
Recognize the Narcissist

In Your Life

learn the language and decide

TYPES OF NARCISSISTS

1. **Somatic Narcissists** – Fixated on their body and appearance. They are often seductive and are pathological cheaters. To them, sex is a weapon.
2. **Cerebral Narcissist** – Take great pride in their intellect and are incredibly convincing. They are master manipulators.
3. **Covert Narcissist** – These Narcissists do not fit the mold of your standard Narcissist. In fact, they often come across like the exact opposite. They tend to be charming, likable, and humble. Making it very difficult to recognize, as they are often very convincing.

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TYPES OF NARCISSISTS

- 4. Overt Narcissist** – Tend to fit the mold of what a narcissist presents like. These individuals are larger-than-life, arrogant, often loud and boisterous, love to be the center of attention, and often come across as obnoxious to most people.
- 5. Classic Narcissist** – A person whose set of behaviors are characterized by a pattern of grandiosity, self-centered focus, need for admiration, self-serving attitude and a lack of empathy or consideration (remorse) for others.
- 6. Delusional Narcissist** – Very grandiose in their beliefs and are often full of stories that are so over-the-top that rarely do other people believe them.

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TYPES OF NARCISSISTS

- 7. Malignant Narcissist** – An (unofficial) term that describes the type of Narcissism that is in the middle of the (unofficial) Narcissistic spectrum.
- 8. Cluster B:** Refers to a grouping of personality traits in the Diagnostic and Statistical Manual of Mental Illness (DSM). These traits are broadly described as dramatic, erratic and emotional. Within the Cluster B are four of the ten recognized personality disorders: Borderline, Narcissistic, Histrionic, Antisocial.

NEED FIVE

DSM-iv diagnostic criteria

TO BE DIAGNOSED AS SOMEONE WITH NARCISSIST PERSONALITY DISORDER

The disorder begins by early adulthood and is indicated by at least five of the following:

1. **An exaggerated sense of self-importance** (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
2. **Preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love**
3. **Believes he/she is “special” and can only be understood by, or should associate with, other special or high-status people (or institutions)**
4. **Requires excessive admiration**
5. **Has a sense of entitlement**
6. **Selfishly takes advantage of others to achieve his own ends**
7. **Lacks empathy**
8. **Is often envious of others or believes that others are envious of him**
9. **Shows arrogant, haughty, patronizing, or contemptuous behaviors or attitudes**

MIGHT SEE

DSM-iv diagnostic criteria

TO BE DIAGNOSED AS SOMEONE WITH NARCISSIST PERSONALITY DISORDER

Narcissistic Personality Disorder (NPD)

a pattern of self-centered and egotistical behavior that is destructive to others.

egotistical behavior that goes much further, they put their own needs before others and tend to not only step on people that get in their way but go out of their way to **crush/ruin/hurt them.**

Lies Lies Lies Pathological

a narcissist tells lies and stories to discredit anyone that gets in the way of what they are trying to achieve.

often mixing a 'little truth' into the lie to make it more believable.

lying is just a way of life and they will use this as a tool to build themselves up and tear down a victim.

Lies Lies Lies Pathological

did you notice the tactics used in debates? The Narcissist will turn things into their own truth.

their targeted messages are hate filled and they are a master of spinning stories so that they're the savior.

Status Driven

a narcissist will suck up to anyone that can help raise them in status. someone that helps them look better.

people that do not serve this need will be called names, discredited and using the lie tool they undermine anyone they consider unworthy.

Smear Campaigns

a smear campaign is when a narcissist no longer has use for a victim and they spread false stories (lies) in order to ruin them.

ruining someone is all part of the game and they get narcissist supply from hurting others.

Fear Campaigns

When a victim shows vulnerability to a narcissist by sharing their deepest fears.

they pretend to be interested but later play on those fears and abuse the victim with that very fear. This leaves the victim feeling betrayed.

Never Cross a Narcissist

like a caged animal, a narcissist will fight to the death (no holes barred) when they are crossed.

faced with someone that questions them or their integrity beware the fighting claws come out.

In my head I hear “Danger Will Robinson”

accusing a narcissist of being a narcissist is the worst thing you can do.

Wear Many Different Masks

what is a mask you ask? A mask is a fake persona that a narcissist wears and changes with different people.

If you are for global warming research then so are they.

If you are for big oil then so are they.

building these multiple personas for every person they encounter makes it hard for them to really know who they are.

Narcissistic Personality Disorder (NPD)

at this time there is no cure for NPD and most people affected by this are not self-aware to get help. they have no interest in changing and therefore they rarely seek counseling.

RED FLAGS

LOOK FOR THESE

ON THE SURFACE WITH MANIPULATION BEHIND

Charming

narcissists can have a charming personality and use it as a form of **manipulation**. this happens in the beginning of a relationship, then in public only. everyone they charm thinks they are great. they use this charm to get what they want from the victim, families and friends.

Love Bombing

phase one of the cycle of narcissistic abuse. this stage often involves **constant communication** and complements, and is designed to lure the victim into (or back into) the relationship.

Mirroring

the behavior in which one person subconsciously imitates the gesture, speech pattern, beliefs or attitude of another. they are becoming everything you ever wanted.

**Over sexual
Excessively
Sexual**

high sex drive,
masturbation, out of the
box behaviors, aggressive
sexual needs, porn,
strip/sex clubs. proud to
show off the arm candy
they deserve.

Triangulation

this is when a narcissist uses two people (usually rivals) and himself into a space where they hear badly about the other one because of lies he tells each side. manipulating them into a conflict with each other. this keeps the two rivals from wanting to meet and protects his lies.

Gaslighting

a form of mental abuse in which information is twisted or spun, selectively omitted to favor the abuser, or false information is presented with the intent of making victims doubt their own memory, perception, and sanity, and is a very popular technique among narcissists.

Hoovering

a manipulative technique named after a hoover vacuum that “sucks” victims back into the relationship. often excessive show of emotions and grand promises are used to guilt the spider back into the web.

Grand Finale Discard

more often than not the ending of a relationship with a narcissist goes out with a bang! crazy unexplained, unwarranted behavior that destroys the victim because of the horrific lengths a narcissist will go thru to not only break up a relationship but they DESTROY it and the victim.

Smear Campaigns

after the discard the use of smear campaigns tactics are used to isolate the victim by turning friends and family to revictimize and abuse a victim. sometimes your friends and family members are used by the narcissist and believe the charming ways. these friends may never see the real abuser and victims become so isolated.

Flying Monkeys

people, including friends, family, coworkers, and their children that the narcissist has conned into believing that the narcissist is the victim in whatever situation that they have created, when in fact they are really the perpetrator.

Grey Rock

A technique used by a victim to minimize contact, and damage from a narcissist by becoming as reactive and as exciting as a “gray rock”. The goal is to deny a narcissist any contact that they are seeking, so that they will get bored and leave eventually just go away.

No Contact

The most ideal, and effective way to get rid of a Narcissist.

Narcissists feed their ego with attention and emotional energy from their victims.

The only way to get them to get their fixation off of you is to “starve them out” of any attention or reaction.

chameleons

THE NARCISSIST TRANSFORMS HIMSELF TO BE WHAT THE TARGET
WANTS THEM TO BE

NPD is a very serious mental disorder

VICTIMS OF THE EMOTIONAL ABUSE OFTEN FIND THEMSELVES:

- **confused**
- **isolated**
- **anxious**
- **numb**
- **fearful**
- **angry**
- **embarrassed & ashamed**
- **revictimized**

NarcissistAbuseSupport.com

A NATIONAL NARCISSIST ABUSE WEBSITE LEADING VICTIMS
TO HELP, SUPPORT AND ANSWERS

By Tracy A Malone



NARCISSIST ABUSE SURVIVOR AND THRIVER

HELPING VICTIMS UNDERSTAND AND GET STRONG AGAIN