

BONUS Day : One of a Disorder

This one is a real pain to deal with !

When you see it, run away from it as fast as you can !

If you are not used to see it, however, and you tend to attract this type of persons,
you are going to learn the hard way.

If you do not have emotional boundaries, the narcissists (inverted/covert, or not)
will make your life more than miserable, to the point that you may want to end your own life.

In situations, where you cannot run away from the person,
we advise that you find some emotional support from a good therapist
or even a lawyer specialized in dealing with these persons having this disorder.

Our family therapist, for example, practices Emotion Focused Therapy.

Signs of a Toxic Person

1. Nothing you can say or do is good enough
2. They comment on the smallest flaw or perceived imperfection
3. They drag up your past and won't allow you to be different
4. They act like they are fabulous and never make mistakes
5. They leave you feeling guilty and ashamed of who you are
6. They're critical, controlling and don't think about your needs
7. They leave you feeling beaten, wounded, battered, bruised and torn
8. They violate your boundaries, and they never respect "no"
9. They don't care about your feelings – and they like to see you suffer
10. It's always about them, and what they think, and want, and feel.

Emotional abusers condition their victims to feel ashamed, inadequate & unstable. They choose targets who are unusually successful & idealistic, because these people have more to lose. The target may have perfectionist tendencies, striving to meet the abuser's impossible standards. This results in a strange dynamic where the abuser is idealized, while the victim is devalued, despite putting more effort into this relationship than ever before.

IDENTITY EROSION
narcissist-sociopath-awareness.com

They wear away at your self esteem. Slowly, your standards will fall so low that you become grateful for utterly mediocre treatment. You will frantically excuse their behavior, unable to acknowledge the painful truth behind your relationship:
: something has changed. - Psychopath Free



**TO ANGER AN
HONEST PERSON,
LIE TO THEM.**

**TO ANGER A
NARCISSIST,
TELL THEM THE
TRUTH**

[StopTheNarcissistsNow/facebook](https://www.facebook.com/StopTheNarcissistsNow/)



“
IT TAKES SO
MUCH ENERGY
TO LIE..
I WISH PEOPLE
COULD GRASP THE
SENSE OF THE
FREEDOM AND
LIBERATION THAT
COMES WITH
BEING HONEST
AND GENUINE.
”

Mama Zara
KushandWisdom

Narcissists are
masters of illusion,
they play the poor
abused victim while in
truth they are
wreaking havoc by
torturing, mistreating
and abusing those
that they fooled into
loving them. ~Y.Cleribout

*Narcissists manufacture
chaos in the lives of others. It
gives them the drama and
entertainment they are
looking for. They like to
triangulate and pit people
against each other. Unless
they feel in control and in
charge of other people's lives
and situations, they are just
not happy.*

Narcissist are very
SECRETIVE.
They constantly tell lies and
keep you in the dark. It's
much easier for the narcissist
to manipulate and control
people if he keeps them in
the dark. The less people
know, the safer the narcissist
feels. **Gena da Silva**

Narcissist

(n.) A more polite
term for self-serving,
manipulative, evil
asshole with
no soul.



If you're in a relationship with a true narcissist, by the time the personality disorder is obvious, you're hooked, empty and exhausted (it happens bit by bit without you realising) and powerless to create boundaries and protect yourself.

Narcissists don't want love, they want attention. If they can't get positive attention, they will take negative attention. If they can't have your admiration, they will accept your rage. But they must provoke some response from you. That is their goal - to provoke a response, any response. It solidifies, in their minds, their power over you, that they are calling the shots, that you are weak, or gullible, or easily manipulated, or vulnerable or whatever they have labeled you in their mind that means you are "less", less than them. ~Kellen Vonhouser

**"YOUR ABUSIVE PARTNER
DOESN'T HAVE A PROBLEM
WITH HIS ANGER; HE HAS A
PROBLEM WITH YOUR
ANGER."**

One of the basic human rights he takes away from you is the right to be angry with him.

No matter how badly he treats you, he believes that your voice shouldn't rise and your blood shouldn't boil. The privilege of rage is reserved for him alone. When your anger does jump out of you—as will happen to any abused woman from time to time—he is likely to try to jam it back down your throat as quickly as he can. Then he uses your anger against you to prove what an irrational person you are. Abuse can make you feel straitjacketed. You may develop physical or emotional reactions to swallowing your anger, such as depression, nightmares, emotional numbing, or eating and sleeping problems, which your partner may use as an excuse to belittle you further or make you feel crazy."

Lundy Bancroft, *Why Does He Do That?*

SHARE YOUR DOWN QUARTER AT CANDID.COM

5 TRAITS of a NARCISSIST

1

Narcissists do not change.

Narcissistic personality disorder is more than emotional abuse.

2

The goal of a narcissist is to consume his victim.

Disconnection from loved ones makes the victim available to serve the narcissist's needs continuously.

3

Narcissists cannot love.

They enjoy causing pain and feel no remorse or emotion.

4

Healthy boundaries do not exist.

A narcissist will resent and push on any healthy boundaries.

5

Narcissistic abusers seek out strong, intelligent victims.

Their need to look good in front of others and the thrill they get from conflict creates the need for a challenging victim.



SOUND FAMILIAR?

VISIT WWW.LEANGREY.COM FOR A FREE FAITH GUIDE FOR CRISIS SITUATIONS.

Narcissists search for people who are strong, compassionate, kind, and who can take care of their demands & child-like needs – they don't choose a partner who can't look after them.

@NarcissisticAbuse
LaurenMatthias.com

Narcissists will stare blankly when you explain how they might feel if you treated them the same way. ... They cannot put themselves in another's shoes."

When you first escape from a narcissist, it seems so important for people to believe you and see the truth. Maybe they will one day, maybe they won't.



facesofnarcissism.com

The important thing is that YOU know your truth and YOU get so strong and confident that it doesn't matter anymore.

The narcissist doesn't need to know what's going on in your life. Stop making it easy for them to use your personal information against you. Their questions to you have motive and it is never with good intent. **EVER! NARCISSIST EXPOSER**

Many survivors report that after being in a relationship with a narcissist, sociopath or psychopath, they experienced a significant decline in not only their mental wellness but also their physical health. The body, mind and spirit can only take on a limited amount of stress before it starts shutting down in response to the abuse. **This is when being in contact with a toxic person starts to literally poison a survivor.** It should serve as a serious red flag when the relationship starts taking a toll on a victim's health. People can recover from a psychologically abusive relationship but it requires a season of detoxing and rebuilding

~ Shannon Thomas
southlakecounseling.org

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 'observing ego', therefore they are prone to 'knee jerk' reactions that are aggressive, abusive, violent, and vengeful that emotionally stable and healthy adults simply don't do. The narcissist doesn't learn how their behaviour affects others people, despite the people they lose, or the disasters they create.

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 are such hypocrites, they pretend to have morals, standards, feelings and a conscience, but they possess none of these. They will lie, insult, cheat, abuse and disrespect you, but in return they will expect fidelity, respect and all your time and energy spent on them. They can do whatever they want, whenever they want, but you are to remain loyal and perfect at all times. This isn't healthy it's toxic and definitely not love.

Narcissistic Behaviour & Emotional Abuse

A huge frustration for children of narcissists is that everyone else thinks their mother/father is a wonderful parent. This is due to the façade the parent portrays. The truth is at home the child suffers in silence with their parent's abuse, tantrums, berating, disinterest, etc.

Narcissistic Parent Answers Facebook Page

"NARCISSISTS WILL NEVER TELL YOU THE TRUTH. THEY LIVE WITH THE FEAR OF ABANDONMENT AND CAN'T DEAL WITH FACING THEIR OWN SHAME. THEREFORE, THEY WILL TWIST THE TRUTH, DOWNPLAY THEIR BEHAVIOR, BLAME OTHERS AND SAY WHAT EVER IT TAKES TO REMAIN THE VICTIM. THEY ARE MASTER MANIPULATORS AND CONARTISTS THAT DON'T BELIEVE YOU ARE SMART ENOUGH TO FIGURE OUT THE DEPTH OF THEIR DISLOYALTY. THEIR NEEDS WILL ALWAYS BE MORE IMPORTANT THAN TELLING YOU ANY TRUTH THAT ISN'T IN THEIR FAVOR.."

— SHANNON L. ALDER

SARAH SQUIRES
NARCISSISTIC ABUSE RECOVERY COACH
WWW.THENURTURINGCOACH.CO.UK

Typical Relationship with a Narcissist:

You'll start out as the absolute love
of their life to nothing you do
is ever right or good enough.

You'll give everything and they'll
take it all. They'll give you very little
in return while complaining that
you are always the problem.

You'll end up emotionally, mentally,
spiritually, and financially abused
and then be blamed for it.

THE SILENT TREATMENT :

Used by the narcissist to emotionally
abuse his/her victim.

1. It puts the narcissist in a position of control;
2. It confuses the victim , and causes emotional/mental anxiety;
3. It crushes the victim's sense of worth;
4. It erodes the victim's self-esteem;
5. It makes the victim feel insignificant, worthless- almost as if she/he were invisible to the narcissist. **Gena da Silva**

GREY ROCK

How to get a Narcissist
to leave you alone

1. Never tell them you are using Grey Rock.
2. Don't talk to them unless you have to.
3. Don't tell them ANYTHING about yourself.
4. Give them very boring, one word responses when they talk to you.
5. Prepare for them to "step up their game" to get you to crack.

NARCISSISTS

Wife.com

DO YOU KNOW THIS PERSON?

- He is **selfish** by **nature**. Everything revolves around **him**, and he's very **difficult** to deal when it doesn't.
 - He **treats** strangers **better** than he treats his own **family**.
 - As long as **he** is having a **good time**, he **doesn't care** if everyone else is unhappy.
 - Very **superficial** more concerned with **how** things **look**, as opposed to how they **actually are**.
 - His **personality changes** depending on who he is with. He can go **from** being a **tyrant**, to being **charming** and **sweet**.
 - He never **admits** he is **wrong**, and either **blames you**, or gets **mad at you** for bringing up the **possibility** that he **could be wrong**.
- THIS PERSON IS A NARCISSIST.**

Maria consiglio

GUESS WHAT HAPPENS WHEN A VICTIM OF A SMEAR CAMPAIGN TRIES TO CORRECT THE LIES SPREAD ABOUT THEM BY A NARCISSIST, SOCIOPATH OR PSYCHOPATH? TYPICALLY THE VICTIM IS RIGHTFULLY SO DISTRAUGHT THAT THE ATTEMPT ACTUALLY MAKES THE SITUATION WORSE. A GOOD RESPONSE? REALIZE THAT PEOPLE WHO BELIEVE SMEAR CAMPAIGNS ARE NOT THE QUALITY OF INDIVIDUALS WE SHOULD WANT IN OUR LIVES ANYWAYS. MOVING ON TO HEALTHIER RELATIONSHIPS IS THE BEST OPTION

~ SHANNON THOMAS
SOUTHLAKECOUNSELING.ORG

NARCISSIST STRATEGY #8

THE CONSTANTLY PLAY MIND GAMES: TO ENSURE YOU NEVER KNOW WHAT IS HAPPENING, TO MAKE THEMSELVES FEEL SUPERIOR AND TO DISARM YOU THEY WILL CONSTANTLY USE SMOKE AND MIRRORS AND CHANGE THE RULES

How To COUNTERACT

KEEP A RECORD OF EVERYTHING. THIS ISN'T FOR YOU TO OFFER THEM FACTS, BECAUSE THEY WILL CONTINUE TO DENY THEM, BUT RATHER TO KEEP YOUR OWN SANITY. ALWAYS BE TRUTHFUL WITH YOUR CHILDREN ENSURING THAT INFORMATION IS AGE APPROPRIATE OF COURSE. TEACH YOUR CHILDREN (AND YOURSELF) TO TRUST THEMSELVES

Narcissists give the silent treatment because they are cowardly bullies who can't take accountability for their actions in order to resolve issues with others. They know how to point out every little thing in their victims, but the minute a victim points at them, their game is over. They want to do all the speaking and criticizing, and do none of the listening. Silence is their way of showing hatred, disdain, and revenge for pointing out their toxic and abusive behaviors, and their way of controlling their target and feeling more powerful.

A narcissist is disrespectful, insensitive, controlling, a bully, uses threats and intimidation, lies, disregards your feelings, minimizes and trivializes, gives you the silent treatment, rages, throws tantrums, is never accountable, is a hypocrite, projects on you, does not show sympathy or remorse, exploits, is arrogant or condescending, acts superior, uses demands, commands and orders, does not listen, is a know it all, and can have a charming exterior personality until he is enraged or things don't go his way. It boils down to an overgrown, weak immature bully, needing control, with a sense of entitlement and false sense of power.


“

What is Narcissistic abuse?

Narcissistic abuse is covert, and often disguised as love and care, but it's anything but. It's not a single act of cruelty like an insulting comment, or verbal abuse laced with a string of profanities. It's the insidious, gradual, and intentional erosion of a person's sense of self-worth. It's a combination of emotional and psychological abuse aimed at undermining a person's identity for the sole purpose of obtaining control for personal gain. It can involve patterns of dominance, manipulation, intimidation, emotional coercion, withholding, dishonesty, extreme selfishness, guilt-mongering, rejection, stonewalling, gaslighting, financial abuse, extreme jealousy, and possessiveness.

BREE BONCHAY, LCSW
WWW.FREEFROMTOXIC.COM

Normal people who possess the ability to feel empathy don't like seeing others suffer. The narcissist on the other hand does. Seeing you terrified gives them a sense of satisfaction. They enjoy seeing you hurt.

 heartfeltquotes.blogspot.com

**PEOPLE WITH NARCISSISTIC
PERSONALITY DISORDER CANNOT
BE CURED. THERE'S NO MEDICINE
OR TREATMENT TO FIX THEM.
THEY DONT EVEN BELIEVE THERE
IS ANYTHING WRONG WITH THEM.
IN THEIR EYES IT'S EVERYONE ELSE
THAT HAS A PROBLEM. THERE IS
ONLY ONE WAY TO DEAL WITH THEM
- WALK AWAY!**

Rebecca Hill

VONA Support - www.facebook.com/VictimsOfNarcissisticAbuse

Stop making excuses for the narcissist.

Their cruelty is calculated and intentional.

Your proof is the contrast between their public selves, and who they are when no one is around to bear witness to the suffering they cause you.

www.narcwise.com

When you start doubting if you did the right thing by getting away from the narcissist.

When you start thinking things weren't as bad as you thought they were.

Let me remind you, yes they were as bad as you remember they were.

And yes you did the right thing by getting away from them, because they are never going to change for you, or for anyone else.

Narcissistic Behaviour & Emotional Abuse

It does not matter to the narcissist if you are sick, in pain, grieving , pregnant or facing a terminal illness. As far as the narcissist is concerned, **your purpose in life is to meet the narcissist's needs** , whether you are able to or not. **Gena da Silva**



Toxic Amnesia

A term that describes how the narcissist pretends to not remember hurtful behaviors, verbal abuse, and betrayals they've engaged in. It's part of their gaslighting campaign and designed to make you feel like you're overreacting or mentally unstable - creating doubt in your mind, thereby enhancing your symptoms of cognitive dissonance.

Things You Can't Do With a Narcissist

- Have a normal conversation where you aren't blamed for everything.
- Get the truth. They'll lie to you about everything.
- Have friends and family. They'll try to separate you from those you love, and make themselves look like you are abusing them, even though you aren't.
- Find peace. They'll push every button you have, and when you react, they'll call you crazy.
- Enjoy intimacy and faithfulness. They'll cheat on you and then parade the new conquest in your face just to try and destroy you.
- Be comforted. When you cry, they'll watch you and smirk, especially if they're the reason you're crying.
- Have self confidence. They'll torment you, call you crazy, and deny doing anything wrong. ~~You'll be left doubting everything about yourself.~~ When You Have Nothing Left

What is the one thing a Narcissist does not want other people to know? The truth about them. More specifically, Narcissists do not want the truth that they are insecure, malicious, and devious people with a toxic and abusive agenda. Beyond being embarrassed by the truth of their behaviors and thoughts, they have a deathly fear of being exposed and **REJECTED** for who and what they are. This is in large part because they always use lies, manipulations, and distortions to control other people and get what they want.

afternarcissisticabuse.wordpress.com

stopthenarcissistsnow.com

Here's a summary of *Common Everyday Sociopaths*:

1. They make you feel sorry for them.
2. They make you feel worried or afraid.
3. They give you the impression you owe them.
4. They make you feel used.
5. Sometimes you suspect they don't care about you.
6. They lie to you and deceive you.
7. They take a lot from you and give back very little.
8. They make you feel guilty (and use that to manipulate you).
9. They take advantage of your kindness.
10. They are easily bored and need constant stimulation.
11. They don't take responsibility, but place blame elsewhere.

Hare's Checklist

1. GLIB and SUPERFICIAL CHARM -- the tendency to be smooth, engaging, charming, slick, and verbally facile. Psychopathic charm is not in the least shy, self-conscious, or afraid to say anything. A psychopath never gets tongue-tied. They have freed themselves from the social conventions about taking turns in talking, for example. >

2. GRANDIOSE SELF-WORTH -- a grossly inflated view of one's abilities and self-worth, self-assured, opinionated, cocky, a braggart. Psychopaths are arrogant people who believe they are superior human beings.

3. NEED FOR STIMULATION or PRONENESS TO BOREDOM -- an excessive need for novel, thrilling, and exciting stimulation; taking chances and doing things that are risky. Psychopaths often have a low self-discipline in carrying tasks through to completion because they get bored easily. They fail to work at the same job for any length of time, for example, or to finish tasks that they consider dull or routine.

4. PATHOLOGICAL LYING -- can be moderate or high; in moderate form, they will be shrewd, crafty, cunning, sly, and clever; in extreme form, they will be deceptive, deceitful, underhanded, unscrupulous, manipulative, and dishonest.

5. CONNING AND MANIPULATIVENESS - the use of deceit and deception to cheat, con, or defraud others for personal gain; distinguished from Item #4 in the degree to which exploitation and callous ruthlessness is present, as reflected in a lack of concern for the feelings and suffering of one's victims.

6. LACK OF REMORSE OR GUILT -- a lack of feelings or concern for the losses, pain, and suffering of victims; a tendency to be unconcerned, dispassionate, coldhearted, and unempathic. This item is usually demonstrated by a disdain for one's victims.

7. SHALLOW AFFECT -- emotional poverty or a limited range or depth of feelings; interpersonal coldness in spite of signs of open gregariousness.

"Victimized" Narcissists – Covert Narcissistic Abuse

Perhaps, of all types of narcissistic abusers, the "victimized" abuser is the most difficult to get past. Some narcissists learned that they could get attention and control others by being victims. Their lives become one sad story after another and they find listeners and believers and helpers to manipulate. This can be a type of covert narcissism that is very difficult to understand and handle.

"Victimized narcissists" are masters at projection, among other behaviors. They can say any hurtful thing to you, but if you dare to say something back, you are labeled as abusive. They can call you any name, but if you challenge them, you are being mean. They can lie about themselves and about you and they sound so honest. And there will almost always be someone who will believe them.

<https://graceformyheart.wordpress.com/2015/03/13/victimized-narcissists/>

 TraumaAndDissociation  TraumaDissociation.wordpress.com

OVERT & COVERT NARCISSIST

Covert or overt, both are damaging to anyone who become entangled in their web of destruction. Overt Narcissist are openly callous, arrogant and demanding, where as the covert narcissist inject abuse in a more subtle, insidious way. He is seen as kind & gentle to the outside world, to the victim, he is the devil himself!

Both have deep seated feelings of unworthiness, the overt Narcissist openly slanders those who he secretly envies and will step over anyone to feed his need for power and control. The "Shy Narcissist" is less grandiose to the outside world, he lives a fantasy movie like existence but is less likely to openly share his secret in fear that people will see through his bizarre sense of reality.

He slanders his victim in a more "Woe is me" fashion, he portrays himself as the victim, tells stories of past betrayals and abusive partners when all he ever tried to do was make them happy. People believe his storytelling and offer words of comfort telling him he deserves so much better, enabling him to eventually pull off the perfect grande finale with his reputation still in tact.

Both personalities are highly exploitative, they believe they are entitled to act out in anyway they see fit without any provocation. They use silent treatment to punish or avoid answering to their disordered behavior then just show up days or weeks later as if all is rosy in the garden. You never get closure, they dodge and swerve, divert your attention with shallow words and short lived promises. You are not responsible for another persons abusive behavior, each forgive and forget is another boundary sabotaged. He has nothing nothing to offer other than a lifetime of hell.

www.facebook.com/TimesAHealer

Covert narcissists manage to fool all those around them, with their very well practiced fake meekness, fake humility, and seemingly low ego. Underneath that façade, he/she is as arrogant, controlling and manipulative as the arrogant narcissist. Same abuse, just different tactics. He/she may pretend to put your interests first. Watch out - he/she is about to ambush you. **Gena da Silva**

Covert narcissists seem to be quiet, calm, shy, loving, humble and altruistic, when in fact they are:

- deceptive;
- cunning;
- sly;
- manipulative;
- controlling;
- underhand;
- enraged;
- dangerous;
- troublemakers who act behind the scenes. **Gena da Silva**

Covert narcissists are very difficult to recognize & are even more difficult to expose. They appear wounded & gentle, even vulnerable & humble. They portray themselves as dedicated to the path of "enlightenment" & will reel you in with the standard pity play. The lack of overt arrogance will derail your fears or suspicions. They epitomize a wolf in sheep's clothing. Beware.

@NARCISSIST.SOCIOPATH.AWARENESS2

Covert Narcissists Wearing the Martyr's Mask

There is a special kind of covert narcissist who plays the martyr role so convincingly that most people believe he is an individual of extraordinary integrity, even holy. There is always the implication that this person is special because of his extreme self sacrifice for others. Nothing could be further from the truth. This is part of the covert narcissist's well rehearsed performance and an excellent way of being seen as a very fine human being.

Dr. Linda Martinez-Lewi
The Narcissist In Your Life



ARE YOU A NARCISSIST?

Check the following list of common narcissistic personality traits and see how many you relate to:

SELF-CENTERED

- ✓ Constantly thinking about yourself
- ✓ Focus on getting your own needs met (often ignoring the needs of others)



SENSE OF ENTITLEMENT OR SUPERIORITY

- ✓ Feeling that you are always right
- ✓ Feeling that you are better or deserve more than other people



LACK OF EMPATHY

- ✓ Lacking compassion and feeling for other people



MANIPULATIVE OR CONTROLLING

- ✓ Use emotions to manipulate people
- ✓ Tendency to be extremely jealous and controlling in relationships



STRONG NEED FOR ADMIRATION

- ✓ Demand admiration and praise
- ✓ Like to be the center of attention
- ✓ Upset if the spotlight is not on you



DIFFICULTY TAKING FEEDBACK

- ✓ Over-react to criticism
- ✓ Have a hard time admitting when you are wrong



EASILY WOUNDED

- ✓ Quick to feel hurt or angry
- ✓ Frequently feel wronged by others



Understand where narcissism comes from and how to treat it in this Webinar:

Narcissism: From Healthy to Pathological
Sign up at PsychAlive.org