Narcissistic Personality

Dealing with a Narcissist

Changes

1 Recognize

- Impact of your behavior on family, friends
- How people are perceiving you
- Change is possible
- Emotionally hurting

2 Question

- How do I come across in social situations?
- How is my behavior making people feel?
- Do I consider people's feelings?
- How is all this hurting my relationships?
- What's the long-term impact?
- Am I willing to live with this?

3 Acknowledge

- Importance of being more empathetic
  - What would I feel in their situation?
- Understanding of people's feelings
- Needed is change
  - How do I want others to see me?
  - How do I want to be with others?
  - Why is it important to change?

4 Gain

- Leverage
  - What are the consequences of not changing?
- Support from family, friends, therapist

Guidelines

- Avoid arguing, taking their criticism personally
- Constructive feedback provides them benefits
- Always explain what, how, your ideas are their
- Set clear expectations, boundaries
- Accept narcissists won't meet your emotional needs
- Change to struggle
- Try staging an intervention

Begin by

- Identifying narcissistic behavior
  - Do they behave as though they are entitled?
  - Do I need to compliment them to get their attention?
  - Do they get angry when I disagree with them?
  - Do they regularly minimize my feelings?
  - Are our conversations always about them?
- Clarifying your personal needs
  - What do I need?
    - What do I need from this person?
    - What do I need emotionally?
    - Am I getting my needs satisfied?

Narcissists

Are Constantly Being Described as Having

- Inflated view of themselves
- Obsessive self interest
- Focus on their appearance, intelligence
- Very arrogant, selfish, abrasive, critical
- Quite personable, charming, witty
- Initially extremely demanding, manipulative, controlling, orchestrating events to serve their selfish agenda

Have

- Inability to empathize
- Fragile ego
- Lack of genuine concern for people
- Achievements
  - Abilities
  - Personal
  - Exaggerate
- Popularity, prestige, power, fame motivated by

Typically

- Believe that
  - The world revolves around me.
  - I deserve special treatment.
  - I am the most important person here.
  - I am always right and never wrong.
  - It's my way or the highway.
- Entertain unrealistic fantasies about power, beauty, success

Often

- See people as extensions of themselves
- Don't respect people's boundaries, feelings
- Steer conversation toward own concerns, problems, needs
- Easily aroused to jealousy, envy
- When criticised, rejected, angered

- Bragging about themselves
- Blaming people
- Making excuses
- Needy without reciprocation

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