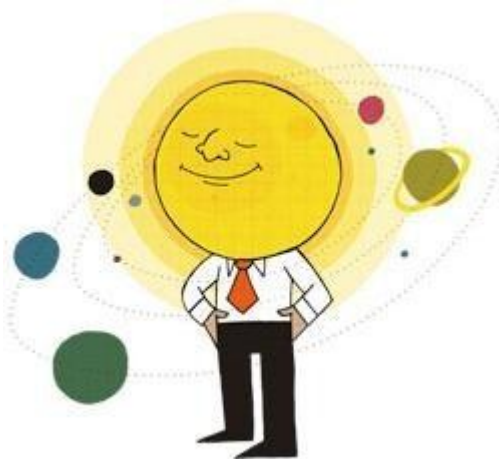


# Personalitatea narcisista | Narcisismul patologic

**Autor:** Simona Stiuriuc

**Tulburarea de personalitate narcisista** este caracterizata de un model de **grandiozitate de lunga durata** (in fantezie sau comportamentul real), o **nevoie covirsitoare de admiratie** si de obicei o **completa lipsa de empatie fata de ceilalti**. Indivizii cu aceasta tulburare frecvent cred ca sunt de o reala valoare in viata tuturor sau a oricaror persoane pe care le intilnesc. In timp ce astfel de comportament era oarecum adecvat pentru un rege din secolul XVI, astazi este in general considerat inadecvat pentru oamenii normali.



Persoanele cu tulburarea de personalitate narcisista prezinta frecvent **snobism** sau **atitudini de patronism**. De exemplu un astfel de individ se poate plinge de impoliteea unui chelner neindeminatic sau de stupiditatea lui sau sa traga concluzii despre o analiza medicala prin evaluarea condescendentă a medicului.

In termeni generali aceste persoane sunt denumite **narcisiste**.

Ca si in alte tulburari de personalitate individul trebuie sa aiba **cel putin 18 ani inainte de a fi diagnosticat**. Personalitatea narcisista apare mai ales la **barbati** decit la femei si este calculata a se dezvolta la 1% din populatie. Ca si alte tulburari de personalitate narcisismul se va diminua ca intensitate cu virsta, multi indivizi experimentind putine dintre cele mai extreme simptome pina la 40 - 50 de ani.

Tulburarile de personalitate cum este narcisismul sunt **diagnosticate** tipic de un psihiatru sau psiholog. Nu exista teste de singe sau genetice folosite pentru a diagnostica tulburarea. Multe persoane afectate nu se prezinta pentru tratament decit atunci cind tulburarea interfera dramatic cu viata personala, adica cind au de-a face cu situatii stresante.

**Nu se cunosc cauzele** acestei tulburari. Exista **multiple teorii** totusi despre posibilele cauze. Cei mai multi medici accepta un model biopsihosocial etiologic - cauzele sunt probabil biologice, genetice si sociale (cum interactioneaza un individ cu dezvoltarea in familie si prieteni) si psihologice (personalitatea si temperamentul individului modelate de mediu si modelele copiate pentru a face fata stresului). Aceasta sugereaza ca nu este responsabil un singur factor ci complexitatea celor trei factori. Daca un individ are o tulburare de personalitate cercetatorii sugereaza ca este foarte probabil ca aceasta sa fie transmisa copiilor.

**Tratamentul narcisismului** implica tipic **psihoterapia de lunga durata** cu un psihoterapeut care are experienta in acest tip de tulburare de personalitate. Medicatia poate fi deasemeni

prescrisa pentru a ajuta cu unele simptome debilitante.

Cauze si factori de risc: Cauza tulburarii este necunoscuta, totusi sunt enumerati urmatoorii factori identificati de diferiti cercetatori drept posibile:

- temperament foarte sensibil inca de la nastere-principalul simptom in forma cronica
- sunt admirati si felicitati pentru aspecte fizice sau talente exceptionale de catre adulti
- admiratie excesiva care nu este echilibrata de realitate
- felicitari excesive pentru comportamente bune sau criticism excesiv pentru comportamente rele in copilarie
- indulgenta sau evaluare excesive de catre parinti
- abuz emotional sever in copilarie
- neglijare emotionala in copilarie.

Unele modele de narcisism sunt comune si reprezinta o etapa normala a dezvoltarii. Cind aceste modele sunt asociate cu esecul unui mediul interpersonal si continua in viata de adult se pot intensifica pina cind este diagnosticata tulburarea. Unii psihoterapeuti considera ca etiologia tulburarii este rezultatul fixatiilor in dezvoltarea copilariei. Daca un copil nu primeste recunoastere suficienta pentru talentele sale intre virstele de 3 - 7 ani acestia nu se vor maturiza niciodata si vor continua stadiul de dezvoltare narcisista. S-a sugerat ca narcisismul poate fi agravat de imbatrinirea fizica si mentala.

Narcisismul patologic are multiple forme de severitate. In formele sale mai severe se considera ca apare din credinta persoanei ca este perceputa intr-un fundament inacceptabil pentru altii. Aceasta credinta este ascunsa in subconstientul persoanei, o astfel de persoana daca este intrebata va nega tipic un astfel de lucru. Pentru a se proteja impotriva respingerii intolerabil de dureroase si a izolarii care isi imagineaza ca ar urma daca altii isi dau seama de natura lor imperfecta incearca sa controleze modul cum altii ii vad.

**Narcisismul patologic** se poate dezvolta prin afectarea calitatii relatiei cu principalele persoane care i-au ingrijit, de obicei parintii, acestia neformind o empatie sanatoasa cu copiii lor. Conceptia formata a copilului de a fi neimportant fata de altii este rezultatul. Copiii vor crede ca au un defect de personalitate care ii face nedoriti.

Personalitatea narcisista este izolanta, dureroasa. Se simt umiliti, respinsi si atacati cind sunt criticati. Pentru a se proteja de aceste pericole reactioneaza prin furie, aparare la fiecare critica cit de mica, reala sau imaginata. Pentru a evita astfel de situatii unii narcisisti se retrag din societate. Cind narcisistul simte o lipsa de admiratie, adulatie, atentie si afirmare se poate manifesta prin dorinte de a fi temut si cunoscut.

Desi acesti indivizi sunt frecvent ambitiosi si capabili, imposibilitatea de a tolera esecurile, criticile si lipsa empatiei ii face dificili pentru munca in echipa nefiind potriviti pentru a sustine relatii profesionale de lunga durata. Acestia isi imagineaza o auto-grandiozitate alaturi de un comportament hipomaniac nesustinate de realitatea lor profesionala.

Semne si simptome: Narcisistul este descris ca fiind excesiv preocupat cu problemele de putere, prestigiu si vanitate personale. Este o tulburare strins legata de auto-centrism.

**Criteriile de diagnosticare a narcisismului patologic** cuprind urmatoarele:

- un simt grandios de auto-importanta (isi exagereaza succesele si talentele, asteapta sa fie recunoscut drept superior fara a avea multe realizari)
- este preocupat cu fantezii asupra succeselor nelimitate, putere, stralucire, frumuseti sau dragostea ideala
- crede ca este special si unic si ca poate fi inteles doar de persoane cu statut special
- cere admiratie excesiva
- asteapta tratamente speciale
- exploateaza alte persoane pentru a-si atinge propriul scop
- ii lipseste empatia: nu vrea sa recunoasca sau sa identifice nevoile si sentimentele altora
- este invidios pe altii sau crede ca alte persoane sunt invidioase pe el
- este arogant
- prezinta paranoia usoara sau moderata
- face asociieri si sugereaza afiliari cu nume si persoane importante.

Subtipurile Millon: **Theodore Millon** a identificat **5 subtipuri ale narcisistului**. Orice narcisist poate manifesta unul sau nici unul dintre urmatoarele:

**Narcisistul fara principii:** include manifestari antisociale, este un sarlatan, exploateaza, face fraude, nu are scrupule.

**Narcisistul falic:** aproape toti narcisistii din acest grup sunt barbati. Tind sa fie agresivi, atletici si exhibitionisti; le place sa-si arate corpul si barbatia.

**Narcisistul amoros:** cuprinde caracteristici hisiotronice, este Don Juan sau Casanova modern, erotic, exhibitionist.

**Narcisistul compensator:** cuprinde caracteristici negativiste, este pasiv-agresiv, evita societatea.

**Narcisistul elitist:** crede despre el ca face parte dintre numele mari ale lumii.

**Narcisistul fanatic:** include caracteristici paranoide, un individ al carui stima de sine a fost sever inhibata in copilarie, care manifesta tendinte paranoide majore si care are iluzia de omnipotenta. Aceste persoane se lupta cu iluziile de neimportanta si valoare pierduta si incearca sa-si restabileasca respectul prin fantezii de grandoare. Cind nu reusesc ca cistige recunoasterea si sustinerea altora adopta rolul de erou sau persoana adorata cu o misiune grandioasa.

Moduri de a recunoaste un narcisist: Thomas a sugerat urmatoarele **manifestari** care indica prezenta unei persoane cu tulburare de **personalitate narcisista**:

- asteapta ca altii sa faca treburile de zi cu zi pentru ca se simt prea importanti pentru a-si pierde timpul cu lucruri comune
- vorbesc foarte rar despre viata lor personala - despre amintiri si visuri
- tind sa prezinte un nivel ridicat de stres alaturi de persoanele cu care lucreaza sau interactioneaza
- simt ca regulile nu li se aplica
- simtul lor de auto-importanta si lipsa de empatie ii face sa intrerupa frecvent conversatiile cu

altii

- devin nerabdatori si nelinistiti cind subiectul conversatiei este despre altcineva si nu ei
- folosesc constant pronumele "eu", "mie" si "al meu"
- le lipseste empatia
- invinovatesc pe altii pentru greselile lor
- intr-o conversatie indiferent de subiect ajung sa vorbeasca despre ei
- vor insela si copia de cite ori vor crede ca nu sunt descoperiti
- relatii sociale de scurta durata
- tendinta de a fi atrasi de functii de conducere
- nevoia de a a fi in centrul atentiei sau de a fi admirati intr-un grup social
- preocuparea fat de imaginea si opinia publica.
- virtual toate ideile lor sau modurile de comportament intr-o situatie data sunt copiate de la altii.

Diagnostic: Pentru a intruni diagnosticul unei tulburari de personalitate, comportamentul problematic al individului trebuie sa se manifeste in **doua sau mai multe dintre urmatoarele domenii:**

- perceptia si interpretarea sa fata de alte persoane
- intensitatea si durata simptomelor sic it de adecvate sunt acestea fata de situatia reala
- relatiile cu alte persoane
- capacitatea de a-si controla impulsurile.

Este important de stiut ca toate tulburarile de personalitate isi au debutul in adolescenta tirzie sau viata de adult la debut. Medicii pun rar un diagnostic de tulburare de personalitate la copii pentru ca acestia sunt inca in proces de formare si se pot schimba considerabil pina la perioada de adult.

Vulnerabilitatea respectului de sine face ca indivizii cu aceasta tulburare sa fie foarte sensibili la critici sau esec. Desi poate manifesta sentimente de putere, criticismul ii bintuie si ii lasa cu sentimente de umilinta, degradare si simplitate. Pot reactiona prin furies au razbunare. Viata lor sociala este afectata frecvent datorita problemelor derivate din necesitatea de admiratie si de lipsa sensibilitatii fata de viata altora. Desi ambitia si increderea lor pot conduce la realizari frumoase, performanta poate fi intrerupta de intoleranta la critici sau greseli.

Persoanele diagnosticate cu aceasta tulburare prezinta mai multe nivele de functionare. Otto Kernberg a descris trei nivele ale afectarii narcisiste. In virf sunt cei care sunt talentati sau indeajuns de inzestrati pentru a atrage admiratia si atentia pe care o vor; aceste persoane pot niciodata sa necesite terapie pentru ca nu simt necesitatea. La al doilea nivel sunt cei care functioneaza satisfactor in mediul de lucru dar cauta ajutor profesional pentru ca nu pot forma relatii sanatoase sau pentru ca se simt plictisiti si fara scop. Narcisistii de pe ultimul nivel sunt diagnosticati frecvent cu alta tulburare mentala sau au intrat in probleme cu legea. Au severe dificultati cu anxietatea si controlul impulsurilor.

Marea preponderenta a pacientilor barbati in studiile narcisismului au facut cercetatorii sa

exploreze efectele rolului sexului in aceasta tulburare de personalitate. Unii au speculat ca dezechilibrul sexual in narcisism rezulta din dezaprobarea societatii fata de comportamentul auto-centrat si de exploatare fata de femei care sunt programate natural sa ingrijeasca, sa faca placere si in general sa isi focalizeze atentia fata de alte persoane.

Tulburarea este dificil de diagnosticat din diferite motive. Primul, indivizii afectati functioneaza indeajuns de bine in societate astfel ca nu intra in atentia medicilor. Al doilea, narcisistii au tendinta sa minta despre ei, de aceea unui terapeut ii poate lua mult timp pentru a observa discrepantele intre versiunea unui pacient despre viata sa si informatiile date de cunoscuti. Al treilea, multe comportamente asociate cu narcisismul pot fi atribuite altor tulburari mentale. Narcisistii care nu functioneaza bine sunt frecvent diagnosticati cu tulburare de personalitate de granita, mai ales daca sunt femei; daca sunt barbati pot fi diagnosticati cu personalitate antisociala.

Daca pacientul este dependent de droguri unele dintre comportamentele narcisiste pot fi atribuite consumului de substante. Mai recent cercetatorii au aratat tendinta de a confunda narcisismul la persoanele care au trait o experienta traumatica cu stresul post-traumatic. Diagnosticul se pune de obicei pe baza a mai multor surse de informatii: istoricul pacientului, informatii de la familie si altii si rezultatul intrebarilor puse de catre medic.

Tratament:Tratamentul cuprinde o varietate de aborduri farmacologice, de grup sau individuale.

#### **Medicatia:**

Nu exista inca medicamente dezvoltate special pentru tratamentul narcisismului. Pacientii care sunt si depresivi sau anxiosi pot primi medicamente pentru ameliorarea simptomelor. Se pare ca inhibitorii recaptarii de serotonina folositi in depresie ar agrava grandomania si lipsa de empatie.

#### **Psihoterapia:**

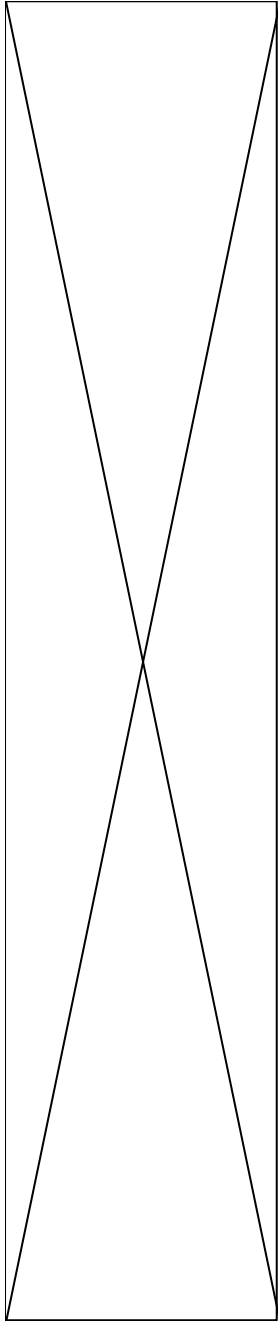
Citeva diferite aborduri fata de terapia individuala au fost incercate cu acesti pacienti, variind de la psihoanaliza clasica si terapia Adleriana pina la aborduri rationalemotive si terapia Gestalt. Majoritatea medicilor nu pot forma legaturi indeajuns de strinse cu pacientii pentru a permite vindecarea injuriilor din copilarie. Tendinta pacientilor de a critica si a nu aprecia munca medicului ii face dificil de lucrat cu ei.

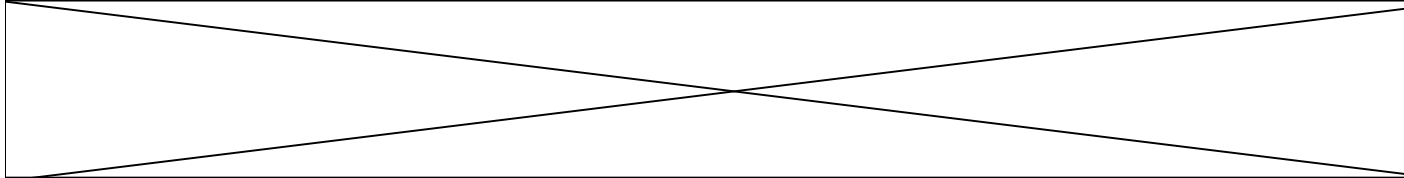
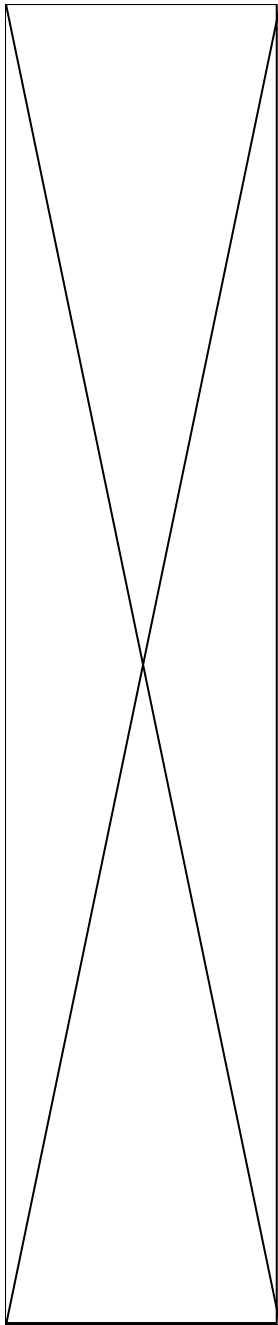
#### **Spitalizarea:**

Narcisistii care nu functioneaza in societate pot necesita tratament in spital, mai ales cei care prezinta comportamente de auto-atac si lipsa controlului impulsurilor. Tratamentul in spital este de ajutor mai ales cind este tintit pe criza imediata si simptomele ei decit pe dificultatile de lunga durata ale pacientului.

**Prognosticul** persoanelor tinere cu narcisism este relativ bun, tulburarile lor reflectind lipsa experientei de viata. Pentru pacientii de lunga durata este negativ. Unii narcisisti pot pe

masura ce se apropie de mijlocul vietii sa-si accepte limitarile proprii cit si pe ale altora, sa-si rezolve problemele cu invidia si sa-si accepte mortalitatea. Cei mai multi pe de alta parte devin depresivi pe masura ce imbatrinesc neavind retea de legaturi familiale intime si prietenii care sustin majoritatea persoanelor in virsta.

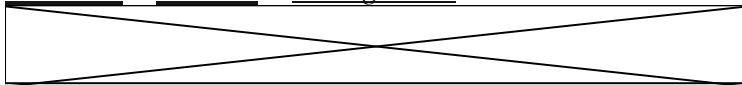




"Too soon to tell!"

**Sever Voinescu, despre Miscarea Populara**

**Business** > **Afaceri** > management



# Bolile managerului modern: paranoia si narcisismul



**Problemele de care se loveste liderul traditional sunt paranoia si narcisismul, sustine Stelian Panescu, director general Smart Sigma.**

"Daca aceste lucruri sunt garnisite si cu o sociopatie usora, deja ajungem la marii conducatori ai lumii. Atat Mao Tse Tung, cat si Hitler si Stalin se afla in zona respectiva", a precizat Stelian Panescu.

In opinia consultantului, liderul ascunde informatii, deoarece se teme sa fie vazut ca un simplu om pentru ca lumea nu l-ar mai urma.

"Oamenii se duc la o [firma](#) pentru ca li se pare ca va fi extraordinar si dau de un sef abject care le strica toata bucuria. Am citit pe mai multe bloguri parerile unora care au plecat de la [Google](#) si spuneau ce 'mizerie' e acolo.

De fapt, unul dintre cei care au plecat de la Google era din Londra si spunea ca s-a dus pentru companie, crezand ca va fi ca atmosfera pe care noi o vedem in filme. A dat de o organizatie englezeasca in care totul era politic, de unde a plecat scarbit dupa cateva luni pentru ca seful lui de acolo era altceva decat credea el. El credea ca se insoara cu Google si de fapt s-a insurat cu altcineva", a declarat Stelian Panescu.

## Always To Blame, Always My Fault

**A case study on the negative person who makes you feel like you're always to blame and it's always your fault**

by Catherine Pratt

[www.Life-With-Confidence.com](http://www.Life-With-Confidence.com)



**For this case study on negative people**, let's talk about the negative person who makes you feel like you're always to blame, it's always your fault and nothing you do is ever right.

Most likely after many of your encounters with this person, you end up feeling guilty, upset,



emotionally drained and confused. You may even feel like you're completely useless or incompetent.

The most difficult times to deal with this type of negative person is when they're in the role of your boss, your parent, or your significant other.

This type of person isn't always easy to identify at first. For ease of reading this article, I'm going to use "he" throughout but a blamer can be male or female. The blamer can be very charming and likeable yet also have this darker side. When you're dealing with the darker side, it will feel like the rug is always being pulled out from under you and nothing you do is ever right, or you get blamed for his mistakes or his deceptions. Trying to be rational with him doesn't work. Trying to get him to see how hurt you feel by what he's doing doesn't work. In fact, these two tactics will make it much, much worse.

So, what should we call this particular type of negative person? I tend to call them blamers because they always blame someone else for anything and everything. They are never the one at fault. This is one of the main clues to identifying this type of personality. They always blame everyone else but themselves when things go wrong.

They are extreme blamers though in that this blaming aspect is a main part of their personality. They're not someone who just occasionally blames others when they get frustrated.

You'll sometimes hear what I call "blamers" also being referred to as "narcissists" by psychologists. When I first heard this description of them, I didn't associate it with the type of personality I was constantly encountering. I thought of narcissists as meaning people who are basically in love with themselves, only talk about themselves, and don't care about anyone else. But, this is only one very specific type of narcissist. There are many different layers and levels to narcissists and you'll find that they can come across as very caring towards others in certain situations, seem charming and interested in you when you first meet, talk about other people and just do not seem to match the most well known description of a narcissist. They can come across as truly nice people in the beginning, and it's not until later that you suddenly realize you feel like you're trapped in a nightmare and also that you're now very much involved even though you may not want to be.

Whether they're called blamers or narcissists, I think this is one of the most destructive types of negative people you can ever deal with. They can have an extremely negative effect on your thinking and your own behavior. They can actually cause such intense anguish and distress, it will last a lifetime until you gain the awareness that it wasn't you, it was the situation that you were (or are currently) in.

If you've been a victim of this type of negative person, you may feel like there is something wrong with you and that if only you were better, or smarter, or nicer, or more competent at your job, or just did the right things for once then the situation would be better between you and the negative person. You end up feeling like it's all your fault which can end up causing depression, self loathing, or other self destructive tendencies.

It's a very different reaction from the view point of the narcissist (or blamer), as he really doesn't see anything wrong with what he does. The fact that you the victim are so upset or feel terrible about things, is simply due to his believing you're wrong and he's right. He also thinks it's his duty or that he's "helping" by putting others down, telling them what they're doing wrong, or blaming them for things. He often doesn't respect other people's boundaries (walks in without knocking, borrows your stuff, takes credit for your work). In his eyes, he can do no wrong. He also likes to be admired or envied.



Defending yourself from this type of person will only make the situation much worse and you'll end up being attacked even more. If you point out how you're innocent and didn't do anything wrong or that he's really to blame then an explosion of anger will most likely occur. Then the tables will be quickly turned on you and the blamer will make it appear that everything is entirely your fault. He's innocent and you're the evil one.

You'll also find that he expects you to do things "exactly" as he would do it. This is because he doesn't see you as a separate person. You are a reflection on him. Nothing you do is ever right though and he'll constantly criticize you and belittle you. Micromanaging is something he loves to do as well.

A clue that you're dealing with this type of personality is that he tends to show different sides of his behavior to different people. For example, one child may be treated differently than the others. In the situation of a blamer boss, he'll be very nice to his superiors or certain colleagues yet absolute "HELL" to work for. He can also be very hot and cold in his relationships in that one moment everything is fine and then the next he's intensely angry at you. This is one of the reasons it can cause such mental distress for the victim. Other people don't understand what it's like because they can't always see what's really going on. The blamer will be highly admired by some as they never see this dark side of his behavior.

On the flip side, he's very sensitive to any perceived criticism from others and may even start to attack or say he's been deeply hurt even when no true criticism has been said.

With some blamers, they are deceptive and manipulative all the time. Their philosophy tends to be "attack others before they attack me" which means that if they've made a mistake they tend to blame others or start to attack others before they can be caught. Often, they see nothing wrong with lying and will lie even if there's no need to. Another interesting characteristic they tend to have is that they tend to project any of their own wrong doings on to someone else.

The biggest clue of all that you may be dealing with a narcissist is actually how it makes you feel. If you feel distressed, anxious, guilty, like you're incompetent after dealing with him, then this is a good sign you may be dealing with a narcissist. Also, if you find that you tend to block out all emotions when dealing with other people and feel like there's always a wall between you and others, this could be a sign. Or you may find that you empathize way too much with others and this might be another clue. Coping with a narcissist will have led you to have developed certain survival skills which could have led you to a very skewed view of the world and how to deal with it. So, relationships may feel tricky and confusing for you. You

may find that you constantly feel angry and hurt all at the same time. Different people respond differently to the narcissists but these are some of the more common effects.

The strategies you've probably learned along the way on how to deal with "normal" people will not work with this type of negative person. You're dealing with a different mentality and you'll need very different strategies for this specific type of person.

There's a fascinating documentary called, "I, Psychopath" which demonstrates how these people are very different from the "average" person. In this documentary, one of the tests they perform is a brain scan on the narcissist and it's very clear that his brain does not function the same as a non-narcissist. This interview with a narcissist also shows that they do choose their victims and they're very calculating as to what they're trying to achieve when bullying for example. If you'd like to watch this documentary, I found a copy available to watch here: [I, Psychopath](#)

But, if any of this sounds familiar with what you're dealing with then you may want to learn more and find some solutions that actually work and provide you with some relief.

It's a powerful moment when your perspective suddenly changes. You can see that what you've believed in the past hasn't been true at all. You've just been manipulated by blamers / narcissists to believe certain things and if you watch the documentary I mentioned, even the experts say that they still get taken and conned by them. So, it's not that something is wrong with you. It's that you need to understand this personality type you're dealing with and learn new strategies and techniques specific to working with them. And, that's something you can definitely do. You can take effective action to gain the understanding you need and by doing that, you take back your life and your sanity.

Read more: <http://www.life-with-confidence.com/always-to-blame.html#ixzz1XQK5sbch>

### **The Narcissistic Mother**

*"It's about secret things. The Destructive Narcissistic Parent creates a child that only exists to be an extension of her self. It's about body language. It's about disapproving glances. It's about vocal tone. It's very intimate. And it's very powerful. It's part of who the child is." ~Chris*

## Characteristics of Narcissistic Mothers

**by Chris**

**1.** Everything she does is deniable. There is always a facile excuse or an explanation. Cruelties are couched in loving terms. Aggressive and hostile

acts are paraded as thoughtfulness. Selfish manipulations are presented as gifts. Criticism and slander is slyly disguised as concern. She only wants what is best for you. She only wants to help you.

She rarely says right out that she thinks you're inadequate. Instead, any time that you tell her you've done something good, she counters with something your sibling did that was better or she simply ignores you or she hears you out without saying anything, then in a short time does something cruel to you so you understand not to get above yourself. She will carefully separate cause (your joy in your accomplishment) from effect (refusing to let you borrow the car to go to the awards ceremony) by enough time that someone who didn't live through her abuse would never believe the connection.

Many of her putdowns are simply by comparison. She'll talk about how wonderful someone else is or what a wonderful job they did on something you've also done or how highly she thinks of them. The contrast is left up to you. She has let you know that you're no good without saying a word. She'll spoil your pleasure in something by simply congratulating you for it in an angry, envious voice that conveys how unhappy she is, again, completely deniably. It is impossible to confront someone over their tone of voice, their demeanor or the way they look at you, but once your narcissistic mother has you trained, she can promise terrible punishment without a word. As a result, you're always afraid, always in the wrong, and can never exactly put your finger on why.

Because her abusiveness is part of a lifelong campaign of control and because she is careful to rationalize her abuse, it is extremely difficult to explain to other people what is so bad about her. She's also careful about when and how she engages in her abuses. She's very secretive, a

characteristic of almost all abusers (“Don’t wash our dirty laundry in public!”) and will punish you for telling anyone else what she’s done. The times and locations of her worst abuses are carefully chosen so that no one who might intervene will hear or see her bad behavior, and she will seem like a completely different person in public. She’ll slam you to other people, but will always embed her devaluing nuggets of snide gossip in protestations of concern, love and understanding (“I feel so sorry for poor Cynthia. She always seems to have such a hard time, but I just don’t know what I can do for her!”) As a consequence the children of narcissists universally report that no one believes them (“I have to tell you that she always talks about YOU in the most caring way!). Unfortunately therapists, given the deniable actions of the narcissist and eager to defend a fellow parent, will often jump to the narcissist’s defense as well, reinforcing your sense of isolation and helplessness (“I’m sure she didn’t mean it like that!”)

**2.** She violates your boundaries. You feel like an extension of her. Your property is given away without your consent, sometimes in front of you. Your food is eaten off your plate or given to others off your plate. Your property may be repossessed and no reason given other than that it was never yours. Your time is committed without consulting you, and opinions purported to be yours are expressed for you. (She LOVES going to the fair! He would never want anything like that. She wouldn’t like kumquats.) You are discussed in your presence as though you are not there. She keeps tabs on your bodily functions and humiliates you by divulging the information she gleans, especially when it can be used to demonstrate her devotion and highlight her martyrdom to your needs (“Mike had that problem with frequent urination too, only his was much worse. I was so worried about him!”) You have never known what it is like to have privacy in the bathroom or in your bedroom, and she goes through your things regularly. She asks nosy questions, snoops into your email/letters/diary/conversations. She

will want to dig into your feelings, particularly painful ones and is always looking for negative information on you which can be used against you. She does things against your expressed wishes frequently. All of this is done without seeming embarrassment or thought.

Any attempt at autonomy on your part is strongly resisted. Normal rites of passage (learning to shave, wearing makeup, dating) are grudgingly allowed only if you insist, and you're punished for your insistence ("Since you're old enough to date, I think you're old enough to pay for your own clothes!") If you demand age-appropriate clothing, grooming, control over your own life, or rights, you are difficult and she ridicules your "independence."

**3.** She favoritizes. Narcissistic mothers commonly choose one (sometimes more) child to be the golden child and one (sometimes more) to be the scapegoat. The narcissist identifies with the golden child and provides privileges to him or her as long as the golden child does just as she wants. The golden child has to be cared for assiduously by everyone in the family. The scapegoat has no needs and instead gets to do the caring. The golden child can do nothing wrong. The scapegoat is always at fault. This creates divisions between the children, one of whom has a large investment in the mother being wise and wonderful, and the other(s) who hate her. That division will be fostered by the narcissist with lies and with blatantly unfair and favoritizing behavior. The golden child will defend the mother and indirectly perpetuate the abuse by finding reasons to blame the scapegoat for the mother's actions. The golden child may also directly take on the narcissistic mother's tasks by physically abusing the scapegoat so the narcissistic mother doesn't have to do that herself.

**4.** She undermines. Your accomplishments are acknowledged only to the extent that she can take credit for them. Any success or accomplishment for

which she cannot take credit is ignored or diminished. Any time you are to be center stage and there is no opportunity for her to be the center of attention, she will try to prevent the occasion altogether, or she doesn't come, or she leaves early, or she acts like it's no big deal, or she steals the spotlight or she slips in little wounding comments about how much better someone else did or how what you did wasn't as much as you could have done or as you think it is. She undermines you by picking fights with you or being especially unpleasant just before you have to make a major effort. She acts put out if she has to do anything to support your opportunities or will outright refuse to do even small things in support of you. She will be nasty to you about things that are peripherally connected with your successes so that you find your joy in what you've done is tarnished, without her ever saying anything directly about it. No matter what your success, she has to take you down a peg about it.

**5.** She demeans, criticizes and denigrates. She lets you know in all sorts of little ways that she thinks less of you than she does of your siblings or of other people in general. If you complain about mistreatment by someone else, she will take that person's side even if she doesn't know them at all. She doesn't care about those people or the justice of your complaints. She just wants to let you know that you're never right.

She will deliver generalized barbs that are almost impossible to rebut (always in a loving, caring tone): "You were always difficult" "You can be very difficult to love" "You never seemed to be able to finish anything" "You were very hard to live with" "You're always causing trouble" "No one could put up with the things you do." She will deliver slams in a sidelong way - for example she'll complain about how "no one" loves her, does anything for her, or cares about her, or she'll complain that "everyone" is so selfish, when you're the only person in the room. As always, this combines criticism with

deniability.

She will slip little comments into conversation that she really enjoyed something she did with someone else - something she did with you too, but didn't like as much. She'll let you know that her relationship with some other person you both know is wonderful in a way your relationship with her isn't - the carefully unspoken message being that you don't matter much to her.

She minimizes, discounts or ignores your opinions and experiences. Your insights are met with condescension, denials and accusations ("I think you read too much!") and she will brush off your information even on subjects on which you are an acknowledged expert. Whatever you say is met with smirks and amused sounding or exaggerated exclamations ("Uh huhh!" "You don't say!" "Really!"). She'll then make it clear that she didn't listen to a word you said.

**6.** She makes you look crazy. If you try to confront her about something she's done, she'll tell you that you have "a very vivid imagination" (this is a phrase commonly used by abusers of all sorts to invalidate your experience of their abuse) that you don't know what you're talking about, or that she has no idea what you're talking about. She will claim not to remember even very memorable events, flatly denying they ever happened, nor will she ever acknowledge any possibility that she might have forgotten. This is an extremely aggressive and exceptionally infuriating tactic called "gaslighting," common to abusers of all kinds. Your perceptions of reality are continually undermined so that you end up without any confidence in your intuition, your memory or your powers of reasoning. This makes you a much better victim for the abuser.



Narcissists gaslight routinely. The narcissist will either insinuate or will tell you outright that you're unstable, otherwise you wouldn't believe such ridiculous things or be so uncooperative. You're oversensitive. You're imagining things. You're hysterical. You're completely unreasonable. You're over-reacting, like you always do. She'll talk to you when you've calmed down and aren't so irrational. She may even characterize you as being neurotic or psychotic.

Once she's constructed these fantasies of your emotional pathologies, she'll tell others about them, as always, presenting her smears as expressions of concern and declaring her own helpless victimhood. She didn't do anything. She has no idea why you're so irrationally angry with her. You've hurt her terribly. She thinks you may need psychotherapy. She loves you very much and would do anything to make you happy, but she just doesn't know what to do. You keep pushing her away when all she wants to do is help you.

She has simultaneously absolved herself of any responsibility for your obvious antipathy towards her, implied that it's something fundamentally wrong with you that makes you angry with her, and undermined your credibility with her listeners. She plays the role of the doting mother so perfectly that no one will believe you.

7. She's envious. Any time you get something nice she's angry and envious and her envy will be apparent when she admires whatever it is. She'll try to get it from you, spoil it for you, or get the same or better for herself. She's always working on ways to get what other people have. The envy of narcissistic mothers often includes competing sexually with their daughters or daughters-in-law. They'll attempt to forbid their daughters to wear makeup, to groom themselves in an age-appropriate way or to date. They will criticize the appearance of their daughters and daughters-in-law. This

envy extends to relationships. Narcissistic mothers infamously attempt to damage their children's marriages and interfere in the upbringing of their grandchildren.

**8.** She's a liar in too many ways to count. Any time she talks about something that has emotional significance for her, it's a fair bet that she's lying. Lying is one way that she creates conflict in the relationships and lives of those around her - she'll lie to them about what other people have said, what they've done, or how they feel. She'll lie about her relationship with them, about your behavior or about your situation in order to inflate herself and to undermine your credibility.

The narcissist is very careful about how she lies. To outsiders she'll lie thoughtfully and deliberately, always in a way that can be covered up if she's confronted with her lie. She spins what you said rather than makes something up wholesale. She puts dishonest interpretations on things you actually did. If she's recently done something particularly egregious she may engage in preventative lying: she lies in advance to discount what you might say before you even say it. Then when you talk about what she did you'll be cut off with "I already know all about it...your mother told me... (self-justifications and lies)." Because she is so careful about her deniability, it may be very hard to catch her in her lies and the more gullible of her friends may never realize how dishonest she is.

To you, she'll lie blatantly. She will claim to be unable to remember bad things she has done, even if she did one of them recently and even if it was something very memorable. Of course, if you try to jog her memory by recounting the circumstances "You have a very vivid imagination" or "That was so long ago. Why do you have to dredge up your old grudges?" Your conversations with her are full of casual brush-offs and diversionary lies and

she doesn't respect you enough to bother making it sound good. For example she'll start with a self-serving lie: "If I don't take you as a dependent on my taxes I'll lose three thousand dollars!" You refute her lie with an obvious truth: "No, three thousand dollars is the amount of the dependent exemption. You'll only lose about eight hundred dollars." Her response: "Isn't that what I said?" You are now in a game with only one rule: You can't win.

On the rare occasions she is forced to acknowledge some bad behavior, she will couch the admission deniably. She "guesses" that "maybe" she "might have" done something wrong. The wrongdoing is always heavily spun and trimmed to make it sound better. The words "I guess," "maybe," and "might have" are in and of themselves lies because she knows exactly what she did - no guessing, no might haves, no maybes.

**9.** She has to be the center of attention all the time. This need is a defining trait of narcissists and particularly of narcissistic mothers for whom their children exist to be sources of attention and adoration. Narcissistic mothers love to be waited on and often pepper their children with little requests. "While you're up..." or its equivalent is one of their favorite phrases. You couldn't just be assigned a chore at the beginning of the week or of the day, instead, you had to do it on demand, preferably at a time that was inconvenient for you, or you had to "help" her do it, fetching and carrying for her while she made up to herself for the menial work she had to do as your mother by glorying in your attentions.

A narcissistic mother may create odd occasions at which she can be the center of attention, such as memorials for someone close to her who died long ago, or major celebrations of small personal milestones. She may love to entertain so she can be the life of her own party. She will try to steal the

spotlight or will try to spoil any occasion where someone else is the center of attention, particularly the child she has cast as the scapegoat. She often invites herself along where she isn't welcome. If she visits you or you visit her, you are required to spend all your time with her. Entertaining herself is unthinkable. She has always pouted, manipulated or raged if you tried to do anything without her, didn't want to entertain her, refused to wait on her, stymied her plans for a drama or otherwise deprived her of attention.

Older narcissistic mothers often use the natural limitations of aging to manipulate dramas, often by neglecting their health or by doing things they know will make them ill. This gives them the opportunity to cash in on the investment they made when they trained you to wait on them as a child. Then they call you (or better still, get the neighbor or the nursing home administrator to call you) demanding your immediate attendance. You are to rush to her side, pat her hand, weep over her pain and listen sympathetically to her unending complaints about how hard and awful it is. ("Never get old!") It's almost never the case that you can actually do anything useful, and the causes of her disability may have been completely avoidable, but you've been put in an extremely difficult position. If you don't provide the audience and attention she's manipulating to get, you look extremely bad to everyone else and may even have legal culpability. (Narcissistic behaviors commonly accompany Alzheimer's disease, so this behavior may also occur in perfectly normal mothers as they age.)

**10.** She manipulates your emotions in order to feed on your pain. This exceptionally sick and bizarre behavior is so common among narcissistic mothers that their children often call them "emotional vampires." Some of this emotional feeding comes in the form of pure sadism. She does and says things just to be wounding or she engages in tormenting teasing or she needles you about things you're sensitive about, all the while a smile plays

over her lips. She may have taken you to scary movies or told you horrifying stories, then mocked you for being a baby when you cried, She will slip a wounding comment into conversation and smile delightedly into your hurt face. You can hear the laughter in her voice as she pressures you or says distressing things to you. Later she'll gloat over how much she upset you, gaily telling other people that you're so much fun to tease, and recruiting others to share in her amusement. . She enjoys her cruelties and makes no effort to disguise that. She wants you to know that your pain entertains her. She may bring up subjects that are painful for you and probe you about them, all the while watching you carefully. This is emotional vampirism in its purest form. She's feeding emotionally off your pain.

A peculiar form of this emotional vampirism combines attention-seeking behavior with a demand that the audience suffer. Since narcissistic mothers often play the martyr this may take the form of wrenching, self-pitying dramas which she carefully produces, and in which she is the star performer. She sobs and wails that no one loves her and everyone is so selfish, and she doesn't want to live, she wants to die! She wants to die! She will not seem to care how much the manipulation of their emotions and the self-pity repels other people. One weird behavior that is very common to narcissists: her dramas may also center around the tragedies of other people, often relating how much she suffered by association and trying to distress her listeners, as she cries over the horrible murder of someone she wouldn't recognize if they had passed her on the street.

**11.** She's selfish and willful. She always makes sure she has the best of everything. She insists on having her own way all the time and she will ruthlessly, manipulatively pursue it, even if what she wants isn't worth all the effort she's putting into it and even if that effort goes far beyond normal behavior. She will make a huge effort to get something you denied her, even

if it was entirely your right to do so and even if her demand was selfish and unreasonable. If you tell her she cannot bring her friends to your party she will show up with them anyway, and she will have told them that they were invited so that you either have to give in, or be the bad guy to these poor dupes on your doorstep. If you tell her she can't come over to your house tonight she'll call your spouse and try get him or her to agree that she can, and to not say anything to you about it because it's a "surprise." She has to show you that you can't tell her "no."

One near-universal characteristic of narcissists: because they are so selfish and self-centered, they are very bad gift givers. They'll give you hand-me-downs or market things for themselves as gifts for you ("I thought I'd give you my old bicycle and buy myself a new one!" "I know how much you love Italian food, so I'm going to take you to my favorite restaurant for your birthday!") New gifts are often obviously cheap and are usually things that don't suit you or that you can't use or are a quid pro quo: if you buy her the gift she wants, she will buy you an item of your choice. She'll make it clear that it pains her to give you anything. She may buy you a gift and get the identical item for herself, or take you shopping for a gift and get herself something nice at the same time to make herself feel better.

**12.** She's self-absorbed. Her feelings, needs and wants are very important; yours are insignificant to the point that her least whim takes precedence over your most basic needs. Her problems deserve your immediate and full attention; yours are brushed aside. Her wishes always take precedence; if she does something for you, she reminds you constantly of her munificence in doing so and will often try to extract some sort of payment. She will complain constantly, even though your situation may be much worse than hers. If you point that out, she will effortlessly, thoughtlessly brush it aside as of no importance (It's easy for you.../It's different for you...).

**13.** She is insanely defensive and is extremely sensitive to any criticism. If you criticize her or defy her she will explode with fury, threaten, storm, rage, destroy and may become violent, beating, confining, putting her child outdoors in bad weather or otherwise engaging in classic physical abuse.

**14.** She terrorized. For all abusers, fear is a powerful means of control of the victim, and your narcissistic mother used it ruthlessly to train you. Narcissists teach you to beware their wrath even when they aren't present. The only alternative is constant placation. If you give her everything she wants all the time, you might be spared. If you don't, the punishments will come. Even adult children of narcissists still feel that carefully inculcated fear. Your narcissistic mother can turn it on with a silence or a look that tells the child in you she's thinking about how she's going to get even.

Not all narcissists abuse physically, but most do, often in subtle, deniable ways. It allows them to vent their rage at your failure to be the solution to their internal havoc and simultaneously to teach you to fear them. You may not have been beaten, but you were almost certainly left to endure physical pain when a normal mother would have made an effort to relieve your misery. This deniable form of battery allows her to store up her rage and dole out the punishment at a later time when she's worked out an airtight rationale for her abuse, so she never risks exposure. You were left hungry because "you eat too much." (Someone asked her if she was pregnant. She isn't). You always went to school with stomach flu because "you don't have a fever. You're just trying to get out of school." (She resents having to take care of you. You have a lot of nerve getting sick and adding to her burdens.) She refuses to look at your bloody heels and instead the shoes that wore those blisters on your heels are put back on your feet and you're sent to the store in them because "You wanted those shoes. Now you can wear them."

(You said the ones she wanted to get you were ugly. She liked them because they were just like what she wore 30 years ago). The dentist was told not to give you Novocaine when he drilled your tooth because “he has to learn to take better care of his teeth.” (She has to pay for a filling and she’s furious at having to spend money on you.)

Narcissistic mothers also abuse by loosing others on you or by failing to protect you when a normal mother would have. Sometimes the narcissist’s golden child will be encouraged to abuse the scapegoat. Narcissists also abuse by exposing you to violence. If one of your siblings got beaten, she made sure you saw. She effortlessly put the fear of Mom into you, without raising a hand.

**15.** She’s infantile and petty. Narcissistic mothers are often simply childish. If you refuse to let her manipulate you into doing something, she will cry that you don’t love her because if you loved her you would do as she wanted. If you hurt her feelings she will aggressively whine to you that you’ll be sorry when she’s dead that you didn’t treat her better. These babyish complaints and responses may sound laughable, but the narcissist is dead serious about them. When you were a child, if you ask her to stop some bad behavior, she would justify it by pointing out something that you did that she feels is comparable, as though the childish behavior of a child is justification for the childish behavior of an adult. “Getting even” is a large part of her dealings with you. Anytime you fail to give her the deference, attention or service she feels she deserves, or you thwart her wishes, she has to show you.

**16.** She’s aggressive and shameless. She doesn’t ask. She demands. She makes outrageous requests and she’ll take anything she wants if she thinks she can get away with it. Her demands of her children are posed in a very aggressive way, as are her criticisms. She won’t take no for an answer,



pushing and arm-twisting and manipulating to get you to give in.

17. She “parentifies.” She shed her responsibilities to you as soon as she was able, leaving you to take care of yourself as best you could. She denied you medical care, adequate clothing, necessary transportation or basic comforts that she would never have considered giving up herself. She never gave you a birthday party or let you have sleepovers. Your friends were never welcome in her house. She didn’t like to drive you anywhere, so you turned down invitations because you had no way to get there. She wouldn’t buy your school pictures even if she could easily have afforded it. You had a niggardly clothing allowance or she bought you the cheapest clothing she could without embarrassing herself. As soon as you got a job, every request for school supplies, clothing or toiletries was met with “Now that you’re making money, why don’t you pay for that yourself?”

She also gave you tasks that were rightfully hers and should not have been placed on a child. You may have been a primary caregiver for young siblings or an incapacitated parent. You may have had responsibility for excessive household tasks. Above all, you were always her emotional caregiver which is one reason any defection from that role caused such enormous eruptions of rage. You were never allowed to be needy or have bad feelings or problems. Those experiences were only for her, and you were responsible for making it right for her. From the time you were very young she would randomly lash out at you any time she was stressed or angry with your father or felt that life was unfair to her, because it made her feel better to hurt you. You were often punished out of the blue, for manufactured offenses. As you got older she directly placed responsibility for her welfare and her emotions on you, weeping on your shoulder and unloading on you any time something went awry for her.

**18.** She's exploitative. She will manipulate to get work, money, or objects she envies out of other people for nothing. This includes her children, of course. If she set up a bank account for you, she was trustee on the account with the right to withdraw money. As you put money into it, she took it out. She may have stolen your identity. She took you as a dependent on her income taxes so you couldn't file independently without exposing her to criminal penalties. If she made an agreement with you, it was violated the minute it no longer served her needs. If you brought it up demanding she adhere to the agreement, she brushed you off and later punished you so you would know not to defy her again.

Sometimes the narcissist will exploit a child to absorb punishment that would have been hers from an abusive partner. The husband comes home in a drunken rage, and the mother immediately complains about the child's bad behavior so the rage is vented on to the child. Sometimes the narcissistic mother simply uses the child to keep a sick marriage intact because the alternative is being divorced or having to go to work. The child is sexually molested but the mother never notices, or worse, calls the child a liar when she tells the mother about the molestation.

**19.** She projects. This sounds a little like psycho-babble, but it is something that narcissists all do. Projection means that she will put her own bad behavior, character and traits on you so she can deny them in herself and punish you. This can be very difficult to see if you have traits that she can project on to. An eating-disordered woman who obsesses over her daughter's weight is projecting. The daughter may not realize it because she has probably internalized an absurdly thin vision of women's weight and so accepts her mother's projection. When the narcissist tells the daughter that she eats too much, needs to exercise more, or has to wear extra-large size clothes, the daughter believes it, even if it isn't true. However, she will

sometimes project even though it makes no sense at all. This happens when she feels shamed and needs to put it on her scapegoat child and the projection therefore comes across as being an attack out of the blue. For example: She makes an outrageous request, and you casually refuse to let her have her way. She's enraged by your refusal and snarls at you that you'll talk about it when you've calmed down and are no longer hysterical.

You aren't hysterical at all; she is, but your refusal has made her feel the shame that should have stopped her from making shameless demands in the first place. That's intolerable. She can transfer that shame to you and rationalize away your response: you only refused her because you're so unreasonable. Having done that she can reassert her shamelessness and indulge her childish willfulness by turning an unequivocal refusal into a subject for further discussion. You'll talk about it again "later" – probably when she's worn you down with histrionics, pouting and the silent treatment so you're more inclined to do what she wants.

**20.** She is never wrong about anything. No matter what she's done, she won't ever genuinely apologize for anything. Instead, any time she feels she is being made to apologize she will sulk and pout, issue an insulting apology or negate the apology she has just made with justifications, qualifications or self pity: "I'm sorry you felt that I humiliated you" "I'm sorry if I made you feel bad" "If I did that it was wrong" "I'm sorry, but there's nothing I can do about it" "I'm sorry I made you feel clumsy, stupid and disgusting" "I'm sorry but it was just a joke. You're so over-sensitive" "I'm sorry that my own child feels she has to upset me and make me feel bad." The last insulting apology is also an example of projection.

**21.** Sometimes she seems to have no awareness that other people even have feelings, and yet she is brilliantly sensitive to other people's emotions. Every

child of a narcissist recognizes this contradiction because narcissistic mothers do possess the ability to exercise empathy, and in abundance. Sometimes this ability also leads them to identify emotionally with people who are suffering and to express caring for them. When caring about another's suffering interferes with something the narcissist wants, though, the caring vanishes. When a narcissistic mother wants validation, when she feels like eliciting some emotional pain, when something she wants hurts someone else, the empathy is turned off as though it never existed.

From the perspective of ability, narcissists are extremely empathetic; indeed they have a gift of telling what other people are feeling and thinking. Their skill at discerning and guiding the emotions of other people is the basis of many characteristically narcissistic interactions. Narcissists are very socially adept which is why no one ever believes their children when they complain of their mothers. They know just how to make everyone think that they're delightful. Narcissistic mothers are exceptional manipulators, and manipulators must be extremely aware, on a moment-by-moment basis, of the emotions of their targets. If you don't know what people are feeling, you can't push their buttons. Their exceptional sensitivity to the feelings of others is also the wellspring of their pleasure in inflicting emotional pain through dramas and no-win scenarios. Narcissistic mothers enjoy inflicting emotional pain and they do it very well because they know just what their target children are feeling. That exquisite sensitivity is the reason they don't need to batter. They can inflict agony without lifting a finger, so why risk exposure and waste effort with beatings when they can elicit the same emotions with words alone?

What narcissistic mothers lack is concern for the consequences of their actions, a behavior that seems rooted in profound selfishness, rather than in the absence of empathy. Mothers with NPD are certainly capable of feeling

for others: they're always feeling for the people with whom their scapegoat has conflicts. They feel for their fellow narcissists. They feel for people who have validated and praised them. They even feel for their child when it doesn't cost them anything to do so. They just don't feel for their child when they're abusing him. They don't feel anything that interferes with their absorption in their own wants and needs. Because they scour their environment for validation of their own abusiveness, they defend their fellow abusers, so they don't have any empathy for the victims of those abusers, as the following story shows:

*A four-year-old had come to school with a hand print on her face, which had been inflicted as the result of a slap by her mother's live-in boyfriend. As a mandated reporter my mother had called the authorities, but she told me that she could understand why the boyfriend had hit the child: she was so annoying. Then she said in a dramatic tone dripping with sympathy "You should have seen the parents. They were so ashamed!" In outrage I said "What difference does that make to the child?" Her mouth dropped open and I realized she not only didn't care at all about that poor little girl...it would never have occurred to her to care. ~Sarah*

This story shows the misplaced empathy of the abuser for other abusers. There was no empathy in Chris's mother for the actual victim. Instead it was reserved for the woman who let her boyfriend batter her child. Chris's mother identified with the abuser, a mother like herself, afflicted with a child who didn't meet her needs. Her empathy actually attributed virtues to her fellow abuser and faults to the victim that weren't merited in reality. Someone who hits a small child hard enough to leave a handprint, then sends them to school, isn't ashamed, and the personality of a four-year-old is not the fault of the child!

The selfish empathy demonstrated by narcissistic mothers contrasts with the genuine empathy shown by normal people. Sometimes a normal person will give up something they really want for themselves because they come to recognize that it will hurt another person. A narcissistic mother will relentlessly go after something she wants even if it isn't worth the pain she has to inflict to get it.

**22.** She engineers “no-win” situations that leave you violated and angry and not sure why you feel that way. In the classic “no-win” scenario, the narcissist’s child is subtly manipulated into a corner and then presented with a demand that the child do something degrading, humiliating or painful in order to please the narcissist. Any response other than compliance triggers retaliation.

These sadistic scenes are a defining characteristic of the narcissist. As so often with narcissistic behavior, the payoff for your mother is the elicitation of painful emotions. Whether you subject yourself to her degradation or you fight back and provoke punishment from the narcissist, you will experience a sense of entrapment and fear, and those emotions are very satisfying to her. Her pleasure is augmented by the pain she elicits by undermining, insulting and demeaning you and, as the scene winds down, by blaming you for the entire event.

These scenes are set up very stealthily; so much so that the children of narcissists rarely realize that a trap has been laid before it's sprung. As always, the narcissist maintains deniability, but the consistencies between scenes betray their deliberate nature. Although the narcissist plays the scene as though it was spontaneous, it never is. It is scripted and premeditated and the stage is set well in advance. If a scene plays out away from home, you can be sure that the mother is in charge of transportation

so that the child doesn't have the option of walking away. If the scene is staged at home, it's almost always in the mother's home, not the child's home, and engineered so that once again, it's extremely difficult for the child to walk away. The narcissist commonly arranges things so she is alone with her victim, but she may also use the presence of a young child or complicit spouse to ensure that her target doesn't react angrily.

Often the worst part of these scenes for the child is the awareness of how much his mother enjoys his distress; the children of narcissistic mothers often describe their mother's "little smile" and air of pleasure as she plays out the no-win scenario. When confronted, some narcissistic mothers will even defend their behavior by saying they were "just having fun." There is no betrayal more wounding than knowing your own mother is reveling in the pain she purposely caused, nor any emotion more delicious to your narcissistic mother than your sense of shock and misery at your knowledge that she is hurting you deliberately and for fun.

In the following story, an adult daughter is manipulated into a no-win situation. If she does not want to provoke retaliation from her narcissistic mother, she must accept and express gratitude for a gift that was clearly meant as an insult:

A few days before Christmas, my mother walked into the room where I was sitting carrying a pair of old, worn tennis shoes – the kind with the rubber soles and canvas uppers. She said "I know you asked for a pair of running shoes for Christmas. I thought I could give you these and get myself a new pair instead." My mother was a clothes horse, and always had many pairs of new running shoes in her closet. What's more, her feet are bigger and narrower than mine, so there's no way her shoes would have fit me, but I was too shocked and angry to think of that. I said "I don't want your cast-

offs!” and she looked very satisfied and pleased and said “Fine” and walked away. That year I got no gift for Christmas, even though I had bought her something from her wish list, and even though my brother and sister got gifts from her.

I did get a letter after I got home that started “I’m sorry you felt that I offered you “cast-offs” and went on to describe how good her intentions were, how she thought I would be happy to let her do something nice for herself, and how hard she had it as the mother of an “unappreciative” child like me. This wasn’t the first time either. The preceding year she had tried to give me an old, rusty bicycle for Christmas with the stipulation that she would then get herself a new one.

This story illustrates an absolutely classic no-win scenario. Although Chris did not realize it at the time, her mother had manipulated her into a corner. Chris had traveled to her mother’s house for Christmas and it was late at night. As a graduate student, Chris was perpetually short on funds, and going to a hotel, even if she could find one at that hour, was out of the question. None of the rest of the family was there yet, so Chris and her mother were alone in the house. There had been no argument or tension, and the attack by her mother came out of the blue.

Chris’s mother proposed something very insulting: she would give Chris her own worn shoes, which didn’t fit Chris and, for which gift Chris was to be “appreciative.” You would have to be very aware and self-possessed to respond calmly to such a demeaning suggestion, and Chris, tired, shocked, and angry, blurted out the first thing that came to mind. Chris’s mother got exactly what she wanted: a good feed on Chris’s hurt and anger, and an excuse to punish Chris with exclusion and withholding and later with a letter filled with guilt-inducing remonstrations.



In reality Chris's mother never planned on giving Chris a Christmas gift. She was angry that Chris had made herself unavailable for abuse by going to graduate school in another state, and she wanted to punish Chris for her defection. So she manipulated a no-win scenario in which she could simultaneously insult Chris and turn Chris's predictably angry response into an opportunity for punishment and narcissistic venting. In her letter, she projected her own hostility and selfishness on to Chris, blamed Chris for her own bad behavior, and depicted herself as a martyr, all the while maintaining complete deniability about the deliberate nature of the original interaction.

**23.** She blames. She'll blame you for everything that isn't right in her life or for what other people do or for whatever has happened. Always, she'll blame you for her abuse. You made her do it. If only you weren't so difficult. You upset her so much that she can't think straight. Things were hard for her and your backtalk pushed her over the brink. This blaming is often so subtle that all you know is that you thought you were wronged and now you feel guilty. Your brother beats you and her response is to bemoan how uncivilized children are. Your boyfriend dumped you, but she can understand – after all, she herself has seen how difficult you are to love. She'll do something egregiously exploitative to you, and when confronted will screech at you that she can't believe you were so selfish as to upset her over such a trivial thing. She'll also blame you for your reaction to her selfish, cruel and exploitative behavior. She can't believe you are so petty, so small, and so childish as to object to her giving your favorite dress to her friend. She thought you would be happy to let her do something nice for someone else.

Narcissists are masters of multitasking as this example shows.

Simultaneously your narcissistic mother is 1) Lying. She knows what she did was wrong and she knows your reaction is reasonable. 2) Manipulating. She's making you look like the bad guy for objecting to her cruelties. 3) Being selfish. She doesn't mind making you feel horrible as long as she gets her own way. 4) Blaming. She did something wrong, but it's all your fault. 5) Projecting. Her petty, small and childish behavior has become yours. 6) Putting on a self-pitying drama. She's a martyr who believed the best of you, and you've let her down. 7) Parentifying. You're responsible for her feelings, she has no responsibility for yours.

**24.** She destroys your relationships. Narcissistic mothers are like tornadoes: wherever they touch down families are torn apart and wounds are inflicted. Unless the father has control over the narcissist and holds the family together, adult siblings in families with narcissistic mothers characteristically have painful relationships. Typically all communication between siblings is superficial and driven by duty, or they may never talk to each other at all. In part, these women foster dissension between their children because they enjoy the control it gives them. If those children don't communicate except through the mother, she can decide what everyone hears. Narcissists also love the excitement and drama they create by interfering in their children's lives. Watching people's lives explode is better than soap operas, especially when you don't have any empathy for their misery.

The narcissist nurtures anger, contempt and envy – the most corrosive emotions – to drive her children apart. While her children are still living at home, any child who stands up to the narcissist guarantees punishment for the rest. In her zest for revenge, the narcissist purposefully turns the siblings' anger on the dissenter by including everyone in her retaliation. (“I can see that nobody here loves me! Well I'll just take these Christmas

presents back to the store. None of you would want anything I got you anyway!”) The other children, long trained by the narcissist to give in, are furious with the troublemaking child, instead of with the narcissist who actually deserves their anger.

The narcissist also uses favoritism and gossip to poison her childrens' relationships. The scapegoat sees the mother as a creature of caprice and cruelty. As is typical of the privileged, the other children don't see her unfairness and they excuse her abuses. Indeed, they are often recruited by the narcissist to adopt her contemptuous and entitled attitude towards the scapegoat and with her tacit or explicit permission, will inflict further abuse. The scapegoat predictably responds with fury and equal contempt. After her children move on with adult lives, the narcissist makes sure to keep each apprised of the doings of the others, passing on the most discreditable and juicy gossip (as always, disguised as “concern”) about the other children, again, in a way that engenders contempt rather than compassion.

Having been raised by a narcissist, her children are predisposed to be envious, and she takes full advantage of the opportunity that presents. She may never praise you to your face, but she will likely crow about your victories to the very sibling who is not doing well. She'll tell you about the generosity she displayed towards that child, leaving you wondering why you got left out and irrationally angry at the favored child rather than at the narcissist who told you about it.

The end result is a family in which almost all communication is triangular. The narcissist, the spider in the middle of the family web, sensitively monitors all the children for information she can use to retain her unchallenged control over the family. She then passes that on to the others, creating the resentments that prevent them from communicating directly

and freely with each other. The result is that the only communication between the children is through the narcissist, exactly the way she wants it.

**25.** As a last resort she goes pathetic. When she's confronted with unavoidable consequences for her own bad behavior, including your anger, she will melt into a soggy puddle of weepy helplessness. It's all her fault. She can't do anything right. She feels so bad. What she doesn't do: own the responsibility for her bad conduct and make it right. Instead, as always, it's all about her, and her helpless self-pitying weepiness dumps the responsibility for her consequences AND for her unhappiness about it on you. As so often with narcissists, it is also a manipulative behavior. If you fail to excuse her bad behavior and make her feel better, YOU are the bad person for being cold, heartless and unfeeling when your poor mother feels so awful.

**"Traumatic events destroy sustaining bonds between the individual and her community. Something in herself that the victim believes to be irretrievably destroyed---faith, decency, courage---is reawakened by an example of common altruism. Mirrored in the actions of others, the survivor recognizes and reclaims a lost part of herself. At that moment, the survivor begins to rejoin the human commonality."**

### [De ce refuza sa creasca persoanele narcisiste?](#)

De ce refuza narcisicii sa creasca? De ce amana sa-si traiasca viata inevitabila de adult, considerand-o a fi o experienta dureroasa care trebuie evitata platind un pret scump in defavoarea cresterii personale si auto-realizarii ca individ? Pentru ca a ramane esential un copil este o stare care ii hraneste toate nevoile si apararile narcisice.

Narcisismul patologic este o aparare timpurie impotriva abuzului si traumei, care apare de regula in copilarie sau in adolescenta timpurie. Astfel, narcisismul este intotdeauna impletit cu emotiile, deficitale cognitive, si felul de a vedea lumea ale unui copil sau adolescent abuzat. A spune "narcisic" inseamna a spune "copil abuzat, traumatizat". Este important sa stim ca rasfatul exagerat, supraevaluarea, idolatrizarea copilului sunt tot forme de abuz parental. Nu exista nimic mai gratifiant narcisic decat admiratia si adulatia pe care unii copii precece le primesc ("copiii minune"). Narcisicii care sunt rezultatele rasfatului excesiv, ale posibilitatii

de refugiu permanent, devin dependenti de acestea.

Bebelusul simte ca este centrul universului, ca este cel mai important, ca este omnipotent. In aceasta faza a dezvoltarii, parintii sunt perceputi ca nemuritori, atotputernici, ca exista numai pentru a implini nevoile bebelusului, pentru a-l proteja si a-l hrani. Bebelusii se vad pe sine, dar si pe ceilalti intr-un mod imatur, idealizat. Aceasta etapa se numeste narcisim primar in psihanaliza.

In mod inevitabil, conflictele care apar in decursul vietii conduc catre un anumit grad de deziluzionare. Daca acest proces este abrupt, inconsistent, imprezibil, capricios, arbitrar sau intens, atunci ranirile pe care le suporta stima de sine a copilului pot fi severe si deseori ireversibile. Mai mult decat atat, atunci cand suportul empatic crucial pe care ni-l ofera cei care ne ingrijesc (parintii sau alte persoane substitutive, obiectele primare in psihanaliza) lipseste, sentimentul propriei valori si cel al stimei de sine din viata adulta tind sa fluctueze intre supraevaluare (idealizare) si subevaluare, devalorizare, atat de sine cat si a altora.

Adultii narcisici sunt considerati a fi rezultatul unei dezamagiri profunde, al unor deziluzii radicale fata de persoanele semnificative din viata lor in perioada copilariei. Adultii sanatosi accepta in mod realist faptul ca au anumite limite si pot face fata cu succes dezamagirilor, retragerilor, esecurilor, criticilor si deziluziilor. Propria lor valoare cat si stima de sine sunt constante si pozitive, nu sunt afectate in permanenta in mod substantial de catre evenimentele externe.

Narcisismul primar este in psihologie un mecanism de aparare comun in primii ani de viata (de la sase luni la sase ani) si are scopul de a proteja copilul de inevitabilele raniri si temeri care sunt implicate in procesul de separare-individuatie (procesul prin care bebelusul devine o entitate separata si individuala) al dezvoltarii.

Narcisismul secundar sau patologic este un mod de a gandi si a se comporta in perioada de adolescent sau de adult care implica infatuare, obsesia de sine si excluderea celorlalti. Narcisismul se manifesta prin urmarirea permanenta a gratificarii personale, a obtinerii atentiei, prin dominanta sociala si ambitia personala, laudariosenie, lipsa sensibilitatii fata de ceilalti, lipsa empatiei si/sau dependenta excesiva de ceilalti in viata de zi cu zi.

Narcisismul patologic se afla in centrul tulburarii de personalitate narcisica.

Atunci cand un individ (la orice varsta) intampina un obstacol insurmontabil in progresul de la un stadiu la altul al dezvoltarii personale, va regresa la etapa infantila narcisica mai degraba decat sa intampine obstacolul. In regresie, persoana se poarta copilareste, imatur, simte ca este omnipotent, judeca gresit puterea sa, subestimeaza provocarile, pretinde a fi cel care le stie pe toate. Sensibilitatea fata de nevoile altora, emotiile pe care le simte pentru ei, se deterioreaza intens, poate deveni intolerabil de arogant, cu tendinte sadice si paranoide si mai presus de orice cauta admiratie neconditionata. Preocuparile narcisicilor includ fantasme, gandire magica si visare diurna, iar in acest mod ei tind sa-i exploateze pe ceilalti si sa-i invidieze.

Functia principala a unui astfel de narcisim secundar reactiv si trecator este de a incuraja individul sa se angajeze intr-un tip de gandire magica pentru a "goni" problema, a o "vraji", sau a o intampina de pe o pozitie de omnipotent. O tulburare de personalitate apare atunci cand atacurile repetate asupra obstacolului continua sa esueze - in special cand esecurile

recurente au loc in stadiile de formare a personalitatii (zero - sase ani).

Contrastul dintre lumea fantastica ocupata (temporar) de individ si cea reala in care continua sa fie frustrat este prea acut pentru a-i face fata pentru mult timp. Disonanta duce la decizia inconstienta de a trai in lumea fanteziei, a grandiozitatii in mod "justificat".

Narcisicul esueaza in a-i vedea pe ceilalti (oameni, situatii) ca fiind alcatuiti din elemente bune si rele. Ei ori isi idealizeaza obiectul, ori il devalorizeaza. Lucrurile sunt vazute in alb si negru, obiectul este ori bun ori rau. Atributele "rele" sunt intotdeauna proiectate, transferate sau externalizate in alt mod, cele "bune" sunt internalizate pentru a putea sprijini grandiozitatea sa, inflatia narcisismului si a fantasmelor de grandoare, dar si pentru a evita durerea asociata cu deziluzionarea.

Narcisicul cauta sa se alimenteze cu provizii narcisice pe care le foloseste pentru a-si regla auto-suficienta care este deseori fragila si fluctuanta.

Este universal acceptat ca orice copil trece printr-o etapa de separatie de parintii sai si printr-una de individualitate, ca o consecinta a separatiei.

Abuzurile si traumele din copilaria timpurie atrag dupa ele strategii de a face fata si utilizarea anumitor mecanisme de aparare, inclusiv narcisismul. Una dintre strategiile de a face fata este retragerea in interior, cautarea gratificatiei la o sursa sigura, demna de incredere si disponibila oricand, propriul self. Copilul, speriat de respingere si abuz se va retine de la interactiunea cu ceilalti si va apela la fantasme grandioase in care este iubit si isi este auto-suficient. Ranirea repetata poate conduce catre dezvoltarea unei personalitati narcisice.

Sursa tuturor problemelor narcisicilor este faptul ca ei cred ca toate relatiile cu ceilalti oameni sfarsesc invariabil prin umilinta, tradare sau abandon si aceasta credinta este inradacinata din copilaria foarte timpurie de catre parinti si prin experientele pe care le au cu celelalte persoane.

Narcisicul intotdeauna generalizeaza, pentru el interactiunea emotionala si orice fel de interactiune este menita sa sfarseasca intr-un mod nefericit. Sa se ataseze de un loc, de o slujba, de un bun, de o idee, de o initiativa este la fel de dificil cum este sa se ataseze de o persoana si din acest motiv narcisicul evita intimitatea, prietenii, dragostea, emotiile in general, obligatiile, dedicarea, perseverenta, planificarea, investitiile emotionale sau de orice alt fel. Narcisicii nu pot fi empatici, nu dezvoltă niciodata un simt al securitatii sau al placerii.

Copiii reusesc sa "scape" cu trasaturi si comportamente narcisice. Ei ii invidiaza pe ceilalti copii, ii urasc uneori, rivalizeaza cu ei si intra in competitie pentru a-si alimenta narcisismul. Copiii sunt iertati pentru grandiozitatea afisata, pentru ca se cred extrem de importanti, chiar sunt incurajati sa dezvolte astfel de sentimente pentru a-si cladi o stima de sine foarte buna. Copiii isi exagereaza frecvent talentele, deprinderile, relatiile cu altii, trasaturile de personalitate, exact genul de lucruri pentru care narcisicii sunt pedepsiti. Ca parte a unei traiectorii de dezvoltare normala si sanatoasa, copiii sunt la fel de obsedati ca si narcisicii de fantezii de succes nelimitat, faima, omnipotenta, stralucire inegalabila. Adolescentii este de asteptat sa fie preocupati de frumusetea corporala, de performantele sexuale, de iubirea ideala, vesnica. Ceea ce este normal in primii 16 ani de viata este considerat anormal, patologic, mai tarziu.

Copiii sunt ferm convinsi ca sunt unici si din acest motiv cred ca pot fii intelesi si se pot asocia numai cu persoane la fel ca ei. In timp, pe parcursul socializarii, adultii tineri invata beneficiile colaborarii si recunoasterii valorii proprii fiecarei persoane. Narcisicii nu o fac niciodata. Ei raman fixati in stadiile timpurii ale vietii. Adolescentii au nevoie de admiratie, atentie, afirmare, ei trec printr-o faza tranzitorie care le creeaza un sens al valorii interioare. Narcisicii raman dependenti de altii pentru a-si confirma stima de sine si increderea in sine. Ei sunt fragili si fragmentati, foarte susceptibili la critica, chiar daca aceasta este numai imaginara. Copiii se simt indreptatiti sa ceara un tratament preferential, sa primeasca un raspuns pozitiv cererii lor nerezonabile de a fi tot timpul prioritari, speciali. Copiii ies din acest mod de a se comporta pe masura ce dezvolta empatie si respect pentru limite, pentru nevoile si dorintele celorlalti. Din nou, narcisicii nu sunt niciodata maturi in acest sens. Copiii, ca si adultii narcisici, sunt "exploatatori interpersonal", ii folosesc pe ceilalti pentru ei. Pe parcursul primilor sase ani de viata copiii sunt lipsiti de empatie. Ei sunt incapabili sa se identifice cu, sa recunoasca sau sa accepte sentimentele, nevoile, preferintele, prioritatile si alegerile celorlalti. Si adultii narcisici si copiii sunt invidiosi pe ceilalti si cateodata incearca sa raneasca sau sa distruga cauzele frustrarii lor. Si unii si ceilalti se comporta arogant, cu trufie, se simt superiori, omnipotenti, omniscienti, invincibili, imuni, "mai presus de lege" si omniprezenti (gandire magica), se infurie cand sunt frustrati, contrazisi, provocati sau confruntati. Narcisicii cauta sa isi legitimizeze comportamentul copilaresc si lumea lor mentala infantila ramanand copii, refuzand sa se maturizeze, sa creasca, evitand ceea ce inseamna sa fii adult si fortandu-i pe ceilalti sa ii accepte ca pe un vesnic copil, un Peter Pan.

[Narcisistii - profesori indispensabili și exigenți](#) Întotdeauna vreau ca altcineva să se schimbe, pentru ca eu să mă simt bine. Cu ce m-ar ajuta însă pe mine dacă altcineva s-ar schimba? Pentru că eu rămân la fel de vulnerabil ca și înainte, la fel de ușor de înșelat. Eu sunt cel care are nevoie să se schimbe - cel care trebuie să ia medicamentul.

### **Iubirea narcisista ne condamna la singuratate**

Q: [Intreaba despre iubirea narcisista ne condamna la singuratate](#)



Iubirea este un sentiment frumos, poate chiar cel mai frumos sentiment pe care il cunoaste omul. Este dovada suprema a lipsei de egoism. Atunci cand iubim daruim celui de langa noi tot ceea ce putem darui.

Narcisismul este dovada suprema de egoism. Tot ceea ce poate fi oferit se pastreaza pentru sine. Se ajunge atat de departe, incat unul din parteneri nu vrea numai iubirea celuilalt, ci sip e a sa. Atunci, el nu mai ofera nimic, dar exagereaza cu iubirea aceasta bolnava de sine.

Narcisistul se foloseste, practic, de o anume persoana pentru a se iubi mai mult. Daca isi priveste iubita in ochi, o face doar ca sa se priveasca pe el insusi in oglinda sufletului partenerei. Toate cvintele frumoase spuse partenerei nu sunt pentru ca ea le merita, cid oar pentru a reliefa cat de atent si

de priceput la vorbe este el. In acele momente nu mai exista nimeni asemenea.

Daca narcisistul este centrul universului pentru sine, din pacate in acest univers nu mai exista alte personae, pentru ca nimeni nu se poate compara cu o asemenea persoana.

De aceea narcisistii sunt unii dintre cei mai singuri oameni. Asta pentru ca, mai devreme sau mai tarziu, nu vor mai avea in ochii cui sa se oglindeasca si in sufletul cui sa se regaseasca.

Persoanele narcisiste rar se gandesc la faptul ca ar avea o problema si chiar daca se afla sub tratament, s-a descoperit ca e nevoie de ani buni pentru a se remedia si a se observa un progres semnificativ.

Un narcisist nu va putea sa mentina o relatie corecta si va avea probleme acasa si la serviciu. El va crede ca are o viata plina de bucurii si de prieteni si ca este foarte renumit si apreciat. Din pacate, narcisistul se va simti ofensat si va avea tendinta de a da vina pe alte persoane pentru un lucru negativ care li s-ar putea intampla.

Read more:

[http://articole.famouswhy.ro/iubirea\\_narcisista\\_ne\\_condamna\\_la\\_singuratate/#ixzz1XnSu6LAX](http://articole.famouswhy.ro/iubirea_narcisista_ne_condamna_la_singuratate/#ixzz1XnSu6LAX)

### **Personalitatea narcisista**

*Caracteristica acestei tulburari de personalitate este un pattern de grandoare, nevoia de a fi admirat si lipsa empatiei. Subiectii acorda mai multa importanta propriei persoane si își supraestimeaza capacitatile si realizarile, fiind intrigati daca nu sunt rasplatiti dupa cum se asteapta. Aceasta atitudine fata de propria persoana este însoțita de o devalorizare a actiunilor celorlalti. Mentea lor este preocupata cu fantezii referitoare la mari succese, putere, apreciere în societate, frumuseti admirata de toata lumea si iubiri ideale. Se considera a fi persoane speciale, superioare, care pot fi înțelese numai de alte persoane considerate a fi potrivite pentru o relatie, de regula aparținând unor categorii sociale privilegiate. Relatia cu astfel de persoane reprezinta un fel de oglinda pentru meritele si necesitatile speciale ale subiectilor cu personalitate narcisista.*

Aceste persoane insista ca în anumite situatii sa beneficieze de cei mai buni profesori, avocati, medici, stilisti, etc.

Supraestimarea propriei persoane este însa foarte fragila. Nevoia de atentie si admiratie devine aproape continua. Expectanta pentru tot ce este mai bun considerând ca li se cuvine, este în opozitie cu totala desconsiderare a necesitatilor celorlalti. Nu sunt capabili sa aprecieze alte merite sau sa manifeste empatie pentru problemele sau sentimentele celorlalti. Acest aspect se poate observa dintr-o



simpla conversatie, persoanele narcisiste neavând rabdare si nici interes fata de problemele interlocutorului. Se poate remarca si o atitudine de invidie fata de realizarile acestora desi declara în acelasi timp ca altii sunt invidiosi pe el. Au un comportament arogant, superior si snob.

### Criterii diagnostice

Clinic se manifesta prin: grandoare, nevoia de admiratie, lipsa empatiei, începând cu primii ani de

maturitate, manifestate în conditii variate, întrunind minim 5 dintre urmatoarele manifestari:

- . exagerarea importantei proprii persoane
- . este preocupat de imaginarea unui succes nelimitat, avere, putere, stralucire
- . crede despre sine ca este special si unic si ca poate fi înteles doar de persoane cu un statut superior
- . are nevoie de o admiratie excesiva
- . are asteptari exagerate pentru un tratament special, favorizant
- . exploateaza relatiile interpersonale, profitând de ceilalti pentru a-si atinge scopurile
- . lipsa empatiei
- . este invidios pe altii si crede ca ceilalti îl invidiaza
- . este arogant în comportament si atitudine

### Terapie

Acesti pacienti încearca sa mentina o imagine proprie de perfectiune si de invincibilitate personala si vor sa dea aceeasi impresie despre sine si celorlalti.

Boala fizica poate umbri aceasta iluzie si pacientul poate pierde sentimentul de siguranta. Aceasta pierdere da o senzatie de panica de tipul "lumea mea se destrama", iar pacientul are un sentiment de fragmentare personala.

Specialistii trebuie sa respecte pacientii si sa realizeze importanta pe care acestia si-o dau astfel încât pacientul sa-si poata restabili imaginea de sine si totodata trebuie sa evite întarirea grandorii patologice sau evidentierea slabiciunilor.

*Abordarea initial suportiva prin confruntarea treptata a pacientului cu propriile vulnerabilitati îl poate ajuta pe acesta sa faca fata la tot ceea ce presupune aceasta boala psihica. Specialistul trebuie sa fie constient de importanta narcisistului si sa-si ajute pacientul sa-si ajusteze imaginea de sine.*

O varianta de terapie eficienta este terapia în grup, care are rolul de a-l ajuta pe pacient sa-si dezvolte, o individualitate sanatoasa astfel încât sa îi perceapa pe ceilalti ca persoane separate. În acest tip de terapie specialistul este mai putin autoritar si în consecinta mai putin amenintator. În ce priveste grandoarea pacientului, intensitatea emotiilor este mai mica, creând astfel un cadru adecvat pentru confruntare si clarificare.

Portretul mamei narcisiste -Cand iubirea de sine devine maligna



Evaluare utilizator: ●●●●● / 1

Cel mai slab ○ ○ ○ ○ ● Cel mai bun

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[\(I\)realități](#)

Scris de Administrator

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Mama narcisista este capricioasa si inconsecventa in ceea ce face si spune, urmarind sa-si antreneze copiii in satisfacerea capriciilor sale. Psihologii o numesc “vampir emotional” pentru ca manipuleaza minunat sentimentele celor din jurul ei si le absoarbe pe cele ale propriului copil, determinandu-l sa se perceapa ca pe o extensie de-a sa.

In fiecare dintre noi se ascunde un mic Narcis cautandu-si chipul in oglindirea unei ape. ”Multi dintre noi sunt egoisti, invidiosi, absorbiti de ei insisi, centrati mai mult doar asupra propriei persoane, ingamfati, incapabili de afectiune fara a trece la extreme si fara a aduce in discutie “narcisismul patologic. O cantitate minima de “narcism” este obligatorie pentru fiecare in parte pentru a ne putea manifesta ca individualitati, pentru a putea vedea partile bune ale propriei personalitati, pentru a avea incredere in noi insine. Insa cand narcisismul devine parte inseparabila din identitatea unei persoane, lucrurile se schimba radical. Atunci putem vorbi de narcisism extrem.

Nimeni nu poate nega rolul important pe care mama il joaca in viata unui copil si in devenirea lui viitoare. In mod reflex, asociem imaginea unei mame cu iubirea nonegoista si generoasa, cu afectiunea sincera si neconditionata, cu disponibilitatea de protectie a copilului. O mama ar fi dispusa sa mearga pana in panzele albe pentru copilul ei. Iubirea unei mame, a oricarei mame, este fara limite... Acesta este sablonul dupa care am construit portretul unei mame. Haide insa sa schitam portretul unei mame atipice, mama narcisista. Imagineaza-ti o mama care refuza din start afectiunea unui copil care este nevoit sa i-o cearta in mod constant, zi de zi, prin gesturi si actiuni prin care sa-i demonstreze ca ii merita afectiunea. Niciodata sa nu iubesti pe cineva care nu te iubeste la randul sau, spune o vorba inteleapta. Dar poti sa faci acest lucru cand o astfel de persoana este implicit parte din viata ta, chiar fiinta care ti-a dat viata? Daca nu poti, ce ai putea face atunci? Sa o iubesti in continuare sperand ca intr-o buna zi o sa se schimbe? Sau, adult fiind, sa rupi orice legatura cu ea chiar daca inima ti se rupe si ea?

## **Abuzul emotional. Cand iubirea de sine este mai puternica decat iubirea de mama...**

Mama narcisista... Acum rade la gluma ta si o gaseste amuzanta, iar in clipa urmatoare tipa la tine gasind-o deplasata si nelalocul ei. Acum se inroieste de manie din cauza comportamentului tau nepotrivit, gata-gata sa te plesneasca, iar in clipa urmatoare va spune tuturor cat de mandra este de tine. Refuza sa accepte ca copilul sau are dorinte proprii si il va folosi in scopul satisfacerii propriilor dorinte. Il intimideaza si ii submineaza meritele in loc sa-l incurajeze in a se exprima ca individualitate. Este capricioasa si inconsecventa in ceea ce face si spune, urmarind sa-si antreneze copii in satisfacerea capriciilor sale. Psihologii o numesc "vampir emotional" pentru ca manipuleaza minunat sentimentele celor din jurul ei si le absoarbe pe cele ale propriului copil, determinandu-l sa se perceapa ca pe o extensie de-a



sa.

Chiar daca poseda o inteligenta deosebita, prea prinsa de nevoia sa continua de afirmare, mama narcisista va fi imatura din punct de vedere sentimental, incapabila sa-i ofere copilului sau un mediu emotional sanatos in care sa creasca si sa-si dezvolte personalitatea. Fie se percepe pe sine perfecta, fie se va preocupa intens de felul in care ceilalti o percep: in fata lumii intregi, ea nu concepe sa fie ALTFEL. De aceea, nu este exclus ca uneori sa deformeze adevarul in propriul beneficiu. Nu tolereaza ca ceilalti sa fie laudati in fata ei si va accepta cu greu chiar laudele aduse propriilor copii.

Uneori, chiar si inconstient, va incerca sa diminueze importanta copilului sau, umilindu-l, facandu-l sa se simta prost sau minimalizand performantele si reusitele sale. O persoana narcisista crede insistent ca doar persoana sa este indreptatita sa aiba parte de iubire si afectiune si este de parere ca nu poate gresi decat in cazuri exceptionale. Atunci insa, va gasi imediat, cu mare usurinta, scuze plauzibile si explicatii credibile. Cand i se atrage atentia asupra greselilor sale, devine furioasa. Critica si manipularea sunt perfect ascunse sub masca altruismului: intotdeauna o persoana narcisista are cele mai bune intentii. Printre armele cele mai sigure ale unui narcisist se numara cuvintele si uneori minciunile deghizate sub forma adevarului si a truismului "iti vreau binele". Vei auzi destul de des de pe buzele sale "am vrut doar sa te ajut..., am facut ceea ce trebuia sa fie facut pentru ca TIE sa iti fie bine"...

Persoanele narcisiste sunt extrem de sensibile in fata criticilor si vor exploda de furie, amenintari, intimidari, in manifestari violente, chiar si fata de propriul copil. Mamele narcisiste se afla chiar in competitie cu proprii copii pentru a castiga atentia sotului sau a celorlalti membri ai familiei, sunt de parere unii psihologi. Cele mai multe definitii ale narcisismului se refera la fascinatia excesiva fata de propria persoana care poate chiar merge pana la obsesie, vanitate, iubirea exagerata de sine in detrimentul iubirii fata de ceilalti, nevoia constanta de a primi laude si confirmari ale meritelor proprii. Persoanele narcisiste rareori cer ajutorul specializat al specialistilor: nu isi constientizeaza propriul comportament, nici nu realizeaza repercusiunile pe termen lung ale acestuia asupra celorlalti. Odata cu un copil, se naste si mama, spune o veche vorba. Chiar asa sa fie?...

### **Voi fi vreodata suficienta de buna pentru mama?**

Ca si copii, ne acceptam parintii asa cum sunt, fara a incerca sa judecam felul in care acestia

si-au indeplinit rolul de parinte. Odata cu procesul de maturizare, devenim capabili sa apreciem felul in care acestia si-au indeplinit atributiile de parinti. Din cauza ca narcisistii nu pot fi multumiti decat temporar, copilul unei persoane narcisiste (si partenerul, si prietenii) se afla intr-o cursa continua in care va incerca sa multumeasca, sa amuze, sa-i satisfaca orgoliul si vanitatile, sa-i faca pe plac parintelui narcisist. Egoist si orientat asupra propriei persoane, parintele narcisist nu este capabil sa se daruiasca emotional, nici chiar partial, celorlalti si nici propriului copil. De aceea, copilul ii va cauta in permanenta aprobarea, atentia si mai ales, dragostea si afectiunea. In fondul sau psihic s-a infiltrat un mesaj de care va putea cu greu sa scape: "esti apreciat pentru ceea ce faci, nu pentru ceea ce esti". Ca atare, nu il va interesa ceea ce este, ci ceea ce va face pentru a multumi orgoliul mamei.

Narcisistii adopta uneori un comportament imatur, copilaresc, ferindu-se de ceea ce implica statutul de "adult" si sustragandu-se de la indatoririle reale ale unui adult. De multe ori rolurile se inverseaza: copilul se poarta ca un matur, iar parintele precum un copil. Atunci cand sunt depresivi, narcisistii invinovatesc pe cei din jur, si nu propria persoana, pentru dezamagirile la care sunt supusi. Odata cu trecerea anilor, atunci cand parintii sau alte figuri cu autoritate care au exercitat un oarecare control asupra comportamentului narcisistic rau dispar, acesta se agraveaza. Narcisistul va deveni mai "narcisist" odata cu inaintarea in varsta...

### **A fi copilul unui vampir emotional**

Narcisistul nu va intelege insa cu adevarat niciodata conceptul de "ceilalti", cu atat mai putin pe cel de dragoste. Mama narcisista nu are niciodata timp sa asculte. Atunci cand copilul va incerca sa aduca in discutie problemele si preocuparile sale, narcisistul va orienta discutiile inspre propria persoana, aratandu-ti ca nu sunt la fel de importante ca ale ei. Un copil va crede ca daca va urma intocmai instructiunile mamei, daca va fi de acord cu opiniile ei, daca ii va oferi atentie constanta si aprobare, daca se straduieste mai mult va avea parte de afectiune si apreciere. Relatia dintre parintele narcisist si copil este o relatie de control –supunere, o relatie simbiotica, vicioasa din punct de vedere emotional. Mama narcisista nu va accepta insa sa fie contrazisa. Indiferent de cat de mult se straduieste copilul si indiferent de realizarile sale, ea este obisnuita sa critice. Laudele in schimb si recompensele vor veni mai rar, prea rar... Mama narcisista abuzeaza de putere, iar exercitiul controlului o ajuta sa pastreze iluzia conform careia copilul este o parte din ea insasi.

Ce vor deveni copiii persoanelor narcisiste? A avea o mama care sufera de narcisism extrem poate fi o experienta traumatizanta pentru copilul care va deveni adult caci acesta poate dezvolta complexe (lipsa increderii in propria persoana, deprecieri, sentimentul de inutilitate sau vinovatie, timiditate, etc) sau tulburari de personalitate. La fel de bine insa, copiii mamelor narcisiste se pot transforma in copii rebeli care se autosaboteaza, multumindu-se sa obtina rezultate care sunt cu mult sub posibilitatile sale. Pe de alta parte, exista si probabilitatea de a se transforma in persoane narcisiste, adoptand acelasi model paternal sau maternal cu proprii copii. Nicio regula nu spune insa ca acesti copii se vor transforma in mamele lor.

Copiii parintilor narcisisti isi formeaza o perceptie gresita despre dragoste. Invata ca dragostea este un fel de troc, rezumandu-se la ceea ce pot face eu pentru tine si ceea ce poti face tu pentru mine. Este foarte posibil sa devina dependenti de partenerul de viata sau sa-si aleaga drept parteneri persoane care vor deveni dependente de ele. Evolutia lor sentimentala este

supusa schimbarilor interne, va fi direct proportionala cu felul in care vor interactiona cu ceilalti si cu propria capacitate de empatizare de afectiune. Mama narcisista poate influenta negativ personalitatea unui copil, iar furia si viitoarele resentimente ale copilului pentru parinte pot afecta bunul mers al relatiilor cu cei din jur.

Indiferent de relatiile frumoase pe care copilul-adult le va stabili in viata sa matura, rolul de "mama" pe care ar trebui sa-l indeplineasca un parinte in viata unui copil nu va putea fi inlocuit de nimeni. Comportamentul mamelor narcisiste fata de copiii lor va avea un efect emotional pe termen lung asupra acestora (mai ales asupra fetitelor). Acestia, chiar ajunsi la maturitate, vor incerca sa se integreze in sablonul asteptarilor creat de mama.