-integration fails owing to abandonment anxiety triggered by introject inconstancy and your refusal to own split, all-bad introject. Devalued, split, all-bad introject remains as internal object, in narcissist's mind. This creates anxiety (bad object internalization-introjection)
7. The only way to reintegrate this internal object and reduce anxiety is by **re-idealizing the external object** and the corresponding introject. This is impossible if the narcissist has

been mortified. He then departs from his previous version and reinvents himself which allows for self-idealization (grandiosity restored).

9 clinical features and trait domains of narcissism

Lack of affective/emotional empathy

Impaired ability to recognize or identify with the feelings and needs of others;

excessively attuned to reactions of others, but only if perceived as relevant to self;

over- or underestimation of own effects on others.

Fear of intimacy

Insecure, usually dismissive-avoidant attachment style;

relationships largely superficial and exist to serve self-esteem regulation;

mutuality constrained by little genuine interest in others' experiences and predominance of a need for personal gain.

Disturbed or diffuse identity

Excessive reference to others for self-definition and self-esteem regulation ([narcissistic supply](#));

exaggerated self-appraisal inflated or deflated, or vacillating between extremes ([grandiosity](#), a cognitive distortion);

[emotional regulation mirrors fluctuations in self-esteem.](#)

Attention seeking behaviors (narcissistic supply or self-supply)

Excessive attempts to attract and be the centre of attention of others; admiration seeking.

Goal-setting based on gaining approval from others;

personal standards unreasonably high in order to see oneself as exceptional, or too low based on a sense of entitlement;

often unaware of own motivations.

Grandiosity (cognitive distortion) and **Entitlement**

Feelings of entitlement, either overt or covert;

self-centredness;

firmly holding to the belief that one is better than others;

condescension towards others.

Anankastia

Negative affectivity, including **fragility (bad object)**

Dissociality (antisocial behaviors)

Antagonism

Only the last 2 traits **mellow with age**, not owing to learning from experience (the narcissist is incapable of that), but probably for biological reasons. The same mellowing is observed in psychopaths and borderlines.

Narcissistic Rage (Frustration-[aggression](#) hypothesis)

I. ***Explosive*** – The narcissist flares up, attacks everyone in his immediate vicinity, causes damage to objects or people, and is verbally and psychologically abusive.

II. ***Pernicious or Passive-Aggressive (P/A)*** – The narcissist sulks, gives the silent treatment, and is plotting how to punish the transgressor and put her in her proper place. These narcissists are [vindictive](#) and often become [stalkers](#). They harass and haunt the objects of their frustration. They sabotage and damage the work and possessions of people whom they regard to be the sources of their mounting wrath.

Narcissistic Abuse Checklist: 100 Tips for Survival and Healing

Abuse, Trauma, Recovery, Healing are states of mind: from submissiveness and abrogating self-control to humility and assuming responsibility

COPING STRATEGIES

NO CONTACT

GREY ROCK

DEFLECTION

MIRRORING

SHARED PSYCHOSIS

PROVIDE SUPPLY

WITHHOLDING/PUNITIVE

INTERMITTENT REINFORCEMENT

HEALING

Overcome prolonged grief: truly let go/abandon the narcissist

No Contact rules

Multiple mourning:

over your discarded, delusional idealized self,

over the narcissist as your mother,

over the narcissist as your child,

over the narcissist as the perfect lover,

over the betrayal,

over the loss of innocence, inability to love/trust again
over the fantasy/dream of the future.

Six stages of grief: denial, anger, bargaining, depression,
acceptance, and hope

Get rid of victimhood identity, take responsibility for your
actions, choices, decisions, and contributions to your
predicament.

Abandon the Narcissist's Inner Child

Reverse the roles

You script and direct, he acts and is a prop, whether he is
physically present or not (introject).

Own the narcissist by appropriating his roles and then
constellate/integrate the parts

Separate-individuate

Separation: silencing narcissist's voice in your mind

Individuation: once narcissist's voice silenced, both abuser and savior, mother and child are gone.

Authentic voice is disembodied.

Embodying: individuation requires mind-body work: owning your voice also by connecting it to your body.

Reconstituting three lost functions:

self-mothering (self-love),

self-saving (agency),

choosing and affirming life (negating depression, anxiety, catastrophizing, and ANTS)

Learn to Love Yourself (Self-Parent)

1. Self-awareness

2. Self-acceptance

3. Self-trust

4. Self-efficacy

Regain these truths:

Narcissistic abuse challenges assumptions about the world, people (theory of mind), and relationships (internal working model, IWM):

1. People are rational and self-interested, but most people are good.

2. Justice, order, and structure are fundamental to the universe. Reality and people in it are trustworthy.

3. The world is not hostile. At worst, it is indifferent.

4. One good deed deserves another (vs. no good deed goes unpunished). If you try hard enough and are sincere, things will work out.

5. You gain credit with people when you behave well. This credit is not forgotten, nor ignored.

6. Reality is a shared experience (intersubjectivity). People are very much the same.

7. Being alone is worse than being together.

8. You deserve love.

9. You can trust yourself: your judgment, reality testing, self-love.

10. There is always a way to undo wrong and evil because they are rarely intentional. Regret, remorse, guilt, shame, and conscience are common to all people.

9-fold Path to Healing

BODY

Attention (self-empathy)

Regulation (control)

Protection

MIND

Authenticity

Positivity

Mindfulness

FUNCTIONS

Vigilant Observer

Shielding Censor (from hostile introjects)

Reality Sentinel (reality testing)

7 Resolutions for a Narcissist-free Life

1. I will treat myself with dignity and demand respect from others. I will not allow anyone to disrespect me.

2. I will set clear boundaries and make known to others what I regard as permissible and acceptable behavior and what is out of bounds.

3. I will not tolerate abuse and aggression in any form or guise. I will seek to terminate such misconduct instantly and unequivocally.

4. I will be assertive and unambiguous about my needs, wishes, and expectations from others. I will not be arrogant - but I will

be confident. I will not be selfish and narcissistic - but I will love and care for myself.

5. I will get to know myself better.

6. I will treat others as I want them to treat me. I will try to lead by way of self-example.

7. If I am habitually disrespected, abused, or if my boundaries are ignored and breached I will terminate the relationship with the abuser forthwith. Zero tolerance and no second chance will be my maxims of self-preservation.