



# NARCISSISTIC SIBLINGS

WHAT YOU NEED TO KNOW

## HOW DID THIS HAPPEN?

Discovering or investigating if your brother or sister is a narcissist is a difficult, but necessary step in trying to put the pieces of your life/history together. You have probably seen good and bad behaviors from your sibling(s) and you may still hold onto the idea that there was something you could do or could have done to save them. If you feel guilty for even looking this up, it means you have seen behaviors that trouble you.

## TRACY MALONE

*Founder Narcissist Abuse Support*

# THEY HAVE ALWAYS BLAMED YOU

## DO YOU HAVE A NARCISSISTIC SIBLING? LOOK AT THE CHARACTERISTICS OF A NARCISSISTIC SIBLING

### OVERT OR COVERT?

An **overt narcissist** is the typical self-centered person that doesn't hide their own self-love or their need for admiration. They demand loyalty and people are pawns for them to get what they need. They are often easy to spot with their "full-of-themselves" mannerisms.

The **covert narcissist** is more like Wonder Woman's invisible plane. On the surface they are loving, caring siblings, but beneath the charming façade they harbor jealousy and do everything to manipulate your life and create division in your family.



Discovering or investigating if your brother or sister is a narcissist is a difficult, but necessary step in trying to put the pieces of your life/history together. You have probably seen good and bad behaviors from your sibling(s) and you may still hold onto the idea that there was something you could do or could have done to save them. If you feel guilty for even looking this up, it means you have seen behaviors that trouble you. So, let's not jump onto the diagnosing of them and look more at their behaviors and your feelings, then you can be the judge. In the end, a label gives you an explanation for the things you just didn't recognize. There is much empowerment in understanding about a narcissistic sibling. The biggest benefit is that with this knowledge you can begin to make decisions to protect yourself and begin to heal.

In my own process of healing I eventually had to open Pandora's Box to look at my own siblings' behaviors and my own role in the family dynamic. My own recovery journey was to discover that I had married, dated, been the daughter of narcissists and now I can, without question, identify that I also had narcissistic siblings. No matter where you are in the process, it is never too late or too early to arm yourself with the knowledge of knowing where you came from. I call this Pandora's Box because many times victims of narcissistic abuse by others come to learn that they were quite familiar with these behaviors from a narcissistic childhood home.

### DOES YOUR SIBLING DO ANY OF THESE BEHAVIORS?

Your narcissistic brother believes **they are more important than you** are and that they deserve to be recognized in the family lineage as smarter, more successful than you. Were there any family jokes about them being better looking than you or smarter?

Being the superior off-spring, they **feel entitled to everything** from the parent's attention, to the better education, better job, better spouse and better kids. They might feel entitled to your money; some narcissists are successful where they tend to live parasitically off others, and you might have been one of their victims.

Does your sister have an **inability or unwillingness to recognize the needs and feelings of you** or others? The lack of empathy is most clear in a narcissistic sibling when they cannot conceive of the harm, they have caused you. They may be unable to hear stories of your struggles or illness, but you must listen to theirs. Have you noticed that your sibling has no interest in hearing about the great things in your life? It can go both ways with no empathy for your struggles or strengths.

When your sister is a **pathological liar**, she will lie to exaggerate her own achievements and talents. The narcissistic lies start off gradually at first and snowball into crazy off-the-chart stories. Over time the stories become harder and harder to believe and you will start to see the lies; in fact, things just don't add up or make sense. When you press her for more details (fact checking) she will get angry at you for questioning her and then you are to blame. Lies are often told about you. Stories told are designed to hurt your reputation and your place in the family.

Was your brother always looking for you or your parents to tell them how great he was? It can be relentless and exhausting to listen to or compete with this constant **need of excessive admiration**. Was he self-boastful and a bit pretentious with his mission to make sure everyone knew how great he was?

Your sibling is **extremely envious of you** despite the constant put downs, and they believe you are envious of them. They will never show that they know you are better than them unless the situation requires them to charm someone; if this happens then you are being used as a pawn to make them look like a good brother. You should never interpret this as a real compliment. Your brother has always considered you his "rival" and in his eyes he must do anything to win the parents' attention away from you.

**Being entitled to get all the attention.** The narcissistic sibling will **monopolize conversations** to show everyone how important they are. There are different ways they do this: they can boast about themselves, pull the sympathy card to get everyone to sympathize with them or they can use illness to get attention or ruin parties. If they are successful, they will shower people with gifts to show how caring, generous and fruitful they are. Either way they are getting the attention.

A narcissistic sibling will **take advantage of others** with **cunning style and charm**, so people never see what hit them. They use this tactic to get what they want, but you will not see this behavior if there is no gain for them. They are not charming; they can be pure evil.

Like all narcissists, they use masks to **play various roles** depending on who they are with and what they need to do to control them. One of the most common masks is that of the innocent victim. This role is used when they want attention from mommy or daddy and again will be used later in life to manipulate people into giving them what they want. Other masks may include playing the role of perfect daughter or even perfect sibling. This is where it gets confusing because you see this side of her and think this is the 'real' her and behind closed doors all hell breaks loose and she reverts to the lying, denying sister.

Overtly or covertly, the narcissistic **sibling has been sabotaging you your whole life**. They may have tried to get you taken out of the family will. The lies and secrets revealed were done to alienate you from the family and possibly get the family money they feel they are entitled to.

Did your brother **triangulate, spin stories or tell half-truth lies to alienate you** from your other siblings or your parents? Triangulation is the art of pitting people against each other – using lies and manipulation tactics. The goal here is to not have the other family members unite against them. If they tell you lies about your other sibling and tell them lies about what you "said", they are pitting you against each other. If the narcissist can keep everyone else in small little wars against each other then they become the sane one, the peaceful one and no one can see the pulling puppet strings of manipulation. Each side is pitted against the other and the only winner is them, and that is because they leave a wake of chaos in this path. Victims of triangulation feel betrayed and don't know who to trust.

Note: if you had a narcissistic parent, they probably started the triangulation game early in life with the goal of keeping the siblings apart because even if you were strong then together you would have had more confidence to stand up together and the narcissistic parent would have had no control over any of you.

## **HOW DOES IT FEEL TO HAVE A NARCISSISTIC SIBLING?**

### **Do you enjoy being around them?**

This is usually the first sign you know something is wrong. Many sibling victims do not enjoy time with their siblings. It's exhaustive and takes so much energy to keep up the charade of playing the game of "I know" what you did and who you are, but I will still sit and eat Thanksgiving dinner with you. Anxiety before you see them in anticipation and dread of the depression you will have at yourself for allowing this to ruin another holiday is another tell-tale sign. The non-narc sibling often feels obligated because they do not want to risk isolating themselves from other family members, so they break bread and endure another holiday.

### **Is it hard to talk to your sibling?**

Does your head spin like you are being served "word salad"? Word salad is a term for conversations that go around and around in many directions with nonsense arguments that just don't make sense. Think of Gaslighting and mix it with a dash of confusion, lies, and crazy and you have word salad. Do they always bring up things from the past to use against you? Are your conversations blame-game conversations?

### **Are you always the loser?**

Is your role to never win when arguing? Narcissistic siblings always need to win, so by default that means you always need to lose. Even when evidence comes into play, perhaps you got a better grade or job, expect that they will seek to devalue your achievements. Narcissistic siblings will often put you down and tell lies about you to take away "your win". If the spotlight dances on you and you gain praise from parents and family, expect them to toss out an old argument or thing you did when you were six. They are happy to smear your name whenever that light shines. This leaves a sibling victim always feeling they need to compete for any attention, depressed and never being able to measure up.

### **Is your sibling unable to accept accountability?**

Nothing is ever their fault. Think back to childhood. Did your sister always blame you for things she was doing? Did she leave the dog outside and then blame you? Does your sister still today blame everyone else for her own choices? As an adult, the narcissistic sibling has not learned that it's okay to make a mistake, because to them making a mistake and admitting it will make them less than perfect. Perfect is the mask they want to world to see.

### **The secret dance**

When your brother first asked you to do his homework but not tell anyone, the dance began. From that point you were probably covering up so many secrets you couldn't keep track. If you did tell the secret, you probably paid the price of possibly being physically abused or verbally tortured, so you learned it was easier to go along with their lies to keep the peace. Later in life the secret game masks their fails and protects their lies.

### **Are you dealing with sibling rivalry?**

Are your narcissistic siblings always in competition with you? In childhood and in a dysfunctional home, rivalry amongst siblings is encouraged as sort of a competition to push the weaker one to be more like their stronger brother or sister. Competition in sports among rival teams is in many ways accepted practice. Sibling rivalry can drive siblings to no longer want to spend time with each other because it is so painful to live in this role.

### **Are you the crazy one?**

To make themselves always look like the perfect child they will create stories about you to make you look like the crazy one. This can be overt where they are outright smearing your name and telling people you are crazy, or they could be more covert and be very subtle using tactics like creating an argument to make you look unstable or telling complete lies about you to people. This tactic is crazy making because victims are forced to defend themselves against these false accusations.

### **Do they honor your boundaries?**

Most narcissists are boundary violators and the reason for this is quite simple – they are entitled not to need to comply

with your wishes. It probably started early in life where you didn't even understand you were setting boundaries. For example, if you picked the chocolate cupcake and they picked another flavor. Later at night after dinner they decided they wanted the chocolate cupcake; they created a fuss and mom, or dad ordered you to be nice to your brother and let him have the chocolate cupcake. It starts off slowly and you were trained that giving in is the easiest way to get through life.

### **Has your narcissistic sibling betrayed your confidence?**

Personal example: During my divorce, my sister had stepped up to be there for me against my husband. She was uncharacteristically friendly, open, listening and caring. This built trust in our sisterhood again and I conveyed what my lawyers were planning to do and what information I was being asked to disclose. I should have suspected something because she hadn't been nice in years, but I was vulnerable and in great isolation being 2000 miles away from my core support system, so I trusted her again. I never suspected that she was playing double agent, relaying my secret divorce tactics back to my husband. They were never close, in fact, he really hated her, so I would have never believed they would team up. I never saw it coming when my lawyer informed me that she had offered to testify against me. She was after his money and hoped that being a snitch would give her some financial gain. She never made it to the stand or (to my knowledge) get anything out of him. She didn't realize she was up against a sociopath mother-in-law that was just using her to extract what they needed and then she was discarded. Her lies and efforts went to good use in ruining me and giving them advanced knowledge so they could counterattack.

Can you think back to times your brother or sister betrayed you? How did it feel? Did you trust them again like I did? If you did, please don't blame yourself. You were fooled by a con artist that knew more about you than you did. Going forward you will need to decide if they are trustworthy and even then, you need to always be careful to trust or reveal any information. Keep it light and remember to give them as little personal information as possible so you are not giving them data that they can betray you with.

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## WHAT DO YOU DO NOW?

I believe that people come into our lives for a reason, and both good and bad experiences bring us lessons we must learn. If we don't learn the lesson, life tends to repeat itself until we finally learn that lesson. That said, it is usually the more difficult lessons, the ones that scar our souls, that are the hardest to understand and heal from. These lessons, while extremely painful, are here to warn us, teach us, and enlighten us to the fact that not everyone is created equally or meant to stay in our lives forever. A mistake that many people make when it comes to understanding these lessons is that they think doing something repeatedly is learning the lesson, while in fact we are just repeating familiar patterns. Learning how to protect yourself from ever letting this happen means doing the work, educating yourself and changing things about yourself.

## FIND SUPPORT

<https://narcissistabusesupport.com>

## TALK TO ME

<https://narcissistabusesupport.com/narcissistic-abuse-coaching-sessions/>

It is fair to say that most people have a physical scar somewhere on their body. That scar had a story, the story of when you fell out of a tree and broke your arm. If I were to ask you the day you fell out of that tree to describe your story it would be filled with emotions and drama. As time passes the story fades, but the lesson is still there. Perhaps you learned to be more careful or wear proper shoes when climbing a tree; it was a lesson and that scar reminds you of it.

When we encounter someone with narcissistic personality disorder, people often get wounded, hurt and broken. Victims live through abandonment, betrayal and disappointment and there is a healing lesson to be learned. A lesson can simply be to understand what happened or the lesson we must learn is to protect ourselves in the future from never letting this happen

again.

Like that scar, the pain from this emotional abuse will be forgotten in time and the lessons will be what remains. Your job is to educate yourself to understand everything you can about this type of personality disorder, so you can learn the lesson, and never have it repeat again.

Sadly, most victims of narcissistic abuse get stuck in a cycle of attracting the same type of person and the cycle continues. The "story" often told to survivors is that they are attracting them. The truth is you were prey, being hunted because of your vulnerabilities and what type of supply you will make. The formula is simple: since narcissists are takers, they look for givers.

If you are ready to understand what your vulnerabilities are and if you are ready to break the cycle, I would suggest that you take my online workshop called "Change the Story". Your wounded story gives the clues to a new narcissistic person that attracts them to begin this cycle again with you.

Healing from emotional abuse is not something you can rush; there is no 'Betty Ford Clinic' to check into to get fixed. Each person's wounds are different despite the similarities of the abuse, so each person's prescription for their recovery journey is different.

Stop the cycle for you and your children. I am living proof that the stories fade, and you can create new chapters in the story of your life.



## CHANGE THE STORY WORKSHOP

Victims of narcissistic abuse stories are all different and yet so similar. You have endured verbal abuse with lies, gaslighting, underhanded tricks and general confusion of the abuse.

You might have a terrible story and have good reason to hold onto the full-blown crazy story. I get it, but if you want to heal, you need to learn a new skill to control the triggers and protect yourself. Every time you share the crazy drama with someone, you risk getting triggered and causing the cycle of abuse to hold you stuck in that place and time. In this workshop, you will learn how to take control and CHANGE the story.

To be clear, you are not sweeping your story under the rug. You are not denying what happened. You will learn skills to extract the lesson and shorten the story, so it doesn't throw you back into the pain cycle. A story has the power to hold us in that story and live in that time as if it was today. The opportunity to create a new life (new chapter) is not possible because we are busy reliving the pain and horror from the wounds of abuse.

A WOUND STORY ATTRACTS NARCISSISTIC PEOPLE. If you are one of those unlucky survivors that keep repeating the patterns by being in relationships with narcissists, you need to understand that your story is the magnet that drives them towards you. You aren't picking them they are picking you and you gave them everything they need to abuse you again!

## LEARN HOW TO HEAL

<https://narcissistabusesupport.com/stories/>

### In this course you will learn:

- The six reasons your story is hurting you
- What secrets your story is revealing
- What are 'Green Flags' and why you should never give anyone the ammunition to hurt you
- What vulnerabilities your story shows
- What assets you have that made you a perfect supply and how not to be targeted for those
- How important it is to understand the "lesson" and how to find it
- How do you rewrite the story? You will be provided with over 50 examples of survivor's stories to illustrate how you can rewrite your story.

I am very proud of this workshop. There are six videos with worksheets to help you craft your new chapter.

I have been teaching and perfecting this workshop for many years and I am finally able to bring it into your living room. These skills are simple once you understand the concept. they will free you from triggering yourself and all your friends and family. When you change the story, your friends will have their friend back and you too will notice a change right away.

Check out this workshop - <https://narcissistabusesupport.com/stories/>



## ABOUT THE AUTHOR

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*Tracy Malone is a surTHRIVER who is passionate about raising awareness on the subject of Narcissist Abuse Support. She is excited to share the empowering hero's journey story of how she turned her life around to help others do the same.*

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Tracy Malone is the founder of NarcissistAbuseSupport.com, a global resource for victims from more than 145 countries. In addition, she created a support Facebook group for victims of narcissistic abuse with more than 8,000 members. She is a popular and well-respected YouTuber on the subject. Her channel has now reached more than 1,300,000 survivors; her work can also be found on her podcast.

Tracy's website concentrates on educating survivors and leading them to the resources they need to heal. Her passion is coaching survivors with a compassionate understanding heart. Tracy has been successfully running two in-person support groups. She understands the important value of finding community to heal, so her website maintains a support group directory as well as state by state domestic violence agency listings where people can get access to counseling, legal services and support.

Tracy is currently completing her first book on divorcing a narcissist and the tricks they pull during the divorce.

**Become more than a survivor. Be a SurThrivers!**

## FOLLOW THE LINK TO RESOURCES.

Visit my website - <https://narcissistabusesupport.com/>

Subscribe to my YouTube channel to listen to the over 400 videos on Narcissistic abuse -

<https://www.youtube.com/c/TracyAMalone>

Like to listen to podcasts? Follow me wherever you listen - <https://podcasts.apple.com/us/podcast/podcast-narcissist-abuse-support/id1244854330?mt=2>

Need extra support? Join my Facebook Group <https://www.facebook.com/groups/getnarcissistAbuseSupport/>

Download my Free Red Flags Checklist - <https://narcissistabusesupport.com/free-red-flag-checklist/>

If you are struggling and want to know what to do next, I suggest my coaching sessions. Every session is geared to educate, validate, and get you started on healing. I coach people by video all over the world; it's your turn.

<https://narcissistabusesupport.com/narcissistic-abuse-coaching-sessions/>