

Narcissistic Families: Understand and Overcome



Taryana Rocha

Contents

Dear reader,.....	4
Where to get information and support	5
Videos about narcissism	5
Sign up to my email list and receive more content	5
I have an email list where you receive some exclusive content, just subscribe here:.....	5
Specialized group support to overcome narcissistic abuse	6
Therapy or one-time consultations with me	6
What is narcissism?	7
The Narcissism Spectrum	9
0-3.....	10
4-6.....	10
7	11
8-9.....	11
10	13
The origin of NPD (Narcissistic Personality Disorder).....	13
Why are narcissists childish? Can they get better with therapy?	15
Why do narcissists have children?	16
The existence of the scapegoat and the golden child	17
Total obedience is expected/approval is conditional	18
You have to choose sides	18
Its members often suffer from complex post-traumatic stress disorder (C-PTSD)	18
Walking on eggshells.....	18
Comparison and competition	19
Role reversals/ Parentification	19
Complex PostTraumatic Stress Disorder (C-PTSD)	20
How to heal from the mental health consequences of narcissistic abuse	26
Your CHC (Custom Healing Curriculum)	31
How to deal with the guilt of going no or low contact	36
How to create emotional independence and psychological distance	38
How to take care of yourself.....	42
How to move out of your toxic family's house.....	44
I don't know how to deal with my family.....	46
What are the options?	46

Glossary of narcissistic terms.....	48
Emotional abuse.....	48
Narcissistic abuse	49
Passive Aggression.....	51
Dog Whistling	52
Scapegoat	53
Smear Campaign	55
Emotional Blackmail	56
Narcissistic abuse cycle	57
Codependence	58
Low Contact	59
No Contact	60
Mind control.....	62
The Golden Child	63
Disabled/Inadequate Child.....	65
The Invisible Child	66
Depreciation	67
Learned helplessness.....	67
Discard	68
Maladaptive Daydreaming/MD	68
Cognitive dissonance	69
Psychological distance	71
Dog Whistling	71
Mirroring.....	72
Enabler.....	73
Idealization	74
Narcissistic Injury	74
Narcissistic rage	75
Future Faking	76
Gaslighting	76
Hoovering.....	79
Invalidation	80
Role reversal	80
Baiting	81
Narcissistic Wound	82

Love Bombing	82
Flying Monkey	83
Manipulation	84
NM	85
Cerebral Narcissist	85
Communal Narcissist.....	85
Grandiose/Classic Narcissist	86
Vulnerable/Covert Narcissist	86
Somatic Narcissist	87
NP	87
The Gray Rock Method	87
Projection	89
NF	91
Intermittent Reinforcement	91
Stonewalling	92
Narcissistic Supply	93
Complex Post-Traumatic Stress Disorder (C-PTSD)	94
The Silent Treatment	95
Trauma-Bonding.....	96
Triangulation.....	96

Dear reader,

This book was prepared with a lot of love and also a lot of research. I hope from the bottom of my heart that it can turn such a complex and painful subject into something simpler to walk through and tolerate.

Knowledge sets you free! Self-education has saved my life countless times, I'm sure I can do the same for you.



A few things before you start:

- This book is divided into two parts, one that explains what a narcissistic family is and how to overcome its impact, and another one that is a glossary of narcissistic terms. Whenever you find a word whose meaning you don't know, check if it's in the glossary. If you think I forgot to include something essential, send an email to my team info@taryanarocha.com or send us a message here [whatsapp +55 21 99877-7032](https://www.whatsapp.com/business/profile/99877-7032).
- Most of the people who follow me are women. However, about 13% are men and I want to include everyone in this conversation. That's why you'll realize that sometimes I write as if the reader is a woman, and at other times as if they are a man.
- Throughout the book there are stories of adult-grown children of narcissists who were also my clients. It is an honor, a pleasure and such a blessing to be part of these processes. I hope Débora's and Kenia's stories inspire you too!

Happy reading and may you give yourself permission to be you.

Taryana
ROCHA

Where to get information and support

Videos about narcissism

Here's my English-language [Youtube channel](#):

<https://youtube.com/channel/UCJgViXHZa0ONhb4lQEIDpMg>

There's also a relevant playlist of videos here:

<https://www.youtube.com/playlist?list=PLBJnhlSaQn3s1Fq3uJLIDgw9VhC1spEUI>

Sign up to my email list and receive more content

I have an email list where you receive some exclusive content, just subscribe here:

<https://taryanarocha.com/subscribe/>

Specialized group support to overcome narcissistic abuse

If you identify with my work and want to focus on your healing entirely online, individually or in a group, I minister a program for adult-grown children of narcissists called [The Inner Mastery Lab](https://taryanarocha.com/inner-mastery-lab/).

The IML is a 10-module program aimed at helping you understand exactly how childhood narcissistic abuse might be affecting your happiness to this day. It will also teach you some simple tools that can always be used when you want to find your inner power and take the difficult steps that seemed impossible when facing narcissists.

By strengthening your connection with your True Self and learning how to deal with the crushing inner critic, you experience fewer and fewer echoes of trauma as time goes by. Just click the link below if you want to learn more:

<https://taryanarocha.com/inner-mastery-lab/>

Therapy or one-time consultations with me

If you feel you'd like to talk to me directly, I offer one-off consultations on specific issues related to narcissism. I also offer regular psychoanalysis treatment. To find out about these possibilities and schedule a session, you can contact us via this email (info@taryanarocha.com) or WhatsApp: [+55 21 99877-7032](https://wa.me/5521998777032).



What is narcissism?

In popular speech, narcissism has to do with vanity and a focus on appearance.

It is true that some narcissists use their appearance to get attention at any cost, such as somatic narcissists. However, this is just one manifestation of narcissism.

Regardless of the individual style of the narcissist, here we are talking about something specific: narcissistic personality disorder, or NPD.

A personality disorder is a pattern of thought and behavior that is very rigid and repetitive.

This means that this person would have some extremely striking characteristics that may be harmful both to the individual and anyone who relates to them.

There are several personality disorders, and each one is marked by an organizing principle - which is the main motivation of those who have that disorder.

For instance:

For the psychopath, the motive behind everything is absolute control and dominance. They just follow their own rules and "screw the world"! This organizing principle is presented in all of a psychopath's choices, thoughts and behaviors. Everything they do is for personal gain, sometimes without taking into account the consequences of their actions.

For those who have borderline personality disorder, their organizing principle is often the fear of abandonment.

Much of a borderline's energy is devoted to attempts at avoiding real or imagined abandonment.

Finally, in the case of those who have narcissistic personality disorder, their organizing principle is to get narcissistic supply to maintain a sense of identity and regulate their emotions.

Amazingly, everything the narcissist does, and thinks is aimed at getting this narcissistic supply. The more serious the disorder, the more obsessed the narcissist is by this quest. Narcissists don't display any interest in the real people who are offering the supply, as they are seen merely as suppliers and have no other use.

Narcissistic supply is anything that allows narcissists to feel they are the center of attention, superior or always "right". Here are some examples that achieve this effect:

- The fear in your eyes when the narcissist is enraged is narcissistic supply.
- When your mother says you'll feel guilty if you don't do what she wants, your guilt is her narcissistic supply and allows her to control you.
- When your friend keeps complaining about various diseases, she has but doesn't properly treat, your pity and compassion are her narcissistic supply.
- Monopolizing a conversation with an endless monologue is getting narcissistic supply.
- Causing drama when others are happy just because the narcissist can't take their happiness is hijacking attention for supply.
- Going on family-wide smear campaigns against children when they disobey.

All these behaviors are attempts to get some kind of narcissistic supply!

Your fear, your guilt, your shame, your withdrawal, your frustration, your failure, your time, your energy, the unhappiness of others, power, status, money, applause, attention, pity, compassion, care, pampering, flattery... all these things are narcissistic supply. Narcissists are, therefore, literally obsessed with getting these things.

There is much literature describing this disorder. If we use the DSM-5 by the American Psychiatric Association, we see that to diagnose NPD, patients must have a persistent pattern of grandiosity, need for admiration, and lack of empathy.

This pattern is characterized by ≥ 5 of the following:

- An exaggerated and unfounded sense of one's own importance and talents (grandiosity).
- Concern with fantasies of unlimited achievements, influence, power, intelligence, beauty or perfect love.
- Conviction that they are special and unique and should associate only with people of the highest caliber.
- The need to be unconditionally admired or to be the center of attention.
- Entitlement, a sense that the rules do not apply to them. These people are "special" and deserve more pampering than others.
- Exploitation of others to achieve their own goals.
- Lack of empathy.
- Envy of others and a conviction that others envy them.
- Arrogance, pride.

In addition, symptoms must have manifested in early adulthood or earlier.

It is important to understand that anyone can have narcissistic personality disorder. Men, women, religious leaders, celebrities, mothers, fathers, children, bosses, the rich, the poor, friends... really anyone! Some of these people become parents, but they already had the disorder before this event.

The Narcissism Spectrum

We all have narcissistic traits. the True Self issue is when your entire personality is taken over by these behaviors and you are unable to modify them, even when it causes you and other people suffering.

Another interesting fact is that there is such a thing as healthy narcissism. A bit of healthy narcissism is necessary in order to be able to prioritize your own needs and happiness.

A third issue is that narcissism happens on a spectrum. Some people are more narcissistic than others. The same person can go up and down this spectrum in response to certain events.

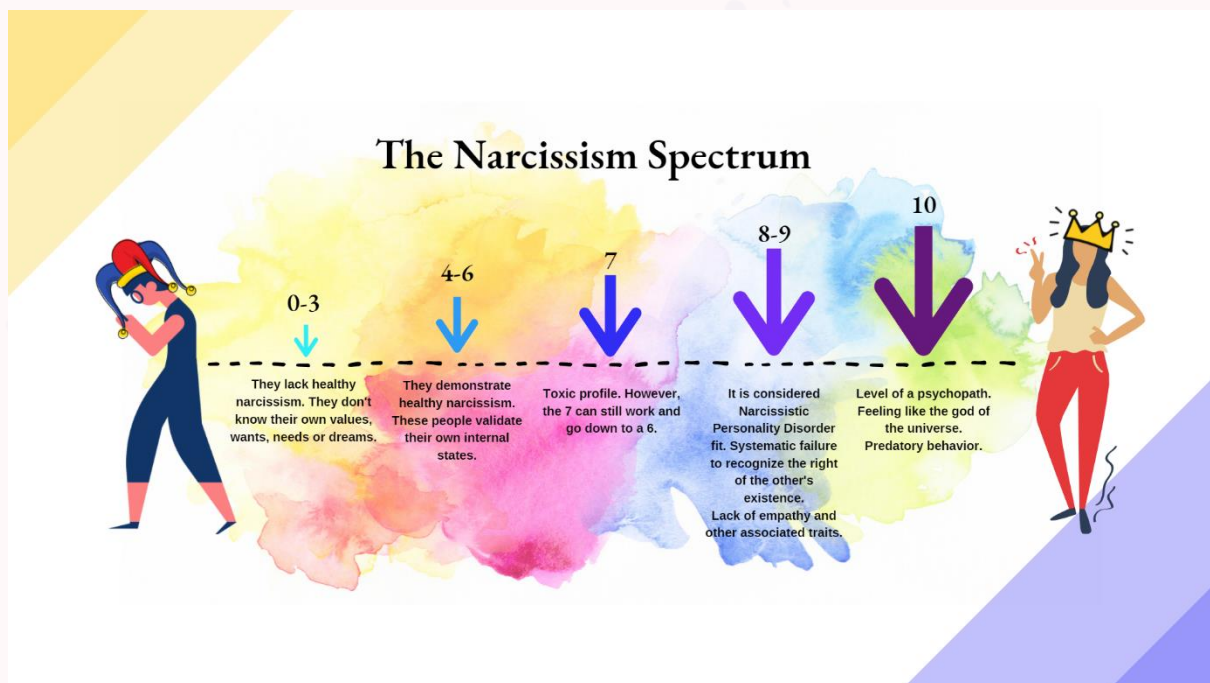
For example, a woman who has NPD loses her main narcissistic source of supply: her husband who has just passed away. In the months or years that follow, her narcissism can even escalate to sociopathic levels.

To the same extent, those who have strong narcissistic traits, but not a personality disorder, can work on themselves and lower their level of narcissism.

It takes time, a lot of effort and willingness to change behaviors. I've seen it happen and the person can really learn to have more respectful relationships. They'll keep on being self-centered, but they can learn to slowly take responsibility for themselves and show more empathy.

This no longer seems to happen when the person already has the personality disorder. There is currently no recognized therapy that actually makes the symptoms of NPD go into remission. Once the person reaches that critical point on the spectrum where it's already a personality disorder: distance yourself! The toxic behavior probably won't get better.

You may ask: what actually defines the onset of a personality disorder? If we use Craig Malkin's work, we can imagine a ruler that measures from 0 to 10.



0-3

People whose narcissism scores between 0 and 3, lack healthy narcissism. They don't know their own values, desires, needs or dreams.

They don't believe in themselves or in anything they think or do. They have very low self-esteem and don't feel deserving of the things they believe any other human being would deserve.

These individuals don't ask for help and don't accept attention, not even when it makes sense to receive some, such as during the funeral of their own child, or on their birthday.

4-6

People who score between 4 and 6 on the spectrum demonstrate healthy narcissism. These people validate their own internal states. If they're sad, angry or in any bad mood, they don't

punish themselves savagely for it. If they are tired, they take care of themselves, their health and quality of life. If they're overwhelmed, they ask for help.

They are individuals who believe in their inner wisdom and accept that each person is unique. So they allow themselves to be exactly as they are.

Because they think they have value, they believe in their own dreams and ideas. They bet on themselves, even if other people won't. At the same time, they know how to surround themselves with a support network made up of people who really love them.

These individuals can experience failures and mistakes without falling apart. They don't take these things personally and forgive themselves quickly, after all, they don't think a mistake means they've lost all personal worth! It's just part of the process.

Healthy narcissists don't have to fake modesty. They can speak very well of what they actually do well. At the same time, they get excited about the success of others and know when they're crossing the line by bragging about theirs.

They're not arrogant, but confident. They are not hostile and controlling, but natural leaders who inspire others to do their best.

They might even be under the spotlights. If they are, it is usually in an ethical way and with a specific focus on contributing to humanity in some positive way.

7

By the time we get to 7 on the narcissism spectrum, we're already dealing with a toxic profile. However, the 7 can still work and go down to a 6.

People who score 7 are self-centered to the point of lacking empathy with other people in a semi-regular way. However, unlike those who have the PND, they have the ability to insight and can perceive their behavior and also modify it.

They're critically sensitive and don't like to admit their mistakes. They may not be mature, initially, to receive criticism. Still, it is possible to realize that they process this information alone and gradually change their attitudes.

Anyone who scores higher than 7 may have trouble regulating their emotions, particularly their anger. For them, this energy is too intense to tame. So they don't mind punishing others with that anger.

Those who deal with this personality style find themselves having to walk on eggs to avoid facing outbreaks of narcissistic rage.

With time and work, narcissists at level 7 can learn how to regulate their anger and better communicate their needs. They eventually manage to take responsibility for their emotional responses and behaviors with others. Of course, this is only possible if the person chooses to do this transformational work.

8-9

Those who score between 8 and 9 on the narcissism spectrum fit into the narcissistic personality disorder category.

These individuals systematically fail to recognize people's right to an individual existence. This is because people with NPD do not relate to real people, but rather to their internal fantasies.

The process occurs like this: when meeting someone new, narcissists take a mental snapshot of this person and from that moment on they no longer relate to the physical individual, but rather exclusively to the internal image.

Remember how narcissists feel a giant inner void? Many narcissists also feel a deep sense of being inadequate, particularly vulnerable narcissists. To compensate, they might need to see themselves as being special, superior and deserving of obedience and other people's resources. To maintain this self-image, they need you to behave according to their role for you in their special sphere of fantasy.

For example:

When narcissists begin a loving relationship, they go through the initial phase called idealization.

During this period there is love bombing and they pour abundant amounts of attention and affection onto their future victims.

They are no longer relating to the physical people themselves, but rather to their internal image of them.

Since narcissists need to see themselves as perfect, they need the person they have a relationship with to be perfect as well (at least temporarily to justify the idealization phase). After all, if they are so superior, they wouldn't give their time to just anyone. In this state of semi-psychosis they can block, for a moment, any perception of their new lover's flaws. This new partner needs to be amazing just to make *them* look amazing.

The fantasy begins to crumble when the real person doesn't follow the script, of which she is not even aware. When she acts like a human being with her own flaws and desires, the narcissistic fantasy bubble bursts and the abuse starts to escalate.

You, adult-grown child of narcissistic parents, also exist only as a function of the narcissist's ego. As their internal state dictates, your role needs to change so you can help regulate their inner chaos.

Within the narcissistic family, the roles that the narcissist needs the children to take on are the roles of the scapegoat and the golden child. To better understand this dynamic, search for these expressions in the glossary, along with terms "the inadequate child" and "the invisible child".

Each child serves to make narcissists feel good about themselves. None of them have the right to exist as they are.

10

At level 10 on the spectrum, we're already in psychopath territory.

To better understand, the psychopath feels like the god of the universe. He creates the rules he's going to follow and doesn't want to submit to anything or anyone. He sees the world as a dangerous jungle divided into two types of people: hunter and prey.

If we're all in a dog-eat-dog-world, the psychopath happily assumes the position of the hunter and blames the prey for being weak, dumb and inferior. They deserve the suffering they go through, and everything he does is justified.

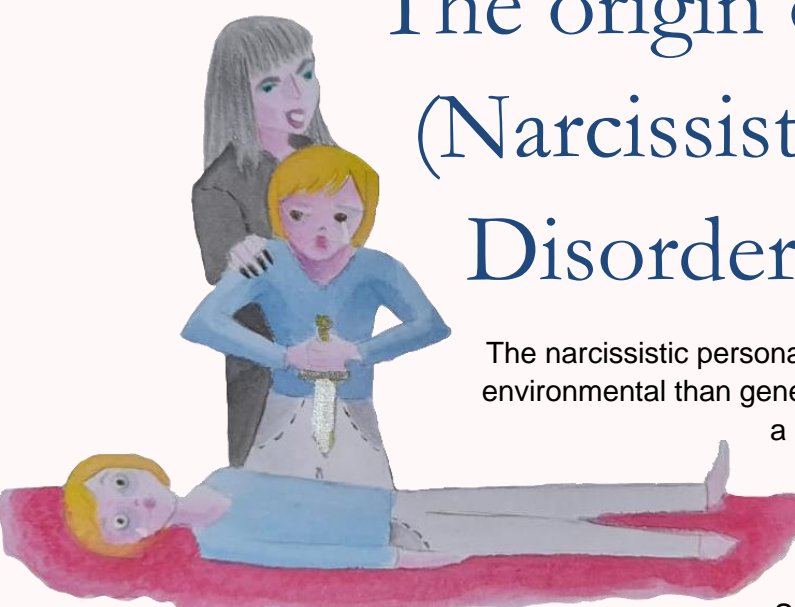
Imagine such a profile, actively predatory, that still has a compulsive need to draw attention and garner applause. Think of a cult leader or even a traditional religious leader, for example. This individual actively seeks positions of power and influence and still uses the appearance of the good guy to receive public flattery and cover up his acts.

This profile feels so absurdly superior and in the right to do whatever they want that they actively feed on the vulnerabilities of those who are in their way, and still demand applause.

He's the football player who routinely rapes because he knows he won't be punished... and loves being in the media and in other people's comments.

Or the CEO who has stabbed several people in the back and always seeks a position of higher status, no matter what it takes.

The origin of NPD (Narcissistic Personality Disorder)



The narcissistic personality disorder is often generated more by environmental than genetic factors. Of course, genetics always plays a role in human temperament. However, we realize that pathological narcissism is largely learned and passed on from generation to generation.

Specifically, deficiencies in the maturity and sense of the mother's or father's self make the child not receive the emotional care they need.

There are different paths to narcissism, but everyone has one thing in common: the rejection of the child's True Self.

In the case of covert narcissists, they have often suffered psychological, physical and sometimes sexual abuse. These children received constant criticism, nothing they did was of value. Their mere existence was treated as an offense.

They heard that they would never be worthy people and that they were guilty of the unhappiness of others. They were cursed and humiliated over and over again and had no right to be who they are.

Feeling wronged, invisible and full of pain: they end up fully identifying with the victim who has the right to take revenge on the world. The world, in this case, is anyone, even if they haven't caused any direct harm to the narcissist. There is no discrimination. The whole of existence is blamed for the pain of the narcissist!

It is very important to note that, as Paulo Freire said:

"The dream of the oppressed is to be the oppressor."

The covert narcissist is a perfect example of this. Having been a victim, he has usurped the absolute right to victimize whoever he wants.

In other cases of narcissism, the child receives too much flattery and does not have to take responsibility for anything.

They are put on a pedestal in such a surreal way that, deep down, they know that they aren't loved for who they really are.

They are told they were born smarter, more beautiful or special than other children. They receive constant messages about how they won't have to go through certain things that their parents had to go through. They're treated like royalty and don't get any boundaries.

At some point they think they were actually born inherently superior. If their entire family system reflects this, how would they not believe in it? So they start to expect this kind of flattery from the world without having to make an effort to get it.

This type of narcissist assumes that his or her natural superiority is enough to ensure applause and special treatment, and gets genuinely surprised when it doesn't happen.

There is, however, a gap between who the parents say the narcissist is, and what his real achievements, in fact, show. The narcissist perceives this gap but uses his grandiosity and distortion of reality to avoid actually contemplating it.

In other cases still, the child does not receive human affection or warmth. At the same time, interaction with the parents is extremely rigid, and the expectations are very high.

In these families the child should perfectly reflect the wishes of the parents. She serves to fulfill the dreams that they did not realize. Thus, she is instrumentalized and not allowed to follow her own path.

Gradually, she gives herself up to assume the role that will provide her with parental approval or, at least, confirmation of existence. In adulthood, she has no idea how to be authentic, as she's always wearing a mask of success to achieve narcissistic supply.

In all these cases the child's real essence has never been validated. She waits to feel that she is loved by her parents so that she can give herself permission to love herself. If there is no such perception of being loved and special to parents, the child cannot accept their own very essence.

When a child is rejected, neglected, instrumentalized to satisfy the wishes of the parents, or flattered without limits... she never knows the real little person she is. Having to reject herself, she fills the void by thinking she is superior and always "right".

In the case of narcissists, it becomes necessary to lie to themselves and others constantly to maintain an illusion of superiority. Therefore, fantasy, projection and rationalization are part of the narcissist's preferred defense mechanisms.

Why are narcissists childish? Can they get better with therapy?

Anyone who lives with a narcissist realizes how childish their emotional responses are.



Narcissists throw tantrums, scream to get attention, swear, knock, play poor things and other attitudes that young children usually have when they want to communicate a need.

The emotional age of narcissists differs from their chronological age. Even if they get old, they don't mature. It is disturbing to observe how some may even become increasingly childish with age.

The reason is that narcissists have stalled at a very primitive stage of psychological development, probably due to trauma. In the same way that if a body does not receive nutrients it can become underdeveloped, if the psyche does not receive the emotional and psychological nutrients it can also become underdeveloped.

When a child grows up with "good enough" caregivers (Winnicott, 1971) there is abundant validation and human warmth. Their emotions are not minimized or ridiculed. They are heard and taken into consideration.

They manage to go through increasingly evolved stages of psychological development. What allows the passage to another stage is the satisfaction of the child's needs in the current stage. If these needs are not met, they are stored in the individual's subconscious mind in the form of trauma.

It is as if that moment of trauma is internalized in a small mental film that the unconscious repeats in the event of any future trigger. This short film captures the psychological state of the child who suffered the trauma. Her way of seeing the world, of feeling and reacting is recorded according to the child's stage of development.

The human being cannot mature until this inner child receives what he needed to have received in childhood. This is the basis of therapy: it is possible today to create conditions to satisfy the emotional needs of the wounded child that exists within all of us.

This time, a trained therapist and not a narcissistic mother or father would support the pain of the inner child with love and understanding.

In the therapeutic relationship, a second chance is given to this child so that he can finally grow up and go onto another developmental stage. This, along with training and taking on new responsibilities, results in more mature attitudes.

Narcissists suffered a frustration in normal development and became trapped in a child's painful psychological state. The problem is that they think they are too unique and too special to be helped by a therapist. In the case of the grandiose narcissist, he sees no problem with his behavior and really thinks he's better than the others.

In any case, they have no motivation to change behaviors that clearly work very well to extract narcissistic supply and keep everything as it is. These profiles don't usually seek therapy, and when they do, it's usually under third-party pressure.

At this time there is no validated therapy for the successful management of NPD. The issue is not only the method, but the fact that narcissists are exceptionally resistant to change and the disorder itself makes it hard for them to confess that they have any problem.

Why do narcissists have children?

As narcissists have limited empathy and a pattern of exploiting others for personal gain, this extends to their children as well. In practice, it means that they have children to achieve personal goals, not by the experience of knowing the person the child is itself.

There could be several possible objectives, among them:

- To escape from a toxic family through a pregnancy and a marriage.
- To create a bond or dependency with the child's parent in order to force a relationship, even if they would rather be single.
- To shape a small human being according to his short- and long-term emotional and financial needs.

- To train this person to be and do everything the narcissistic mother or father desires. Thus, they may receive unlimited attention, love, and obedience, as they feel they deserve.

That's also why narcissistic parents emotionally blackmail them by mentioning everything they did to raise their children. They see it as an investment that generates an internal debt. If they went through the trouble of raising children, sure they have an obligation to be and do what the parent says.

What's a narcissistic family like?

In families where there is a primary caregiver who has NPD, or even strong narcissistic traits, there are some patterns. It is interesting to note that these patterns are repeated even if they are in different countries or in families of different classes. The following are some common patterns in families where there is at least one narcissistic parent.

The existence of the scapegoat and the golden child

These families have a favorite child and one who serves as a collective punching bag. The preferred child is the golden child, who is chosen to perfectly reflect the wishes of narcissistic parents. It's like he's their training pet.

They exist because the narcissistic ego needs outside proof that it's the best. The golden child's job is to give up his real personality to become whatever makes his narcissistic parents feel good about themselves. For more details about the golden child, visit the glossary.

Other than this, the narcissistic ego also needs a punching bag. This punching bag is a container for the entire projection of the narcissist's shadow. Whoever fills this role is the scapegoat. He allows everyone to blame him for issues that have nothing to do with him. The family just pretends that the problem is always the scapegoat. This way, no one needs to take responsibility for anything. For more details about the scapegoat, visit the glossary.

Apart from these two roles, there are also the invisible child and the inadequate child. However, they are not mandatory roles in narcissistic family composition. To learn about these roles more deeply, visit the glossary. Here I will leave a brief explanation:

The invisible child has no specific function for the narcissistic ego. There's already the scapegoat to blame and hate, and the golden child to put on a pedestal. The invisible child ends up being exactly that, invisible. She is not mentioned, she is excluded and sometimes the friends of the mother or narcissistic father do not even know that this child exists!

In the case of the inadequate child, her fate is different. The narcissist sees in her the opportunity to create a lasting dependency: perfect for the extraction of narcissistic supply. For this, this child is treated as being extremely fragile, with various types of deficiencies, unable to mature normally.

She's the sick little girl, who can't do anything and needs Mom and Dad to do it for her. She is trained to believe that she will never become a normal, money-making adult person.

Finally, in families where there is an only child, he must play all the roles himself.

Total obedience is expected/approval is conditional

Every family has stories about themselves. Just as the golden child and the scapegoat are part of the narrative of the narcissistic family, there are patterns that are defined by the family system and that should be obeyed. These familial patterns might be, for example:

- Everyone has to go to church.
- Everyone has to take emotional care of their lonely, bitter mother.
- Everyone has to please the psychopathic narcissistic father.
- Everyone has to be bitter and frustrated with life.

There is no tolerance for any attempt to deviate from established standards. Family members who attempt to do so will be defamed, punished, or discarded.

You have to choose sides

Narcissists remember and throw people against one another to feel alive and in control. To get the approval and love of the narcissistic person, you need to hate their enemies as well. Even if it means distancing yourself from people you love, but that the narcissist doesn't approve of.

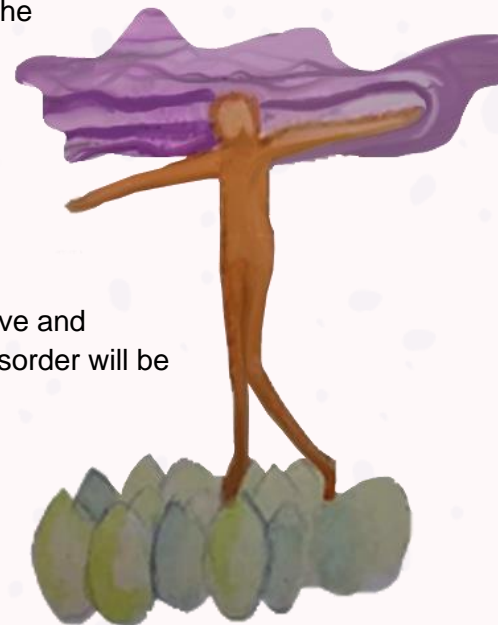
Its members often suffer from complex post-traumatic stress disorder (C-PTSD)

O C-PTSD is a psychological and physiological response to repetitive and prolonged traumatic experiences, with no hope of salvation. This disorder will be explained further on, or you can visit the glossary now.

Walking on eggshells

A very common experience of those who come from a narcissistic family is the feeling of walking on eggshells. It gives the impression that, at any moment, something chaotic is going to happen. It is often difficult for children to understand what the rules that need to be followed. What do they have to do to avoid this chaos? This creates an emotional climate of insecurity. The family home does not represent a safe haven.

When you think about family reunions, instead of feeling excited and happy, the person is already tense and sometimes can't even understand why. In adulthood, we realize that many children of narcissists do not know how to be calm and do not know how to have healthy relationships, because they need the constant threat of danger. Some do not know how to work without pushing themselves to inhuman extremes. They need to be workaholics to feel



the routine stress. They seem to be looking for chaos and drama to get back to the familiar pattern.

Comparison and competition

No one can be simply who one is in the narcissistic family. The person has to feel superior or inferior as compared to someone else:

"Why can't you be like your brother?"

"The neighbor's son did this and not that..."

"At your age I could already do that..."

"I'm older! I deserve it more!!"

When we feel good in our essence, inspiration moves from the inside out. Our motivations and purposes bubble from the heart, from the inside. That's such a strength! When you act from an inner knowledge, it seems that the whole universe offers support.

However, this is only possible if you are allowed to contact your own essence and express it, and remember, the narcissist does not want this to happen. Narcissistic abuse specifically aims to erase the other person's sense of autonomy and Self.

Unable to access their own essence, narcissists can only measure value from external patterns and comparison. When we train to look inside, we realize that within lies an oasis of strength, love, patience, beauty and nourishment for the soul.

If you make a point of comparing yourself to something external, you will always find someone better. Therefore, it is simply not safe to derive a sense of identity or self-esteem from comparisons. The more a person tries to be happy wearing the mask others want, the less they can simply ask their own heart:

"What really makes me happy?"

Train yourself to systematically calm down, focus and ask yourself:

"Show me the path to my real essence and happiness."

This generates trust, inner peace, and a sense of Self.

Role reversals/ Parentification

In healthy families there is an awareness that children are particularly vulnerable and need their needs to be cared for by adults. The family creates a nutritious environment for the development of that tiny and totally dependent being.

In the narcissistic family, it is the narcissistic mother or father who demands attention and the needs of the children come second. This happens in different ways:

- Through emotional incest, where narcissistic parents use their children as a "fake wife or husband". The child has to listen to stories with mature content, be a little therapist and deal with issues that she has neither mental structure to understand nor remedy.
- Through asking too much of a child. For example, there is a difference between an older child helping his younger one now and then and having to raise this brother when the parents are able to be present but choose not to do so.
- By prioritizing narcissistic whims to the detriment of family health.

You see, I'm not saying it can't make sense for a child to help the younger siblings, or support parents emotionally from time to time, of course it can. I'm talking about cases of parental neglect where this happens systematically and without taking into account how it impacts on children.

What are the consequences of growing up in a narcissistic family?

Complex PostTraumatic Stress Disorder (C-PTSD)

The C-PTSD is a response to prolonged trauma, where the victim had no hope of escaping.

Examples of people prone to developing this disorder are:

- Children in dysfunctional family environments.
- War prisoners.
- Sex slaves.
- Children suffering long-term pedophilia.
- People raised in environments of extreme political and social instability.
- People in places where there are extreme and merciless weather conditions for long periods of time.

The following is a brief description of the symptoms of C-PTSD.

An altered nervous system (hyperactivity/hypoactivity)

The person either feels too much and has difficulty regulating his emotions or feels nothing or is apathetic. For some people, their emotional responses are enormous, it takes time to return to normal, and their personal standard of normality is already a deviation from the general standard.

Some immediately dissociate in the face of any difficult emotion and enter the world of reverie, even if they don't want to. You can lose hours or even years to maladaptive daydreaming!

Others do not have access to their emotions, cannot cry, feel anger or even a lot of pleasure. Inside it looks like there's no movement.

Zero hope that the situation can improve (learned helplessness)

Due to so much continuous frustration, eventually people convince themselves that the situation will never change.

If she feels depressed, she thinks she can't get better. If she has social anxiety, she sees no possibility that one day she may feel comfortable in this area of her life. If she is emotionally or financially dependent, she does not believe she will become independent. The person who has C-PTSD has difficulty seeing a future that is different from the present.

Low self-esteem

Unlike those who have only simple posttraumatic stress disorder, the complex version affects one's identity, self-esteem and worldview.

For example, a person who is kidnapped may have the trigger of always thinking it can happen again. She can relive the moment through flashbacks and intense emotional responses. However, she does not believe that she has no value as a person. She doesn't start to see herself as inadequate and useless. She is not filled with shame, and the feeling of being born crooked.



She simply is afraid and has high anxiety. Her self-esteem remains intact. In the case of C-PTSD, the individual often finds himself worthless and bad.

Tendency to blame yourself for the abuse suffered

The C-PTSD creates a bizarre survival response called trauma-bonding or trauma bond. You know that Stockholm syndrome thing where hostages fall in love with their kidnappers? Yes, when the person is in a constant state of danger and does not know when the next blow will come, he ends up clinging too much to any crumb of love.

Abusers use a tactic called intermittent reinforcement. They intersperse long periods of abuse or neglect with some crumbs of good times here and there. This confuses the victim, who overvalues that crumb and forgets that it is not even the least a human being needs.

She begins to see the abuser as a beneficial person and blames herself for having doubted the quality of the relationship. She takes all the responsibility for what goes wrong in the dynamic and feels that, in a way, she must even have deserved that bad treatment.

Tendency to dissociate and lose the focus on the external world

Dissociation is an attempt by the brain to decrease the perception of pain. The mind thinks, "if I can disconnect from the body, this person doesn't need to feel so much."

Some types of dissociation are:

Derealization

The feeling that the outside world is not real, does not exist or is distorted.

Depersonalization

The feeling that the person is disconnected from himself, that he doesn't have a Self at all, or that he is something dead in a body, like a ghost. He doesn't see life from his own eyes, but from the eyes of a third person, as if he were watching a movie of himself.

Dissociative amnesia

The inability to remember important information about yourself, which a person usually would remember.

It goes beyond forgetting where you put the keys or not remembering details of an event. In dissociative amnesia the person forgets personal information such as his own name or address, or else has gaps where he does not remember anything from entire periods of his life.

This condition can last a few minutes or a lifetime. In order to be diagnosed, it needs to be severe enough to harm the individual in his everyday life.

Maladaptive Daydreaming

The tendency to have a fantasy world that is so distracting that the person not only fails to do important things, but also takes refuge in it when he should be paying attention to reality.

It's more than getting lost in daydreams. It is a defensive response by the fact that it is activated by external or internal challenges as well as other things like music.

For instance:

Maria, a cook, gets a new job.

Like many people who have excessive daydreaming, she also has social anxiety. Maria tries to focus on the kitchen processes, but she ends up making a mistake and feels such an absurd amount of shame that she can't get out of daydreaming all the rest of the day.

This impacts her real life in a concrete way because she starts to get all the customers' orders wrong after that moment.

Suicidal ideation

The individual is suffering but believes that no change is possible. As a result, they might not think they will be able to go on living.

Self-isolation

The person begins to have so much difficulty in socializing that he prefers to exile himself from society. Here are some possible paths that can lead to this:

- She has social anxiety or avoidant personality disorder and feels too embarrassed to socialize.
- She doesn't trust anyone, finds human contact too much effort and, even if a life without relationships does not satisfy, she sees no way out other than through isolation.



Destructive or risky behavior

Some examples of self-destructive behaviors are:

- Self-mutilation, getting hurt physically to try to relieve emotional pain.
- Putting yourself in dangerous situations, not reflecting and seeking stimuli impulsively, sometimes to the point of getting hurt.
- Excessive drug or alcohol abuse.
- Sex used to prevent emotional pain or loneliness.

Reliving of the trauma

Some examples of reliving trauma are:

- Nightmares.
- Flashbacks, whether from the memory of the event or from the physical sensations and discomfort.
- Repetitive thoughts.
 - Triggering, maladaptive daydreaming with repetitive scenes involving trauma themes.
- Seeing harmless situations as dangerous and reacting to them as such.

Attempts to avoid anything trauma-related

The individual makes efforts not to have to deal with anything that might recall the traumatic event. He avoids talking about it, walking around that place, being distracted by excessive work or hobbies. Some people avoid feeling anything and become numb inside.

What we can say about the impact of repetitive long-term trauma experience is that it facilitates the development of all mood disorders such as depression, anxiety and bipolar mood disorder.

Greater chance of developing a personality disorder

There are scholars who believe that personality disorders are nothing more than different variants of one thing: a response to prolonged trauma in childhood.

From that point of view, everything is C-PTSD, but with traces of this or that. A diagnosis could be something like: C-PTSD with avoidant and schizoid traits.



In this case, we would be dealing with an individual who, in addition to presenting the symptoms of C-PTSD, also has a consistently avoidant and schizoid personality structure.

I agree with this point of view because in addition to being easier to understand personality disorders, it also allows greater flexibility in diagnosis.

In this logic, one can see that those who come from a narcissistic family naturally have great chances of also developing a personality disorder, or at least strong traits.

How to heal from the mental health consequences of narcissistic abuse

The study of psychology is so vast and has so many different healing approaches, some conventional other alternatives, others still a mix... Would it be arrogant to synthesize this in one method to help narcissistic children heal? Isn't it too big?

I won't pretend that I know all things and that I would know how to solve your problems. What I offer here is a summary of a long personal and professional process that led me to believe that there is a specific mechanism that leads to overcoming narcissistic abuse.

The mechanism is simple to understand. If the consequence of narcissistic abuse is that the victim gives up his True Self for the sake of the bond with the narcissist, then every attitude aligned with the True Self (even at the risk of losing the bond) is the solution. In other words: the more you get in touch with and express your true nature, the more you overcome narcissistic abuse.

To do this, there are several paths. Therapy helps, meditation, writing your emotions in a diary until you go making sense of them, yoga, dance or other physical exercise, self-massage, breathing techniques, etc., all these things are examples of tools that allow you to start regulating your emotional states.

The time to use these tools is, conveniently, whenever necessary. Here is an example of how to use contact with your True Self to solve a challenge.

Imagine that you have a working partnership with a person with whom you do not get along and are reaching a point of not tolerating any more, you may feel a certain anguish. When you realize this heavy emotion, you remember that you need to focus before anything else. You choose a tool to calm down.

Let's say you chose to put on a relaxing song, close your eyes and just breathe a few minutes. Once you can focus, you simply ask your inside:

"What would my True Self do in this situation with my work partner?"

Wait patiently for your inner knowledge to communicate with you. It can be through an intuition, a sentence, an image in your mind, a sensation, etc. Somehow, you'll understand whether you should take this path or that one.

Let's say that you decided to finalize the current project, since it is already in the middle, but not to do any more projects with this person. Now that you've used a practical technique that has left your body very calm and managed to ask your True Self the path to take, what's left is courage and action.

This is the last step: executing the message you received from within. This execution can take from minutes, such as sending a text message to someone, to years, such as raising a child.

Depending on the action to perform that was revealed by your True Self, you may have to go through several steps before you reach the final destination. Even in these cases, or especially in these cases, your inner wisdom knows what events, opportunities, and choices will lead to your chosen destination. Your inner wisdom, your True Self knows all this even if you don't know it.

Here's another example:

Let's just say you found out that your husband is a sociopathic narcissist. Let's also say that you are financially dependent on him and are depressed and have no strength to do anything about it.



If you ask your conscious mind what the next step is, it might not see anything. But if you ask your True Self, "show me the next step" it will offer means, direction and resources for the first step of his journey to take place. Your wisdom also knows what the next step is, and the step after that, and the next, and so on... until you get where you want it.

Did it make sense? To recap, I would like to briefly summarize what we have seen so far.

Narcissistic abuse drives the victim away from his True Self, which is his essence. Any attitude that is an authentic expression of your True Self will have a healing effect. To access your True Self, you need to be able to regulate emotions and focus. Then just ask yourself "what my True Self would do" (or something along those lines) and wait for an answer.

Finally, it also takes the courage and action to execute the message revealed by your True Self, even if this execution takes years.

It is important to understand that every human being has faculties that he does not know of, such as the ability to guide oneself moment by moment. It's so hard to believe this because we get consistent messages that we should be and do what others want.

The best voice for you to hear is yours, but not when you're feeling emotional chaos: you need to reach a space of inner peace first to hear your voice.

Once you get the message about what to do in your situation, your psyche will wait for you to act. The longer you are sure of what to do without taking steps, the more your anguish will grow.

This pain is not punishment. It has a very important function. Pain comes from your emotions and your body. A very complex and vast intelligence manages these two things: your subconscious mind. When that intelligence makes a painful emotion like anguish pop up, the purpose of it is to get your attention.

Pain is a wake-up call to a situation that requires attention and perhaps medication. Pain signals that something or some situation is going wrong and that you need to modify it for your own safety and happiness.

As long as you don't act, don't be surprised if emotional discomfort, anxiety, anguish, hopelessness, or depression increases. Your psyche is screaming: "You need to follow your True Self! You need to follow your True Self! You need to follow your True Self".

Sometimes your inner wisdom doesn't want action, but acceptance. Maybe you're pushing the bar in an irremediable situation. Maybe it's time to accept that you're powerless to change anything. In such cases, there is no action to take, rather, there's a kind of surrender. The recognition that there is nothing to do there, that you can stop fighting with life, that you are ready to let go of a result you expected.

Regardless of whether the solution is action or acceptance, everything I have said here can be summarized in the serenity prayer:

"May God give me serenity to accept the things I cannot change, courage to change the ones I can, and wisdom to distinguish between them."

Whether action or acceptance, emotional pain points to the need to take one of these two paths. As long as you don't take it: there will be pain.

On the other hand, following your True Self is usually hard as hell. It doesn't care if what it asks is politically correct, if your family will like it, if you're going to lose friends and relatives... it wants personal fulfillment at any cost.

It uses its emotional responses to guide it, step by step, moment by moment. That's why it's so important to be attentive to your day-to-day life and not lost in distractions, in daydreams or thinking compulsively. The person who does not pay attention to their physiological and emotional responses, can not access the messages inside.

The unhappy wife who spends the day in excessive daydreaming can't figure out how intolerable her marriage is, because in her fantasy world things are cool. So she ends up staying in the relationship longer than it would be healthy.

The workaholic who is distracted by work does not have time to realize his own pain. It's best not to stop and face the inner emptiness.

By developing the habit of responding to pain by calming down and listening to the message of the True Self, you have two practical gains:

1. You learn to manage your emotions.
2. You act or accept, to turn toxic situations in your life into circumstances capable of making you happy.

You also gain better relationships, a job more aligned with your values, a more peaceful home, more trust, less anxiety, and a host of other gems.

The more you act or accept, as your True Self guides you, the more you realize that the consequences of this are incredible. You become convinced that you are the best person to guide yourself and your life will turn into something that is delicious. All this creates a much better existence than what you experienced with the narcissistic family.



Suddenly, you're indifferent to your family or your neighbors, you don't use your energy to think about them. Instead, you invest in your courses, hobbies, studies, relationships, leisure and projects. You give yourself permission to err, test things, have fun, create projects, end unnecessary cycles, be spontaneous, finally: do what your essence tells you.

You see, it's not that those problems cease to exist. This is not a realistic expectation. Problems will always exist. And since that's the case, we can focus on improving our responsiveness to them. In fact, this is what changes: our resilience, patience, capacity for self-acceptance, taking responsibility for life and happiness and giving ourselves another chance. We're the ones who change and become bigger than the problems.

What makes you bigger than your problems is knowing that you have an incredibly accurate intelligence to rely on in the moments of trouble.

When you see that you have that inner strength, and that it really works, you fear the problems to come less.

I assure you this strength is incredible. But you're the one who has to use your own life as a lab to see if it's true. It's good to allow yourself to test several things, forgiving yourself for every mistake and allowing yourself to play around until you figure out how to make yourself happy.

Your CHC (Custom Healing Curriculum)

I have news for you that is, at the same time, wonderful and ironic. You have one more ally on your healing journey besides your True Self, and I call it your CHC or your custom healing curriculum.

Your custom healing curriculum are the challenges that spring your way and require you to mature. That's why I said this ally is a little ironic. Basically I'm saying that your frustrations are actually a map to your personal accomplishment.

To make peace with these "bummers" and enjoy the power of CHC, you need to learn a specific skill: to be able to turn an obstacle into an interesting challenge. An extremely simple and powerful way to do this is to simply look at the challenge before you and ask yourself:

"There is some reason that this situation is happening. What is the lesson or skill I have to learn to turn this problem into learning?"

This question is powerful because it forces us out of the position of "I can't believe life is making me feel like it again!" and allows us to step into "I see that this situation has come to show me something I have to learn."

The first position offers no possibility of finding a solution. While we just get upset about a challenge, you can't see the lesson hidden in it, and that's very serious! Every challenge brings precisely the most important lesson for your journey, at this particular moment.

Think about it: if you always find yourself facing the same problem, it is because you have not learned some lesson. When you really dedicate yourself to training in the new lesson or skill, it's no longer a problem because you already know how to deal with it. We can understand, intellectually, that all challenges are designed in such a way as to force you to expand.

Even so, what ends up happening is that at the time of the challenge we do not see it as an opportunity for growth, but as a pain in the ass. While we have that attitude, we can't focus on finding a solution either. From that position, you don't have personal power. After all, if you are the victim, then you feel unable to overcome the challenge.

It's delicate what I'm going to say now, because it seems unsympathetic to people's pain. However, in my view it is the most empathetic thing possible. Although what I'm going to say is hard, it's the only thing that'll lead to possible salvation.

While we feel victims of a situation, even if we have been victimized ourselves, we do not see ourselves as the protagonists of our story.

Consequently, we can't find a way out.

For example, while I thought I could never be free because I was afraid of my mother's reactions, I was always going to see myself as the victim in the situation. From the moment I began to ask myself "how can I find a tiny bit of personal power in this terrible story?" Then this little line of possibility began to reveal itself to me.

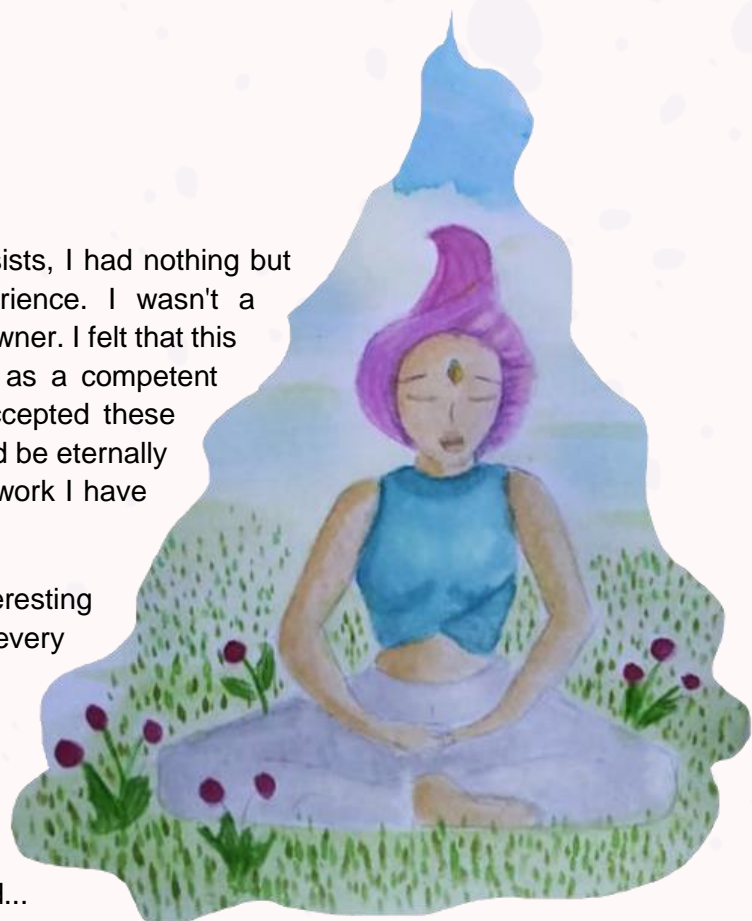
I realized that I was choosing to let my mother's fear dictate my behavior. I could decide to go my way, no matter what it took, regardless of her attitudes. Of course, it caused a crazy amount of fear! However, as long as I didn't make that decision, I would never really be free. Sometimes our feeling of helplessness comes from refusing to make any decision that is painful as hell but is the only road that leads to liberation.

Another example:

When I started working with children of narcissists, I had nothing but my informal studies and my personal experience. I wasn't a psychoanalyst or a coach. I wasn't a business owner. I felt that this would be an obstacle if I wanted to be seen as a competent professional in the area. However, if I had accepted these limitations, coming to the conclusion that I would be eternally limited because of them, I would not have the work I have today.

One way to turn an obstacle into an interesting challenge is to find a hidden treasure in every challenge.

In my case, it's okay that I didn't have the necessary credentials at the time. It's okay that I was in a country where mothers are sanctified...



but what if the fact that I was the daughter of a narcissist and had this direct experience was something positive and not a limitation?

I boldly decided to turn this into something beautiful. I gave myself permission to talk about some personal experiences I had on my healing journey, and people's response was a thunderous "thank you!"

"Thank you Taryana, for having the courage, thank you for sharing your lessons! I feel liberated because you've freed yourself!"

One more example:

If you always attract narcissistic and abusive people, you can come to the conclusion that life is providing these experiences so you can learn the ability to set boundaries and to say no.

If you just keep repeating:

"Gee, I attract abusers! Life hates me!"

You will forever feel unprotected and not know what to do with the abusers.

If, on the other hand, you understand that every abusive person who appears in your life is an opportunity for you to train the ability to say no, then you might even be grateful for the training opportunity! It may sound strange, but it's true. Our greatest challenges are, in fact, our greatest lessons.

Another example:

If you're in a terrible financial situation, you can say:

"It's my family's fault that never taught me how to manage money!"

If you think like that, you're just going to feel angry at the whole family and still be in a terrible financial situation.

If, instead, you ask yourself:

"What is the lesson I have to learn through this repetitive financial challenge?"

You can come to the conclusion that, in fact, it was you who never did research. You've never been able to watch a video or read a book on financial management. You never postponed gratification in order to save money. Instead, you spent money on unnecessary things to receive external validation or fill an internal void, or because you just wanted to (we've all been there).

By facing your share of responsibility, you also find a way to the solution.

So long as we do not take responsibility for a problem, it is not possible to feel empowered to solve it.

You see, no one is saying that your anger is not valid and that you, in fact, have not had a hard time with your family, with other relationships and in many situations. The question is not whether or not you were victimized.

If you're reading this PDF, I imagine you came from a toxic family and in that case you were a victim. You were a victim because every child is a victim of adult toxicity, no child is to blame for the sick dynamics of the family. Even so, reality is structured in such a way that, no matter who created your problem in childhood, in adulthood, only you can fix it.

Although it makes you angry, mad, feeling wronged, and thinking life should work some other way... it doesn't. You can scream and protest as much as you want. The truth remains: no matter who caused your problems in the past, as an adult, only you are able to solve them.

One more example to be clearer:

Imagine that every time you have contact with the family, you get emotionally ill and your self-esteem is ruined. You're tired of thinking things are going to be different, but they never are.

Because you feel too inadequate to have a supportive network of friends, you end up being afraid to give up the few people who already exist in your life, in this case, your toxic family.

You get mad at yourself for going back to the family environment, time after time, just to get hurt again. Deep down, you know that the dynamic will never change and that as long as you can't find more nutritious people to relate to, you'll always have emotional reliance on your parents.

You may feel it's unfair, or you can say:

"I don't have social skills because my parents are narcissists and I've been sabotaged! That's why I can't make friends, and I end up emotionally attaching myself to a toxic family!"

That may be true, but it doesn't solve your problem.

"Gee Tary, but the person who caused my drug addiction was my narcissistic mother."

"Tary, but I'm frustrated and depressed in life because of my sociopathic father."

"But I'm financially dependent because my family didn't help me, and they helped the golden child!"

I'm not saying I know what the solution would be for you in each of these cases. That's not my job, finding a solution is yours. I'm also not saying that your pain is not valid. I would definitely never say that! All your pain is valid! What I'm talking about is that there's a way out, even though it's hard and it seems unfair: you have to fix what others have helped to screw up.

Since I've felt wronged, since I have pointed the finger at others, saying that my terrible situation was their fault, since I have already had to "be right" and make others "wrong"... I know how hard it is for you to take 100% of the responsibility.

Therefore, when facing challenges, focus on finding where you have the power to change the situation. When the next obstacle comes, instead of just complaining, ask:

"What lesson or skill do I have to learn from this challenge?"

Resist the temptation to be so angry at the world that you don't train the lesson or skill the challenge has brought you. Your anger at others won't solve the situation. Your consistent long-term action to learn the lesson the challenge brought will.

From this point of view, there are no problems but lessons to be learned in your custom healing curriculum. I know this part was a bit extensive, but I wanted to give countless examples to make it easier to find this crazy internal will to be the protagonist in your life.

How to deal with the guilt of going no or low contact

When I discovered narcissism, I remember that I felt guilty just researching the topic. I was afraid that my mother might somehow be watching and judging. Actually, I felt terror.

Today I know that even if I didn't have a narcissistic mother, even if I came from a more functional family, I might still feel guilty. Such is the power of our culture that prioritizes family unity over the mental health of the individuals who make up this family.

There is a totally erroneous idea that if members of a family stay together, it will be better for everyone. That's never true in a dysfunctional family. This kind of family works as a cult where there is a leader and a distorted ideology that everyone has to believe or pretend to believe in.

Staying in such an environment prevents its members from being able to think on their own, since they are inserted in a collective fantasy that aims to maintain that same system.

Anyone who has no contact or reduced contact with the toxic family can explain how distance facilitates one's ability to identify their own internal voice.

Still, physical distance alone doesn't cure anyone, but it facilitates a connection with your True Self, since when you're close to the family this is not so easy.

The dynamic in the narcissistic family is often that we do everything to gain approval and be part of it, and nothing works. Or even, we try to make our parents happy, and they refuse to change any behavior. Then we realize that we didn't have that power to make anyone happy, but ourselves. All of this makes you sick! Living a life away from your True Self, trying to be well-seen by your family makes you sick too.

All this generates toxic guilt. In the narcissistic family guilt is used as a tool to keep everyone in the system. That's why you're totally expected to feel guilty when thinking about distancing yourself from your parents, or even when researching narcissism.

I'm here to tell you that this guilt passes as you identify and respect your own needs. The more you manage to become happy and healthy in your new life away from your family, the guilt disappears.

I'm going to tell you a little story to exemplify. When I cut off contact with my mother, I felt a lot of cognitive dissonance. Basically it seemed that there were several Taryanas inside me, each with a point of view, and they were all in conflict.

Some of these Taryanas were screaming desperately for me to settle down and leave everything the way it was. They used to say things like:

"I'm overreacting."

"Maybe it's not even that bad, I think I can take it."

"I must be distorting things".

"I'm a terrible daughter! What kind of person cuts off contact with their mother?"

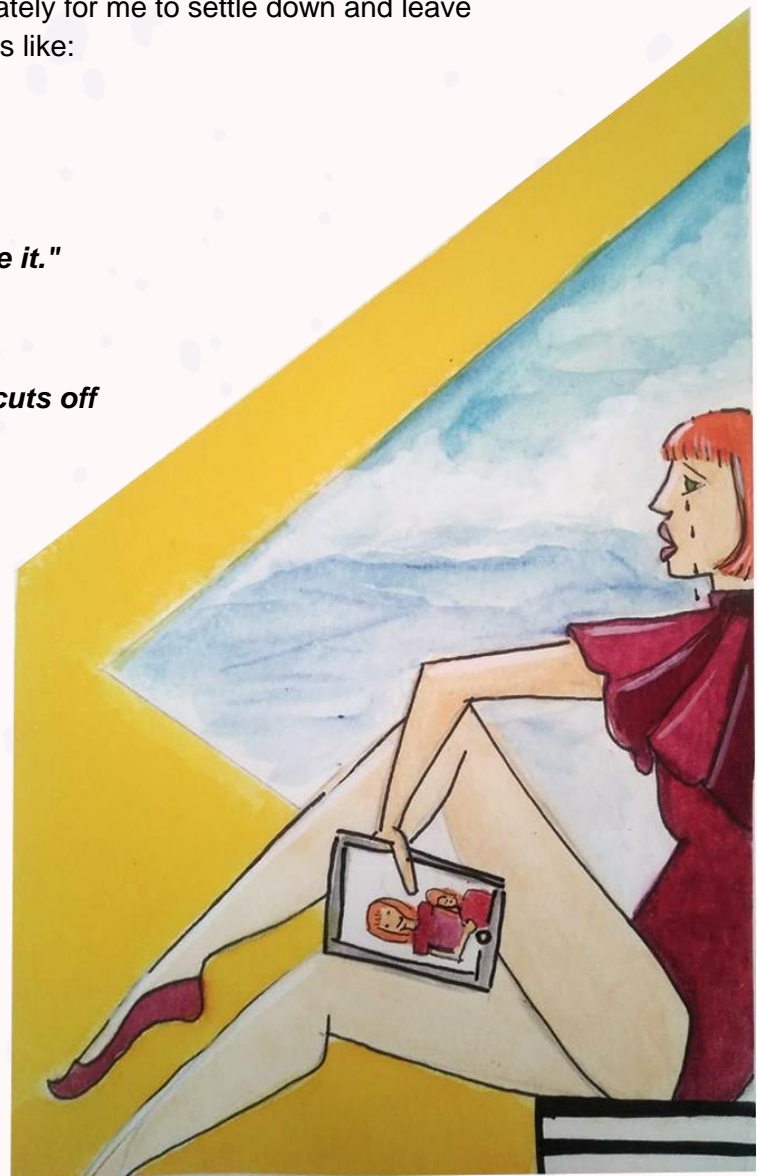
On the other hand, there was this other, wise Taryana. She simply repeated:

"Keep your distance! Keep your distance!"

When I heard this voice, I felt peace. Even if there was guilt present, something inside seemed "right." It was the voice of my intuition.

Reality is complex, we can feel a lot of things at the same time. Complex or not, an internal knowledge told me that that was the right path for me.

That same knowledge was also telling me to explore some desires and curiosities of mine.



I decided to test whether this inner knowledge really knew how to guide me. I obeyed its instructions and realized that guilt began to visit me less and less, until it totally stopped.

Apparently, if I only identified and respected my real desires, as socially incorrect as they were, the less the guilt was present. I realized that by honoring and obeying my own voice, I was creating far better consequences than I generated when I had contact with my mother.

That's what I want you to know, if you don't just cut off contact with your mother but do it specifically to learn to listen and live your voice: there's no way it could go wrong, there's no failing, you'll never regret deciding to respect your own essence.

The first few months we cut off or reduce contact are the most difficult in terms of cognitive dissonance. The internal outcry of guilt and terror can be intense. But now you know the way: calm down, contact the voice of your True Self, and obey whatever it asks of you. I know it seems difficult but remember that it is possible and that several people have done it before you successfully.

Speaking of your inner voice, it can ask for something like distance or something like a new haircut. It may want you to take a dance class or reduce your workload. It may want you to drop a course you're taking or start another one. Listen to it at each challenge and go on testing what happens when you obey it.

You'll see that literally there's no way life can go wrong when you listen to your intuition. Understand that I'm not saying that the process is easy and painless. It's not. There are times of war, conflict, and deep pain. But the reward is usually a lot bigger than we can ever imagine.

Therefore, it is always worth starting to hear your own voice, because in addition to not being able to regret it, the harvest that comes along is usually surprising. That's how you deal with your guilt, respecting your True Self challenge after challenge. In time, guilt starts to fade away.

How to create emotional independence and psychological distance

What imprisons us to dysfunctional people and groups is our emotional or financial dependence. Being alive is a process of entering the world in total and absolute dependence and, gradually, individuating. It is understandable that obstacles occur in this journey, keeping the individual trapped in some stage of this adventure.

When it comes to emotional addiction, it's nice to ask yourself what you usually do to be loved. Much of our dependence comes from the fear of losing someone's approval. The problem is that we fail to discover and create our True Self for the sake of some mask that can receive some approval.

Of course, in the case of narcissistic parents, the situation is even sadder. Not only do we wear the masks for approval and give up our real essence, but we never win that approval!

If it never comes, there are two paths we can take. The first one is to continue wearing the mask and maintain the patterns. There may be many paths to happiness, but I believe that none of them involves failing to satisfy our own emotional and existential needs. This path, in my view, can only lead to a psychic and even physical illness.

The other way is to go through a mourning of that relationship... because it's going to die if it depends on you having to hide your True Self. If you're dealing with people who have NPD, there's no chance your True Self can exist in this relationship unless you set boundaries relentlessly and get drained in the process.

From the moment you have an independent way of thinking or acting, the relationship will suffer. When this happens, we manage despair, the fear of being alone and internal guilt and get used to the idea that it makes sense to end that relationship.

In order to really make sense, it's good to convince yourself that life will be better after all this turmoil. The important thing is to be able to answer this question:

"Why does it make sense to let this relationship with a narcissistic personality die?"

At some point, consider creating a list of answers to that question. Add what sprouts in your mind and include all the amazing things you'll learn while building a much better life away from narcissistic abuse. Here are some examples of things you could put on the list:

It makes sense to let narcissistic relationships die, even if it's with my mother/father

because...

- *Deep down, I don't want to have contact with them. It's bad for me.*
- *I'm getting psychologically/physically sick.*
- *I literally don't tolerate it anymore; I already think about suicide/ I have panic syndrome.*
- *I've tried everything to make this person happy, nothing works. I proved it's not my fault or responsibility.*
- *I will never win the approval I want, so why try?*
- *I want to be friends with healthy people who really love and accept me. I'm willing to learn to choose and relate to these people only.*
- *I want to make dreams come true and experience adventures.*
- *I desire freedom*
- *I wonder who I am. I don't know myself!*
- *I need to find out my values.*
- *I want to create a life aligned with my values.*
- *I would like to know what a healthy, loving relationship is.*
- *I want time and space to heal from some sexual trauma. When I get on my feet, I can go to therapy.*
- *I want to listen to myself and discover my gifts.*

This list will help clarify the end result of all this effort to create psychological distance.

Another question that is great to answer is:

"If I allowed myself to be and act the way I desire, would I lose someone's love? Whose?"

The answer can be revealing! It's amazing the things we do for other people's love. I always get surprised when I find some artificial limitation of mine, created by my fear of losing someone's approval.

In attempt to win this approval, we can:

- Marry the wrong person.
- Follow the wrong career.
- Feel empty inside.
- Choose to stay in abusive relationships.
- Never know who we really are.
- Develop psychological disorders by depriving ourselves of our own essence.
- Put ourselves in risky situations.



The questions I've asked so far have served to help you connect with the desires of your True Self, but this is also a moment-by-moment process. What I mean is that knowing your True Self, which is synonymous with creating psychological distance from parents, takes place at every moment.

It's not like today you're just "broken" and you need years of therapy to get over your condition and get to know yourself. Not at all! In fact, your True Self is here, right now. It's only exists in the present moment.

It's that voice that talks to you from inside when you learn to pause and get grounded, which we mentioned earlier in this booklet.

Don't think of your True Self as something far and inaccessible. The more you get used to pausing throughout the day and asking yourself:

"What does my True Self want in this situation?"

The more psychological distance is created. Remember, knowing what your True Self wants is one thing, executing it is another. Faced with each situation, your True Self will probably ask for action or acceptance. Obey that intuitive message received from within.

"Easier said than done, Tary!"

I agree. Even more so when being yourself means you can lose some of the most important people in your life. In this case, the goal is training! Think that it will become easier and easier the more you simply obey your True Self. You don't have to punish yourself for having that difficulty. Just look at it as training: expect a degree of difficulty and that's fine.

How to take care of yourself

One of the greatest skills you will have to learn, if you want to heal from emotional wounds, is being caring and loving with yourself in the worst moments.

Children of narcissists often have a ruthless internal critic. That is, bad days or moments of vulnerability are not allowed. Instead of being patient with themselves, they'll punish themselves. The internal critic despises the vulnerability responses we have, so that emotion can never be easily processed when he's around.

For example, if you send a message to a crush and don't receive a response, you may feel rejected. This feeling of rejection is the first emotion you feel and it's already difficult. It gets even harder when there's a second emotional response that comes after the first, in the form of criticism for feeling weak in the first place.

Usually what happens to narcissistic children is that first they feel vulnerability in the form of a painful emotion like rejection. Then their internal critic judges the fact that they felt such "weakness." The internal critic has contempt for any sign of imperfection. It says you should be more mature, strong, independent, intelligent, beautiful, thin, rich, etc. By the way, it always has something to say.

Because of the internal critic, instead of dealing only with rejection, you have to deal with two internal responses simultaneously! Rejection and the critic which won't stop bothering you and making you feel inferior because you felt a little down.

When we talk about being loving towards oneself, we are talking about allowing the first emotional response of vulnerability to happen without criticism. Instead of responding as the inner critic, respond as a warm, loving, patient and maternal/paternal energy.

This loving internal response to your own imperfection is what cures low self-esteem. I'm going to exemplify it. In the beginning of my Youtube experience, I kept criticizing everything I created. It was never good enough or ready to be exposed to the world.

In this situation, I felt fear as a first response of vulnerability, and as a secondary response, my internal critic said that I had nothing useful to give to the world. It's impossible to take steps and complete any project by putting yourself down internally that way all the time. Especially when you're already afraid!

What I started to do was simply stop telling myself these messages that I wasn't good enough. I challenged myself to go within and find a source of unconditionally loving energy.

From that moment on, when I created something and was ashamed to post, instead of hearing that rotten message from my internal critic, I started telling myself things like this:

"I'm so proud of you! You're feeling all this fear because you're moving forward and going after your dreams! That's brave! Another thing, don't judge your creation, just put it out into the world. You don't know the impact your work can have! Your job is just to take the steps! Go for it Tary!"

Reading this last paragraph, don't you agree that it's much easier to motivate yourself and have self-esteem if you tell yourself these kinds of things? Compare how you would feel if you only listened to your internal critic!

In short, whenever you feel vulnerable, meet that vulnerability with a loving response instead of your internal critic. By "vulnerability", I mean things such as fear, shame, guilt, despair, hopelessness, frustration, loneliness, and helplessness.

One more example:

When you feel guilty for displeasing someone, instead of telling yourself how dumb you are, respond to that guilt with an encouraging message, like: "it's all right! You don't have to please everyone!" As your secondary responses become loving and non-judgmental, you heal the primary responses of vulnerability, guilt, shame, fear, helplessness, rejection, etc.



How to move out of your toxic family's house

For me, the process of moving out boils down to this: set goals and have leaving home in mind every day.

It's hard to see anything as possible if it feels like it's too far away. The dream of moving out has to stay close to your heart. That dream needs to be nourished with your attention.

It's okay if you're too far from being able to do that. The important thing is to decide that this is the only final destination you accept, even if you have to walk at a snail's pace. Delete the possibility of living eternally with your parents from your mind! Plan your way out in such a way that you can burn that bridge and not have to go back.

Once you have set this goal, do 1% every day and forgive yourself for the rest. 1% may seem like little, but for children of narcissists who usually have mood and personality disorders (some of which make it difficult to focus), this is a lot! Even more so when you are depressed in bed, with suicidal ideation or panic syndrome. Believe in the cumulative power of that tiny 1% of consistent effort.

Honor your turtle steps! I decided when I was 16 years old that I needed to leave my family home. I told myself I'd make plans to get out and never go back. I promised myself I wouldn't ask for any help from my parents because that would generate some eternal debt. I didn't know anything about narcissism, but something inside me said I had to become independent.

Five years passed before I got a job that paid me enough to get out. I had been working for five years, but I still didn't have enough income to survive on my own.

Finally, at 21 I discovered aviation. Becoming a flight attendant gave me the opportunity to move to São Paulo, away from my family. In those five years I kept an eye on my goal: to become independent enough to never have to go back.

In addition to this tip of always keeping the end- goal in mind, I have two other suggestions. The first is to plan a step-by-step process to get out. Really analyze the steps you need to take. Even if you don't have any idea how this could happen, research how other people did it and come up with your own plan.

Ask people in support groups for children of narcissists how they moved out. Draw the main steps from these stories. Structure these steps into a list of actions to take until you achieve your goal. It can be a list of a few steps such as:

- Get a job.
- Find a few friends to rent a house with.
- Research furniture prices and models while working and save money to pay a security deposit for future house rental.
- Save "X" amount of money as you play it cool and avoid triggering the narcissist.
- Move out of the house.

A seemingly superficial plan like this is enough for you to know what to focus on at every moment. It's also enough for it to seem real and concrete, not far away and impossible.

The other tip I'll give you is for you to nurture your dream of moving out. When I say "nurture" I'm proposing that you expose yourself to this experience in regular doses.

For example, you can start searching for homes on the internet, even if you're unemployed. This will inform how much is the average rent is, the reality of the market, which neighborhoods would be nice to live in , etc.

If a friend of yours is leaving home, you can offer to visit homes with her to see how real it can be for you as well. If making this transition is possible for her, it's possible for you too.

You download some real estate app where you receive daily house rental listings. Even if you don't have any money yet, browsing an app like this keeps the idea fresh in your mind.

To finish, know that it is possible! Leaving home is a common challenge for most people, but they still succeed. You'll be able to succeed too!

I don't know how to deal with my family.

What are the options?

I hope you have already understood that the behaviors of people with NPD cause so much harm that it is not possible to have mental health near them. You can be sure that those who remain years in relationships with narcissists probably have some personality or mood disorder, or are codependent.

At first, a narcissist fools anyone. But in the long run, people with good self-esteem who know what love is feel repulsed by them and find ways to walk away. It is good to mention that the goal of creating psychological distance with narcissists is to have so much self-esteem that you stop tolerating abuse.

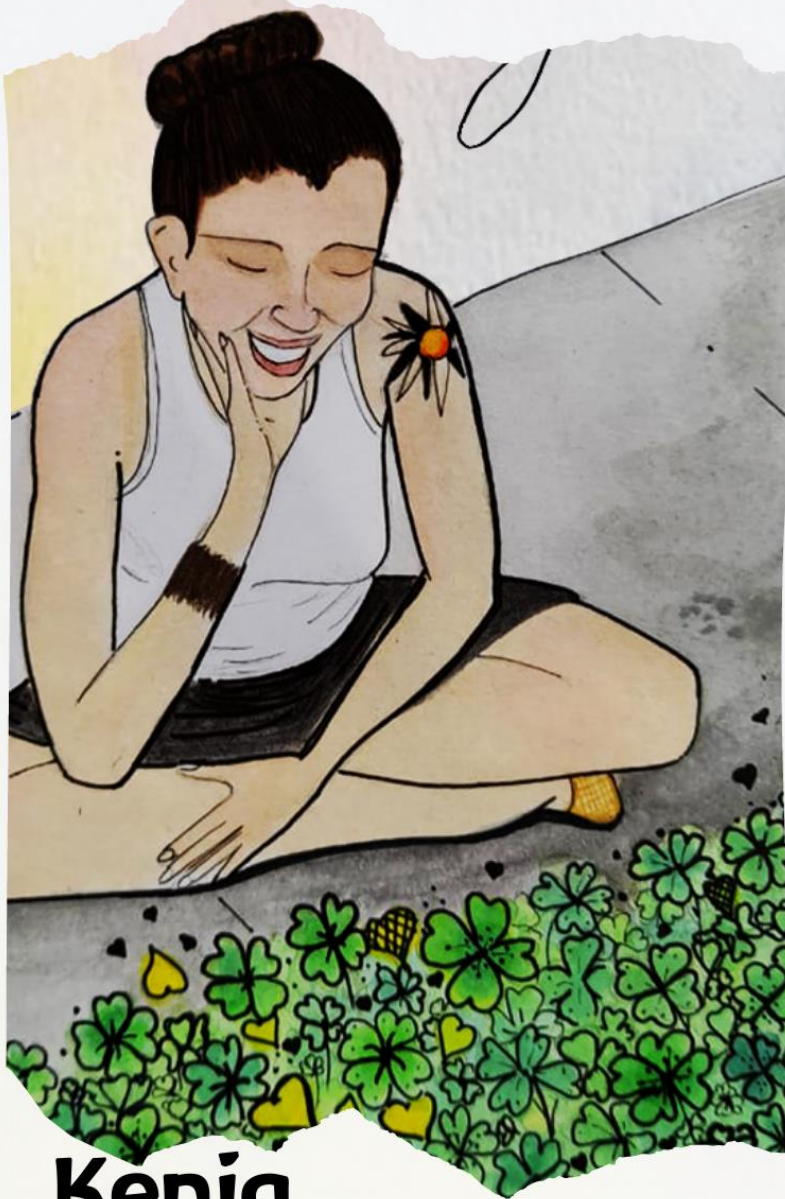
Many people think that the goal is the opposite: learning how not to be affected by toxicity to continue in the relationship in the same way, without any adjustments. That doesn't work. There is a "compatibility" with narcissists that disappears as you heal and learn self-love, as it will force you to step away from these relationships.

The first step to healing from narcissistic abuse is creating distance, both psychological and physical. Basically, there are 3 types of distance options: the gray rock method, low contact and no contact. Each of these options is explained in detail in the glossary.

To summarize here, the gray rock method helps to create psychological distance. Low contact involves reduced, or almost non-existent psychological and physical interaction. No contact means to absolutely cut off any contact with the narcissistic person.

This solution may be temporary or permanent. Narcissism experts recommend no contact, but I know that sometimes this is not so simple or even possible. In the end, you're the one who decides what is right for you!

To avoid being repetitive here, please consult the glossary to understand the 3 options for creating distance with narcissists.



Kenia

Being the daughter of a narcissist and healing

I understood Tary's program as an opportunity to organize the internal mess that resulted from my dysfunctional family upbringing. When I understood and accepted that I have a very abusive and dysfunctional family history, with a narcissistic mother and an enabling father who was negligent and facilitated my mother's abuse.

With each module of the program, it was as if drawers opened in me and a lot of unconscious content came out.

It was not exactly a difficult or painful process for me: it was a force and an aid in my journey.

Throughout the program, I noticed changes in myself: I went from being very curious about narcissism to very curious about the abuse committed and its aftermath. I realized that my focus shifted from "I need to understand why my mother is narcissistic" to "I need to understand what happened to me."

From that point on, something shifted. The anger I was feeling (towards my parents, family members, and many people) subsided and gave way to an acceptance of what I experienced.

I felt so much anger at everything for years! I feel very relieved today, no longer having to bear that burden. Today I've been able to break a few painful cycles in my most intimate relationships, in my family and at work. Gradually, I have been able to trust myself more. I do the exercise of looking inside and paying attention to what I am feeling in my body. This was one of the greatest takeaways from Tary's teachings for me, and I use it as a compass that guides me.

I've been very focused on my process. There are ups and downs, but I'm always focused on responding with love whenever I feel any type of vulnerability. I've finally been putting myself first in my own life!

Now I'm looking for information about trauma and how to treat it. I understood that I've suffered lots of trauma and that it was possible to heal them, even if the road is long and requires more dedication than I've ever had towards anything up to this day.

Tary's program helped me understand that there is the way and that it's my way.

Glossary of narcissistic terms

Emotional abuse

Emotional abuse is a set of attitudes that aim to humiliate and disparage other people. According to the American Psychological Association, this type of abuse causes as much psychological scarring, or even more, as physical or sexual abuse. It can lead the victim to develop mood or personality disorders or even suicidal ideation.

The aggressor adopts a position of omnipotence and omniscience. They know everything and only their opinion is valid. They question and criticize the victim's preferences, making them doubt themselves and feel incapable. They are bombarded with terrible, confusing messages about their worth. At some point, they identify with these messages and start seeing themselves in a distorted way.

Some attitudes that denote emotional abuse are:

- Constant criticism.
- Humiliating, offending or disparaging the victim.
- Emotional blackmail (using fear, guilt, shame or unsolicited favors to demand obedience).
- Sarcasm.
- Insisting that you are guilty of everything.
- Gaslighting.
- Invalidation and minimization of your needs.
- Making important decisions that affect you without first consulting you.
- Creating an environment of terror where everyone has to walk on eggshells, for fear of parental responses (shouting, throwing or hitting things, mood swings, etc.).
- Using the silent treatment.
- Stone-walling.
- Isolating the victim (making them believe that the world is dangerous, keeping them away from family and friends).



- Managing your money, your clothes, your time, your decisions, your resources, your relationships, etc.
- Requiring the time, attention, energy and resources of others in an exorbitant way and without offering much in exchange in a reciprocal way.
- Baiting

Narcissistic abuse

Narcissistic abuse is emotional abuse, but it has a specific purpose: to decimate the victim's sense of self and personal autonomy.

This means that narcissists increase their aggression when they realize that the victim is finally managing to have their own thoughts and make their own decisions. It is precisely this emergence of an individuality, with the right to its own essence, that bothers the narcissist.

You see, a lot of things can be abusive! However, narcissists specifically abuse to destroy the individuality in others. Let's compare it with other psychological profiles, so that it is clearer that not every abusive action has the same motivation.

For example:

A borderline person has difficulty regulating emotions and anger. For that reason, they can end up exploding from time to time, which can be toxic to those who are around. As annoying as this irritability is, borderlines don't have the specific goal of decimating other people's personality.

This anger is just a reflection of difficulty in regulating emotions! Borderlines feel too much and don't know how to manage it, but they don't want to specifically make others feel inferior.

Another example:



A depressed mother neglects her children. They end up feeling invisible and unworthy of love. Even though the impact of her depression was detrimental to the children, the depressive mother did not intend to make the children feel inadequate simply because they are who they are.

The negligence that occurred was not a personality-killing ultimatum, such as::

"Be who mom/dad wants you to be or I'll punish you!"

In fact, the depressed mother just didn't have enough energy to take care of herself, much less her children.

Last example:

A single parent feels exhausted after 3 weeks without a babysitter to help with the children while he works from home. After several sleepless nights and working intensely, he ends up yelling at his kids and even hit one.

As much as this father doesn't believe in corporal punishment, and feels guilty about what he did, he simply reached a peak of emotional and physical exhaustion where he could no longer control himself. The intention was not to destroy the sense of personal worth in the children. Rather, it was only the result of extreme stress.

In the case of narcissistic abuse, It's a different story altogether. See the examples below to better understand.

1st example:

A narcissistic mother, who seems trapped in her teens, feels deeply jealous of her young daughter. She wears her daughter's clothes (even if her daughter doesn't like it) and meddles in her friendships as well. In three cases, this mother flirted with her daughter's crushes and even had sex with one.

Whenever the daughter tries to be herself or have some normal, teen experiences, the narcissistic mother wants to "steal" the spotlight for herself. In this case, the goal of the mother's attitude is to take away her daughter's freedom to be who she is and have her own unique experiences. She wants her daughter to feel inferior and in a competition with mom.

2nd example:

Cecilia wants to be a writer. She feels connected to something bigger than herself when she writes. This feeling is priceless and she decides to invest in a writing career. She takes some random job just to pay the bills as she works on her writing skills in her free time.

Cecilia's narcissistic father wanted to be a lawyer when he was young, but this dream did not come true. According to him, the children got in the way. He insists that his daughter go to Law School and mocks what her daughter writes and her decision to be a writer. She says things like:

"This is not real work. Do you want my support? You'll only get it if you study Law!"

The father sees his daughter as an extension of himself and thinks she only exists to realize his own frustrated dreams. Here we are dealing with a case of narcissistic abuse, where the daughter is not allowed to be who she wants to be.

Passive Aggression

Passive aggression happens when someone does not feel safe enough to approach another person about a conflict, so they prefer to show dissatisfaction through indirect means.

1st example

You express to your narcissistic mother that you wish to move out. Deep down, she doesn't want you to go. Not feeling comfortable to say this directly, she promises that she will help you with the security deposit of the new house. When the day comes to sign the contract,

she just disappears and then says "Oh, I forgot! I can't be bothered with *your* responsibilities all the time."

This mother actually wanted to show that she didn't agree with her daughter's idea of moving. Instead of saying this directly, she decided to sabotage her daughter by saying she "forgot" about the security deposit.

2nd example

Your narcissistic mother has no social life and feels frustrated in the relationship area. You start dating a man who really respects you and treats you well. Your mother feels jealous and trashes you in front of the whole community, saying that you're a whore who only gets involved with dusty, inferior men.

Dog Whistling

Dog whistling is an attack or indirect offense that appears innocent, but which the victim knows is aimed at them. It's passive aggression, but it happens in front of other people and is undetectable to everyone except the victim.

1st example

A family is reunited, watching a movie where there is a scene of a car accident. The golden child, who recently had an accident, makes an expression of pain. The narcissistic mother hugs the child and says:

"My daughter, when we suffer real trauma, it is natural to feel pain!"

She does this after spending the whole week telling her scapegoat daughter that if she was beaten by her husband, it's because she deserved it.

The scapegoat daughter understood the hint: the trauma of the golden child is serious, hers, is just the made-up drama of an unworthy child.

2nd example:

A narcissistic father's son sets up a company but is having trouble attracting customers at first. At the family barbecue, his father comments with a third person, who is also a new entrepreneur (and doing well):

"Congratulations on your new business! When the product is good, customers show up right at the beginning!"

To everyone there, the compliment seems harmless. But the narcissistic father's son knows that was for him. What his father meant to say is that *his product* wasn't really good, that's why he didn't have customers.

Scapegoat

In families where there is a narcissistic mother or father, we often observe that there are predefined roles for children. These roles are the one of the scapegoat and the one of the golden child.

It is interesting to realize that these roles exist even if we are talking about families in cultures very different from ours.

That is, the family can be from Japan, France, South Africa or Brazil. Regardless of the case, we perceive the existence of the golden child and the goat. This is due to the way the narcissistic psyche works.

Due to their immaturity, narcissists can't understand that people have positive and negative characteristics simultaneously. At any given time, either someone is amazing, or garbage.

Narcissists fail to understand that everyone has quality and flaws and is not 100% one thing or another.

Remember that narcissists are deeply insecure? This means they can't admit to their flaws. It's like they don't have the necessary psychic foundation to see their own shame. This shame is so strong and overwhelming that they do anything not to face it.

Specifically, when narcissists feel such shame (perhaps because they have made a mistake, for example), they desperately seek someone for whom they can "give" that shame. In other words, narcissists look for people to make them feel the difficult things they don't know how to feel.

If the narcissist feels ashamed, they seek someone to humiliate.

If they feel fear, they immediately transmit this fear to another person (shouting, giving an ultimatum, offending, doing the silent treatment).

If they feel abandoned, they can discard or punish you.

Not knowing how to understand or regulate their emotions, narcissists necessarily need a scapegoat to serve as a punching bag and pass on all their strong and difficult to feel emotions.

I've never seen studies or research on how the choice of the scapegoat is made. However, I did an informal poll with the Brazilian Facebook support group [Entre No Seu Poder](#), which has thousands of members, and we found that the scapegoat seems to have one of the following characteristics:

1. It is the oldest child.
2. It is the only girl among the children.
3. They remind the narcissistic person of someone they hate (an ex-husband, the alcoholic father, a part of herself that she disdains).

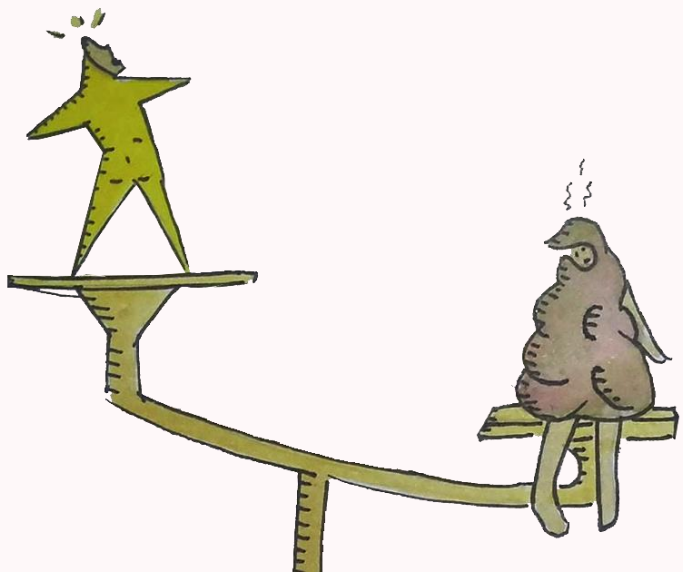
4. They remind the narcissist of some frustrated plan. (Ex: The narcissistic mother only got pregnant because she thought she was going to marry a rich guy, but was abandoned in pregnancy. She still wishes to re-engage in the relationship with him 40 years later.)
5. It is the child who naturally questions things and is less easily manipulated.

The scapegoat allows the narcissist to have someone to blame every time something goes wrong in the family. They were always treated like an exile and so they always felt clearly that they never had a family.

Nothing the goat does is good enough. Everything is criticized, everything is inadequate, the scapegoat is just a useless, problematic member of the family! The challenge for those who played this role is to understand in adulthood that this "loser identity" is an illusion.

The scapegoat, like any child of God (or nature, as you prefer) has a flame within that longs to shine and warm the world with their light. The goat is as capable, as ingenious, as necessary as anyone else.

They are so necessary within the family (albeit in a bizarrely toxic way) that if they die, the narcissistic person will have to put another family member in their place. The narcissistic ego absolutely needs you to serve as their punching bag. Only then do they regulate their inner world.



Smear Campaign

Smear campaigns are when the narcissist spreads lies and gossip about you to tarnish your reputation. This can happen as a response to an attempt by you to distance yourself from the narcissistic person, or after you disobey in some way (such as by setting healthy boundaries).

This is interpreted as an offense, an unforgivable act of disobedience. In counterattack, the narcissistic person contacts several people in your life to trash and isolate you.

Emotional Blackmail

Emotional blackmail is when someone tries to force someone else to succumb to their desires using guilt, sense of obligation and fear.

1st example

John wants to travel to the beach with his wife alone. His narcissistic mother, who does not accept John's wife, calls him and begins to complain:

"How sad! My kids don't want me around anyway! I'm just a useless old lady! I hope you guys enjoy the beach a lot, I'm going to be here alone with my dog."

John feels guilty for not inviting his mother and ends up including her just so he won't feel guilt.

2nd example

Cecilia wants to study theater arts. Her narcissistic father thinks this is a "dumb career path only a pothead bum would make". He says:

"After all I've been through to raise you, now you want to humiliate me by studying this useless thing!"

Cecilia knows that her father, in fact, went through a lot of hardship to raise her.

She feels she has no choice and has to "honor her father and family" by giving up her dreams and choosing a more traditional career path.

3rd example

Tiago's mother just lost her husband. He wants to be empathetic but can't stand to hear his mother talk about suicide anymore. It's been two years, and Tiago still doesn't feel comfortable having a social life because every time he says he's going out with his friends, his mother says she can't handle loneliness and she'll end up killing herself.

Exhausted and lost, Tiago sees no option but to give up all his friends so that his mother does not kill herself.

Narcissistic abuse cycle

When observing love relationships with narcissists, we see that there is a cycle of abuse that moves through phases of idealization, devaluing and possible discarding.

In romantic relationships, the idealization phase serves to create an emotional bond with the victim through the intense euphoria of the honeymoon phase.

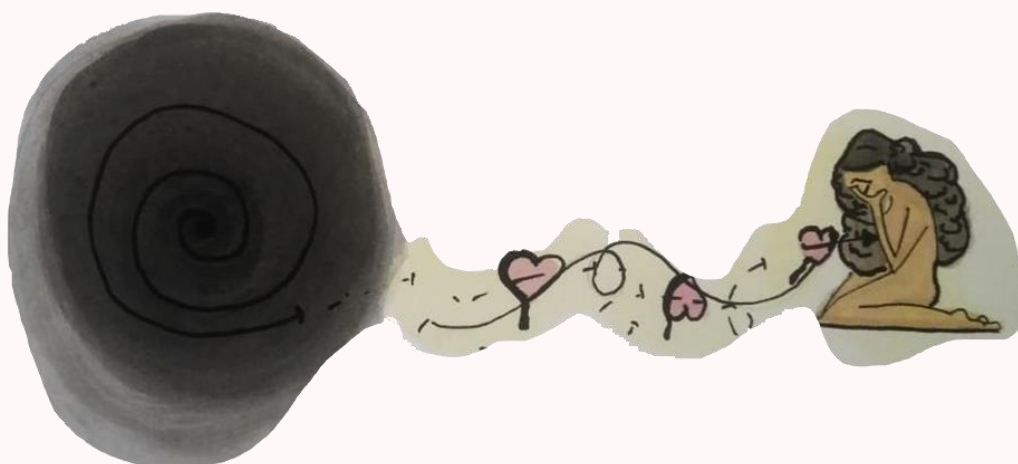
When this period passes, the devaluation phase begins. The narcissist begins to criticize the partner's desires in subtle ways. Gradually, they invalidate the other person's feelings with messages like: "you are very sensitive", "you can't take a joke", "you distort things", etc.

They isolate the victim from everyone who cares about them. They end up losing contact with their family and friends.

When the narcissist disrespects your boundaries, they play victims and explain that they were abused in childhood or have had difficult lives, that's why they are so cruel.

If things don't get better, the narcissist throws a few crumbs of love here and there just to keep the victim confused and trapped. At the same time, the end of the relationship begins.

They do this by escalating the level of emotional abuse until the victim is exhausted and abandons the narcissist, or until the narcissist finds someone else to resume the idealization phase with.



In the end, the narcissist may end up discarding their partner.

This cycle of abuse also happens in families. The love-bombing phases are peaceful periods where things seem like they are finally going to be ok. This never happens and the peace turns into the same-old exploitation, gaslighting and lack of empathy. For children of narcissists, discarding does not always exist, though some parents do cut their children off when they can no longer control them.

These parents also use the method of offering love crumbs from time to time to confuse their children. This method is called intermittent reinforcement and makes the victim think "I must be distorting things. There's some good stuff in this relationship. I don't want to be ungrateful and mean, I'll stick around a bit longer and try to make it work."

Codependence

Codependence is a response to trauma that makes an individual believe that they always have to give more than they receive in a relationship. Codependent people were usually raised by narcissistic parents. In childhood, they found themselves faced with a personality that demands attention and energy constantly, but that is not able to reciprocate.

Codependents are often empathic and sensitive children who adapt to their parents' narcissistic profile by doing what they want: giving endlessly of themselves without ever saying no.

These children probably realized that if they became their parents' caregivers, they would receive a little approval. It is normal for a person to test out different personalities throughout life to see what fits best. These children end up realizing that they receive a little "love" when they are empathic caregivers who sacrifice themselves for others. So, for them, this is the personality that "fits" best.

The problem is that we get addicted to the aspect of our personality that gets a little approval. This approval is also a type of narcissistic supply.

Remember that narcissistic supply can be anything that makes a person feel good about themselves, such as: fear of others, applause, flattery, being treated like a little child who

deserves special care, pity, etc. We all seek narcissistic supply, not just those who have NPD. In the case of codependents, the preferred form of narcissistic supply is the validation that they are nice people who always help others.

The problem of saying yes all the time is that the codependent ends up assuming responsibilities that are not their own and feeling exhausted and resentment towards others.

The more codependent the person is, the more they attract and actively choose pathological narcissistic profiles. Their need to be validated as someone who always sacrifices fits perfectly with the narcissist's need to receive more than they give.

Codependents often relate to narcissistic, borderline, sociopathic people and drug addicts. They even feel sexually turned on by these profiles and can't feel the same excitement with people who are respectful and reciprocal.

Codependents usually:

- Have difficulty understanding what they feel, need, desire and prefer.
- Are not able to say no, even when they absolutely hate themselves and other people for it.
- Like to be seen as people who self-sacrifice, they are strongly attached to this sense of identity! That is why they find it difficult to get out of this role, they think they will not be loved if they express their real needs and ask for things instead of just giving.
- To value the approval of others more than they value themselves.
- They have low self-esteem and don't trust themselves.

Low Contact

Low contact is an option for dealing with narcissistic personalities. In this case, you don't cut off communication completely, but it's reduced to the bare minimum.



What defines the frequency of contact you should have is the emotional and physiological response you feel when imagining yourself with the narcissistic person. This is always quite personal and varies from person to person. Some people can only see their family once a year. For others, the contact may be greater or lesser. To be clearer, consider the example below:

Jessica decided to reduce contact with her narcissistic father. She knows she must respect her emotional and physiological response to determine the level of contact that would be appropriate for her specific case.

So she imagines herself talking to him on the phone once a week. Just thinking about it, she panics and tenses up. That means her body is confirming that this level of contact is more than she can handle!

Jessica then imagines talking to her father only by text. She knows, however, that he loves to send five-minute audios. When imagining having to listen to these audios, Jessica fills up with anguish. Again, this is her body confirming that this form of contact is too much.

Jessica then decides to imagine giving herself permission not to listen to audios, to answer only texts, and within 24 hours. When she thinks about it, her body finds some peace. This seems like a level of contact that she tolerates emotionally because *she feels an emotional and physiological response that she tolerates*.

That is: reduced contact is always determined by its physiological and emotional responses. If you don't respect these answers, you'll be hurting yourself and going against your inner wisdom about what's healthy for you. Having as much contact as it makes sense for your mental health is the secret of low contact.

No Contact

No contact is a solution for the mental health of many children of emotional manipulators. What determines the moment to go no contact is simply the fact that you can't take it anymore.

It may seem shocking to learn that you have the right to cut anyone out of your life, but you do have that right! I think the best way to decide that is to just follow the wisdom of your body. When I say your body, I'm talking about your subconscious mind. Your body and your emotional processes are governed by this much wider part of your mind.

Our conscious and rational mind is confused when it comes to choosing paths that can really make us happy. The part of you that knows exactly how your essence works and what it needs to be happy, is the part that communicates with you through emotions, physiological responses, sensations, intuitions, inner knowledge, etc.

When that inner knowledge repeatedly screams "back off," it's because the smartest part of you is saying that it's time to walk away. This smarter part is your subconscious mind, the one responsible for generating your emotional responses. This is your True Self that sees your life from a privileged point of view. From this point of view, it sees the exact paths to its maximum achievement.

Zero contact is necessary when your inner knowledge cries out for it. For some people, it is a temporary solution as they get emotionally strong far away from constant psychological aggressions. For others, it is a permanent solution. Every situation is unique and if you give yourself permission to do what makes sense to you, you'll find courage, strength, peace, clarity and a sense of Self as a consequence.

If you think no contact is the way to go:

1. Think about your parents' personality and create a list of possible answers they may have when you cut off contact. This will help you know exactly what you will have to deal with and how you will do it.

For example, you may know that your parents will do the following things when you cut off contact:

- Smear campaign.
- Threaten to take your children away from you.
- Write long emails full of insults.
- Give the apartment that would be your inheritance to your brother.
- Threaten to commit suicide.
- Send offensive audios and call non-stop.
- Go to your workplace and cause a scene.

2. Decide in advance how you will handle each of these situations. If you don't know how, chat with other narcissistic children, watch videos, do research, or chat with your True Self! Do a tarot reading, pray, meditate, analyze your dreams...whatever you're into that helps you gain clarity! Prepare and strengthen yourself for what might come.

3. Understand that no contact means no contact. You must resist both the desire to respond, and the desire to even pay attention to the contact attempts your parents and flying monkeys might make.

I went a year and a half without reading anything my mother sent me. I did it because I had panic triggers just seeing the messages. I gave myself permission to do what my body told me to do.

Protect yourself, don't try to be tough right now! Prepare to be vulnerable and create a safe space for it.

4. It is also important to fill your life with messages and people that validate your decision. There are online support groups for children of narcissists where you can get help.

If you don't like these groups, consider creating a routine of always watching videos about narcissistic families to constantly remember that you are not the one to blame and that you have the right to walk away.

Watch [Taryflix!](#) Watch my other video [playlist](#) for children of narcissists. Say mantras, do therapy with someone who understands narcissism, write in your journal, do CBT, set up mental health routines you can look forward to. Flood your mind with success stories of people who came from situations similar to yours. Validate yourself, validate yourself, validate yourself!

Mind control

Mind control is a slow and subtle process through which a person gains control of another person's decisions, without this other person realizing that they are not making their own decisions.

It is difficult to understand why, in addition to being subtle, the relationship is usually between people who should, in theory, be friends. A mother and a son, a pastor and a member of the church, a boss and his subordinate, a man and his wife... in all these cases the victim thinks that the other person wishes them the best.

People with antisocial/sociopathic and narcissistic characteristics, in particular, use mind control. They present themselves as friends and get to know your inner world and vulnerabilities. They exert influence on you in a way that, gradually, makes you think you're still making your own decisions, but you are actually following what they want.

The influence works because in addition to being subtle and coming from a "friend", they fill the victim with doubts about themselves. This makes them even more dependent on the manipulator's approval.

There is also a huge amount of denial involved. It's painful and difficult to recognize that someone you trust was actually manipulating you. It can be humiliating and disturbing to recognize that you took a while to notice.

All this along with emotional abuse and psychological pressure makes the victim remain under this psychological siege.

The Golden Child

The golden child is a role that exists within the narcissistic family. One of the children is usually chosen to perform this role, as it's necessary for the functioning of the narcissistic ego.

In the same way that there is the scapegoat, whose function is to be blamed for all of the family's problems, the golden child also performs a function. To be chosen to fill this role, one must empty oneself of one's own personality and seek only to please the narcissistic person.

Golden children are usually the most easily manipulated children. The way they survive within that family is by making the narcissistic mother or father feel good about themselves.

As long as the golden child is applauding, welcoming, and imitating the wishes of their parents, they will receive less punishment than the scapegoat.

The golden child learns this behavior and adopts the personality of the narcissistic person's favorite pet. By being what the narcissist applauds, they receive a little bit (or a lot) of attention and care. Often, they lose themselves in this personality and spend the entire life trying to ensure applause and external validation, while feeling dissatisfied inside.

The golden child, along with the inadequate child, are the ones who are less likely to detach themselves from the family dynamics. The golden only exists as an extension of the mother or father and knows that they will lose their "protection" and become a scapegoat the day they want a personality of their own. They've seen what happened to the family's scapegoats all their life, and nobody wants that treatment!

Sometimes the golden child is someone who is naturally full of empathy and thus becomes the narcissists' psychologist and cheerleader. Sometimes the golden children are highly manipulated and, failing to build their own sense of self, need to adopt what the parents say and feel. They end up following the career the parents want, marrying whoever they want, and being what they want them to be.

In other cases, the golden child realizes that the narcissist, sociopath or narcopath of the house gets everything they want. Between being dominated, like the rest of the family, and being the dominator, the golden child knows what to choose. In these cases,

We see the same lack of empathy, pathological lying, manipulation, emotional blackmail, victimization and blaming of others, which the narcissistic mother and father have. The golden child can then also become narcissistic, or even sociopathic.

It is important to understand that any of the children in any of the roles can become narcissistic and/or sociopathic! It is a lie that the golden child is always abusive and that the scapegoats are always empathic.

Filled with the feeling of rejection and being inadequate, some scapegoats rely on the same manipulation and need for dominance that they have seen their parents use. Thus, these also become abusers.

Returning to the golden child, their big challenge is to be allowed to be who they are, knowing that they will lose outside approval for it. They need to prioritize real self-love, which

is only possible in the entire acceptance of themselves, and through giving up empty applause and their mask to please.

Disabled/Inadequate Child

The incapable or inadequate child is treated like a feeble, sick, little kid who will never be able to be a "normal" adult. Ever since this child was little, the family has treated them as if they were "less-able" than everyone else.

They often create situations where the child is forbidden to learn to do things on their own. Then they keep talking publicly about how the child hasn't learned those same things! It can be extremely embarrassing and paralyzing for this child to receive uninterrupted messages of how incapable they are, and how they will never be able to execute the most basic endeavors.

There is a mother or father in this story who likes to be validated by being a caregiver. Sometimes this caregiver presents themselves as a martyred saint who does everything for



the "troubled" child. This, of course, is a narcissistic supply! It's like the narcissistic mother/father says:

"I want this kid all to myself. I'm going to do anything I can so he/she can never leave me."

In other families the inadequate child is treated with irritation, as a scapegoat. If, on the one hand, this child is deprived of making their own decisions, on the other hand, this creates an opportunity for other members to have someone to complain about.

As an adult, anyone who fills this role still feels like an inadequate child. Often, they have to accept constant intrusions from their parents, who refuse to allow the child to become a self-efficacious adult.

In other cases, the incapable child is considered prone to falling ill, feeble from birth. Even if there is nothing wrong with them, they're treated like someone who needs an excessive and constant focus on their health.

They may end up internalizing these messages and, in fact, get sick often. Unconsciously, they may just be filling their role in the family by continuing in the position of a little child in need of care. After all, their efforts to mature are repressed by the family, so why try?

This is a message that actually means:

"Know your place! You're slow and incapable! Don't mess with the dynamics, or you won't be recognized here."

The dynamic is: the family creates impediments to the normal development of this individual. They can't mature through this deprivation, then the family uses their immaturity as proof that they were born incapable. It is difficult to know if there was even any disability, or if it was all the result of so much brainwashing that the person begins to accept this self-image. To belong, the incapable child needs to identify with this role.

In adulthood, the challenge is to internalize that they have the same potential as anyone else. They need to embody the adult who is ready to mature within them. This way, they will see that their family history doesn't need to prevent them from living a full, exciting, mature life.

By betting on themselves and their autonomy, with time they will prove to themselves that they are perfectly capable of dealing with the world and life as a whole.

The Invisible Child

The invisible child is treated as if they don't exist. The narcissistic parent is already so busy with the golden child and the scapegoat, that there is no energy left for the invisible child. They are not mentioned, remembered, heard or seen. They get no attention!

Narcissistic personalities are not able to cope well with the rigorous demands of raising a child. In all this chaos, someone might get left behind. With no available adults to mirror them effectively, the invisible child is left with a void where there should be a sense of identity.

In relationships they may feel a fear of abandonment, of being forgotten and left aside. Some of them try to draw attention negatively with impulsive behaviors, but realize that no one is noticing. This may even be a blessing in disguise, because if no one is paying attention, it is easier to let go of the family and leave.

Depreciation

Check devaluation.

Learned helplessness

They say that in the old days, circuses trained elephants like this: they took the animal as a baby and tied it to a pole. The baby, full of life, struggled and struggled to break free. It would fight until it learned that NOTHING would make a difference, that freedom wouldn't happen. So this baby elephant would eventually gave up.

The years passed by, and the baby became a powerful adult elephant. However, it was too late, as it had already developed learned helplessness: the belief that nothing it does could change reality. It's a kind of hopelessness that makes someone not even try.

Even though the elephant was many times stronger than the pole to which it was tied: the frustrated, childhood efforts left an expectation of powerlessness. You're like this elephant: big, overflowing with power and potential, but you still see yourself as a helpless baby, and you still think no effort will bring about change.

This is learned helplessness and is even a symptom of C-PTSD. It convinces people that they are absolutely incapable of the healing and expansion they want.

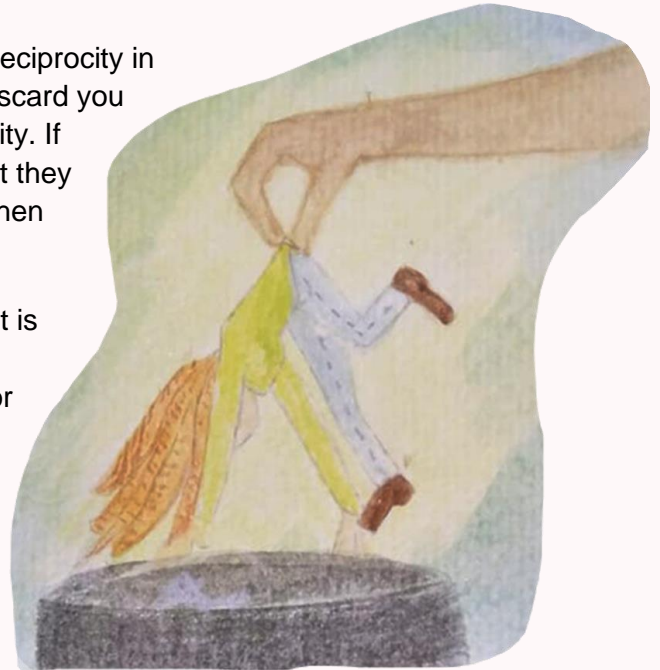
Discard

The organizing principle of narcissistic personality is the search for narcissistic supply. This means that this is the main motivation behind everything they do and that narcissists have no use for people who don't want to offer that supply.

Narcissists are so completely incapable of creating reciprocity in relationships, that if you ask for balance, they can discard you and go get someone else who doesn't want reciprocity. If they realize that they no longer control a person, that they can no longer extract the same narcissistic supply, then their usefulness is over.

That's when the discard occurs. For some children, it is painful to realize that they really had no value to parents as individuals. For others, such as the author of this book, it is liberating.

The discard phase is when the narcissist "throws away" whoever refuses to participate in toxic and unequal relationships where total obedience is expected.



Maladaptive Daydreaming/MD

Maladaptive daydreaming (MD) is a psychological defense mechanism that aims to make a difficult reality a little more tolerable. Basically, excessive daydreaming is the tendency to replace real experiences, such as dating, friendship, careers and achievements, with fantasies that consume much of the day.

Everyone daydreams or has fantasies. However, in the case of maladaptive daydreaming, individuals spend more than 56% of their day daydreaming. These daydreams are so intense and distract so much, that the individual immediately transports themselves to this inner world. They may even speak aloud and move around, as if they were engaged in something real.

There are triggers that activate maladaptive daydreaming. A common trigger is music. Other triggers can be social anxiety, loneliness, panic, shame, or any uncomfortable emotion that makes the person prefer to internalize themselves.

The symptoms that are usually comorbid with MD are:

- Anxiety
- Depression
- Obsessive compulsive disorder
- ADHD
- Sleeping difficulties
 - Repetitive movements or talking during daydreaming
- Complex storylines with various characters (in some cases).

Excessive daydreaming is different from psychosis because those who experience it can differentiate between reality and what they see in daydreams. In the case of psychosis, images and mental speech are confused with reality. Sometimes, however, it is possible to have a daydream so intense that the person remembers it afterwards and forgets whether it actually happened or not.

Maladaptive daydreaming is not a disorder that appears in DSM-5, although there are numerous people who report suffering from it in a way that seriously harms real life. It is not considered an "official" disorder and most mental health professionals do not know about it.

Cognitive dissonance

Cognitive dissonance happens when a person perceives a conflict between contradictory versions of reality. This person's usual worldview can't sustain itself anymore because new information is incompatible with it, causing confusion and anxiety. This new information clashes with their values, beliefs, or old behaviors.

This happens a lot to narcissistic children because they have to deny reality and pretend that what the family says is real, even if it's just distortion and lying.

Cognitive dissonance can be understood as two parts of your mind that think differently and clash over it.

1st example:

"My mother says she loves me, but every time I see her I panic."

Here dissonance (or internal conflict) is caused by the fact that panic is felt in the presence of the mother, even if a part of the mind is saying "I must be imagining things, she must love me, it is my mother!"

2nd example:

"My narcissistic father says he divorced my mother because she's crazy, and the whole family has to agree with it"

(But I remember he hit her so hard that she filed for divorce.)

Imagine a father repeating to his son that his mother is crazy while faking total mental health, even when almost killing his wife by beating her for years. Not to contradict the father, the son has to "agree" that the mother is crazy while internally thinking:

"Whoa... but wasn't the divorce because of domestic violence?"

3rd example:

"I told my mother that my stepfather touched me in a way I didn't like. She called me a cheap slut. I felt a lot of shame, and I figured it was my fault. I never said anything about it again."

(But I was confused... I was 8 years old and a virgin, how could I be a slut?)

Here the dissonance takes place because the child cannot understand what she did wrong, but from her mother's comment, she has to come to the conclusion that *she* is wrong.

Cognitive dissonance in the narcissistic family is when relatives say one thing, but your direct and visceral experience of it is different from what is said. The result is internal confusion and the impression that something does not "fit" (but all right, let's pretend it fits).

It happens when your father says that she loves all her children equally, but you clearly realize that your brother is the golden child.

It happens when your father says that he never cheated on your mother (but he took you on dates with unknown women when you were a kid and you waited in the car).

This dissonance is often the result of gaslighting.

Psychological distance

Psychological distance is the ability to differentiate between your thoughts, needs, emotions and desires and those of others.

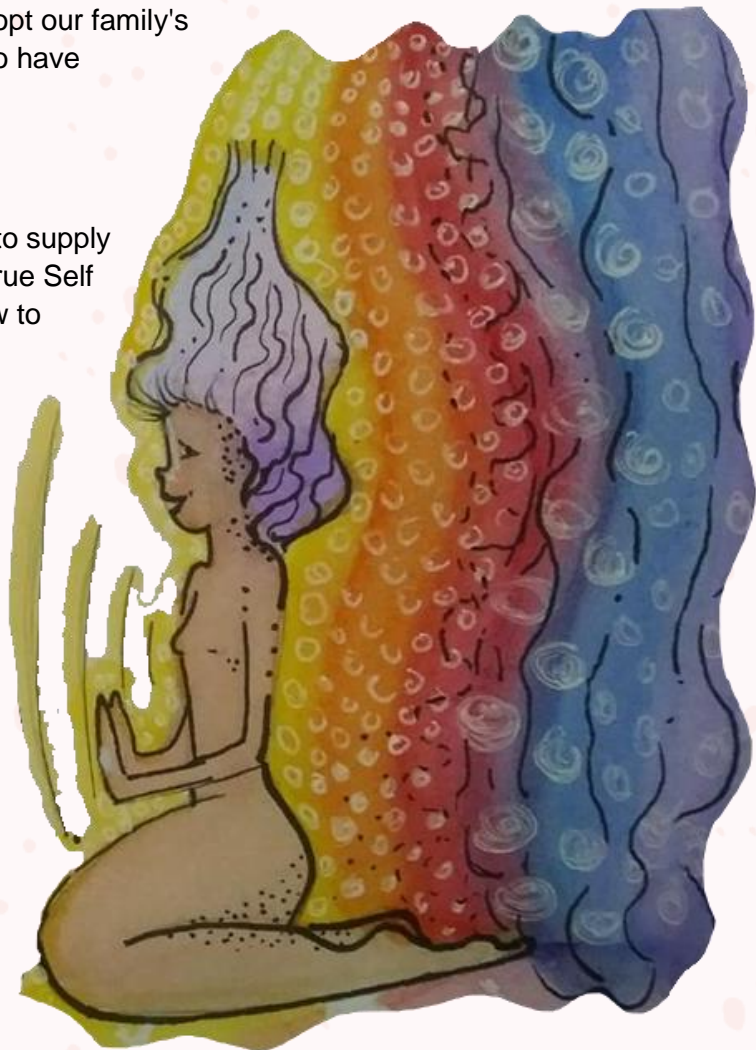
An individual who has psychological distance from their parents knows what they really want. They are in contact with their essence and are not constantly confused by external opinions, even those of their parents.

Adult-grown children of narcissists who achieve psychological distance managed to give up their need for family approval. It is not possible to embrace one's own essence if the fear of losing approval reigns. That's because we'll adopt our family's worldview to belong. We give up our essence to have approval or support in a social space.

Psychological distance is when you know how to supply yourself with love. It's when you choose your True Self over and over. People who develop it know how to identify what they want and give themselves permission to invest in it.

Those who don't create this distance end up yielding to other people's wishes without knowing how to set boundaries.

It is important to emphasize that it is possible to have zero contact with parents and still be influenced by them intensely! Psychological distance is an internal process of giving yourself permission to be who you are. You're the one who needs to give yourself that permission. If you don't, you'll still be stuck with the impact your upbringing had on you even if your parents have passed away.



Dog Whistling

Check dog whistle.

Mirroring

Each person has an internal image of what other people are like. That woman is boring, Andrew is nice, Paola is confident, etc. When mirroring is healthy, the transmitted image is similar to the real person.

For example, when a mother (or a father) mirrors the child adequately, they can point out qualities and also offer criticism along with compassion.

The child absorbs this image and identifies with it. They can also see themselves as someone with value and qualities. They can also look at their imperfections with compassion.

However, when mirroring is distorted, the transmitted image is not faithful to the real person, and this confuses that person. They become disbelieving of themselves, for the image they receive from the outside is not what they feel inside. They wonder:

"Who am I, in fact?"

Narcissists are masters at making distorted mirrors, that's how they convince others that they are unworthy people. They describe your personality capitalizing upon your faults, so you're insecure. When you don't believe in yourself, you end up letting others take the reins of your life. This favors the narcissist, who wants control. In toxic and distorted mirroring, the narcissist convinces you that you are inherently defective. This generates insecurity and emotional dependence in the opinion of the narcissist.

However, narcissists also distort mirroring to the idealization side. For example, at the beginning of relationships, many narcissists idealize their partners. They pay close attention to everything this person likes and act like twins who have an interest in the same things.

The feeling is that you've found a soul mate! How is it possible for someone to see both aspects of their personality and still have the same preferences?

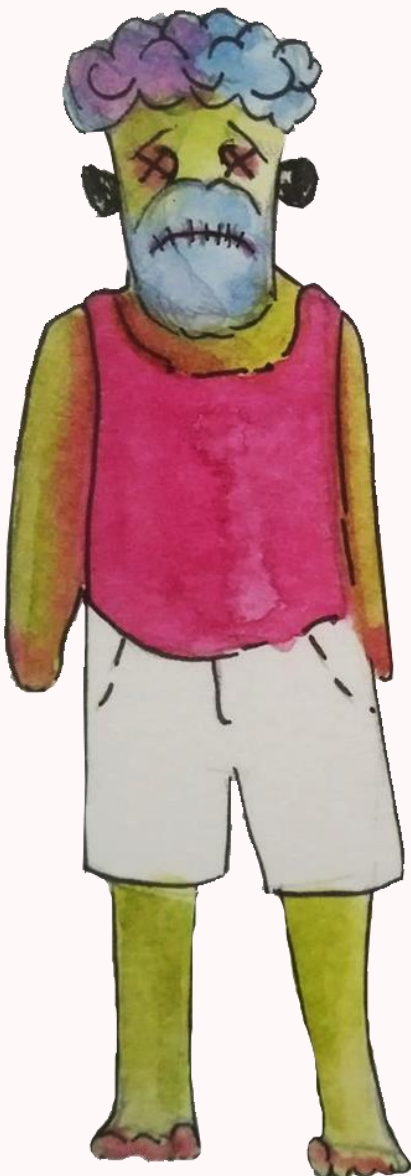
This intense feeling creates a bond between you and the narcissist, as they realize that you are under their control. From that moment on the quality of the relationship changes. Either you stop receiving attention or the attention becomes negative, and then the distorted mirroring turns into devaluing.

All of a sudden, your weaknesses are in the spotlight, your triggers constantly activated and your imperfections under constant observation. This toxic mirroring leaves you without faith in your nature and essence. You lose your sense of Self and feel more and more fragmented.

The solution is to give up relationships where mirroring is distorted and choose others where it is healthy and accurate. Your ability to see yourself correctly depends, in part, on the people you relate to and on whether they have a correct picture of who you are.

That is why we must choose people who we spend our time with wisely!

Enabler



An "enabler" is someone who empowers someone else's abusive or toxic behavior by not being able (or not wanting to) point out their mistakes.

1st example:

"My enabling father never defended me in front of my mother, but when she was away he would say 'your mom is crazy!' I felt betrayed because he didn't have the guts to say it in front of her."

2nd example:

"My enabling mother never set limits with my father when he abused drugs. She just told us to 'be quiet so we don't upset Dad', even if he hit us for nothing."

3rd example:

"My enabling husband can't say no to his mother. He ends our relationship and throws my children against me, but he just says, 'it's my mother, what can I do?'"

Idealization

Childish and primitive minds see the world in black and white. The more mature the mind, the more it is possible to understand that there are shades of gray, or even that something can be black and white simultaneously. One thing doesn't exclude the other.

Narcissists have a childish mind. For them, it's all great or everything is terrible. They're always right, and other people are always wrong. There's no middle ground, like:

"Sometimes I'm right, sometimes I'm wrong."

Or :

"This situation is bad, but other parts of my life are still very good."

Narcissists also see people in this polarized way. This means that they go through phases of idealization (where the other is amazing) and devaluation (where the other is seen as a 100% horrible person).

At the beginning of a loving relationship with a narcissist, they idealize their partners. They imagine that they've found their soulmate, an absolutely perfect and flawed person. In fact, what happens is that the narcissist creates an image in their head of a person that would make *them* look very good.

In this inner fantasy, this person, with whom they fall in love, is very intelligent, or very beautiful, or very artistic, etc. The narcissist is convinced that this person is incredibly perfect, and that this can only mean that they are also perfect. After all, they must be amazing for attracting someone like that.

Narcissists confuse this internal fantasy with reality and get distressed when their real partners diverge from the internalized image. For a healthy couple, when the end of the honeymoon phase comes, the initial euphoria passes, but the two people learn practical ways to interact and get along.

For narcissists, that doesn't happen. They do not accept the end of euphoria and interpret it as a problem in the perfect story they have created in their minds. They oscillate from the idealization of the partner to devaluation. At this stage, they punish and humiliate the partner and subject them to all that kind of emotional abuse, for the simple fact that they are not who the narcissist thinks they should be: that idealized and perfect being.

Narcissistic Injury

Narcissists don't have a well-developed sense of self. Beneath the arrogance and appearance of always being right, narcissists feel degraded, humiliated, empty and worthless inside.

Without emotional regulation, they oscillate between a grandiose self-image and depression in very little time. A trigger for this oscillation can be anything that defies the self-image of perfection that the narcissist tries to maintain internally.

Many things can trigger this oscillation, for example:

- Receiving criticism.
- Having to take responsibility for something.
- Losing narcissistic supply.
- Losing control over someone or a situation.
- Feeling embarrassed in public.
- Not receiving the attention or favors they believe they deserve.

The moment any of these things happen, the narcissist's fragile self-esteem collapses. Not being able to look at their mistakes, guilt or shame, the narcissist immediately feels attacked.

In a vengeful moment, narcissistic injury turns to narcissistic rage. That is: the individual chooses someone to attack or humiliate mercilessly in order to make that person feel the enormity of the humiliation and discomfort that he or she feels.

In the period of narcissistic rage (which can last for minutes, hours or even days) it is surprising to observe the level of hostility of emotional abuse that occurs. This abuse can also happen in the form of silent treatment or through the withdrawal of attention and affection.

The narcissist acts so childish and in such a shocking way, that the shame they feel may persuade them to create a totally fake story about what happened that day. In this fictional story, they often blame whoever they think were responsible for activating their narcissistic injury and rage.

Narcissistic rage

Check narcissistic injury.

Future Faking

Future faking happens when a person openly plans a future together with another person without having a real intention to remain in their life or do these things.

When narcissists start a loving relationship, they can treat each other very well, which is quite seductive. They end up creating amazing futures with that person. They can talk about that trip they want to take together, or that restaurant they want to take you to.

They create this incredible future in the intention of hastening the formation of a bond with the victim. Once this bond is established, the seductive treatment changes and the victim begins to suffer abuse or neglect.

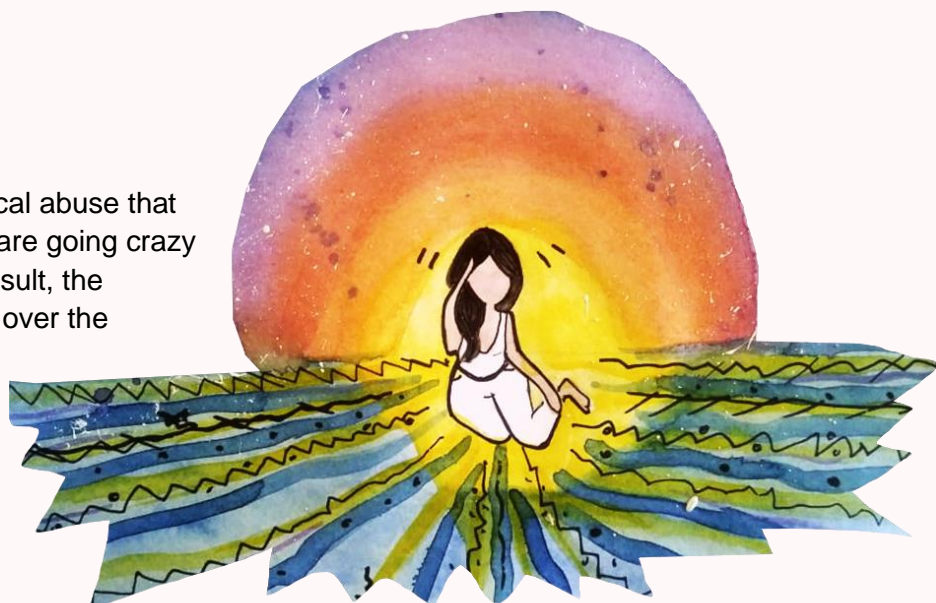
A narcissistic mother or father also does this when they mention your inheritance (and they intend to pass on most of the assets to your siblings before they die).

Or when they ask for favors today, with the promise of somehow returning the favor in the future (and of course, they have no intention of returning the favor).

Or when they say they're going to offer you some help, and when the time comes, they change their minds. The promise of something in the future convinces the victim to do what the narcissist wants today.

Gaslighting

Gaslighting is a form of psychological abuse that aims to make the victim think they are going crazy or cannot trust themselves. As a result, the abuser gains influence and control over the victim's mind. The abuser systematically denies or distorts reality to get what they want. This happens so repetitively that the victim begins to wonder: "guys, am I going crazy?"



Examples:

Minimizing:

"You're too sensitive! You don't know how to take a joke!" "What an exaggeration!"

The narcissist says this after offending and hurting you over and over again. They act like you're "too sensitive" instead of assuming they were being abusive.

Distorting the facts to get what they want:

Mom- I don't know why you date Daniel, Luiz is much more of a man, he's got a lot more guts.

Daughter - Mom, but Luiz hit me!

Mom- You're unbearable, you have to thank God it was just some slapping. Luiz has a lot more money than Daniel. What do you want a poor guy for?

The daughter begins to think that she got beat up by Luiz because she is "unbearable" and begins to doubt her worth. After all, a mother wouldn't wish a daughter harm, right? She's starts thinking:

"My mother must be right... I must have provoked Luiz".

Abusing and saying it's out of love:

"You can't manage your finances. You've always been too distracted. Put your salary in my account so that Mommy can take care of it for you."

The mother repeats that the child is "too distracted", when he is perfectly capable of managing his finances.

Saying your perception is wrong or that you are crazy:

"Don't be paranoid!"

"You need psychiatric treatment! You're crazy!"

"Are you sure that's what happened? I don't think so..."

"You distort everything."

"I don't remember that."

Saying that you are intrinsically flawed or that the world is dangerous in order to isolate you from it:

"No one will ever stand to have you as a wife."

"Every woman will abandon you. They're all liars other than me, your mother."

"No one outside your family will be on your side at the worst times!" (your family being rarely or never on your side).

Blaming the victim:

"Look what you made me do!" (says narcissistic father when he breaks a glass table in his fury).

"What a pain in the ass, you always get me out of my way!" (says the narcissistic mother when you ask when she can start paying off that debt that should've been already paid).

Saying that the victim has an eternal debt:

"You owe me! You destroyed my life!"

"Will you disobey me? After all I've done for you? I could have aborted!"

Lie or pretend to forget:

"That never happened!" (when the son approaches the narcissistic mother about cheating on his father).

Describing your personality incorrectly:

"Maria never liked people, since she was a little girl she preferred to stay at home alone with me." (being that it was the narcissistic mother who was isolating the daughter socially).

"You've always rejected me!" (Being the mother who neglected her son since she was a baby).

"You are too slow to be a doctor" (and the child has no cognitive deficit).

Gaslighting through generalizations and stereotypes:

"My son smokes pot, he's a bum!" (the son smokes marijuana, but is also a successful lawyer).

"Ever since my daughter started liking women, she's stopped going to church. This proves that gay people are evil!" (her daughter always liked women and stopped going to church with her mother because of the constant attacks on her sexuality.)

To summarize: gaslighting is a form of repetitive and subtle distortion of reality that makes the victim question themselves all the time. In response to this confusion and feeling of guilt, they might also:

- Constantly apologize to the abuser and blame themselves for the abuse.
- Defend the behavior of the abuser.
- Constantly ask themselves "am I nuts?"
- Feeling incompetent, guilty and unable to trust themselves.
- Losing hope and starting to isolate themselves because of feelings of inadequacy.

Hoovering

When you manage to emotionally or physically distance yourself from the narcissist, they may not like losing narcissistic supply. They might use a series of tactics to force you to return to the toxic relationship.

Some examples are:

- Smear campaigns. It's not comfortable to see lies about you being scattered around. The anger this causes or the desire to repair one's reputation makes some people get back in touch with the narcissist.
- Sending flying monkeys to convince you to get in touch with the narcissist.
- Sending gifts or doing unsolicited favors.
- Showing up at the door of your house or at your work with some drama for you to solve.
- Sending a message on your cell phone "unintentionally."

- Threatening to commit suicide.
- Giving ultimatums.
- Using illness, real or made-up, to make you feel that you have to contact or obey them.
- Emotional blackmail.
- Threats of various kinds.
- Sending long messages or audios full of insults and victimization.

All these things are attempts to activate your triggers so you give up your freedom and come back to suffer another cycle of abuse in the narcissistic relationship.

Invalidation

Invalidation is when someone's feelings, thoughts, and preferences are rejected, ignored, or criticized. This happens when a person denies that another person's internal and subjective experience is valid.

Validation, on the contrary, means recognizing that the other person having a different experience from yours is normal and ok. You accept that other people have the right to feel what they feel, regardless of whether you agree.

Forms of invalidation are:

- Dictating to you what your preferences are instead of letting you choose.
- Making a person feel ashamed for being who they are by nature.
- Talking about someone being "very sensitive" with a tone of anger, false care or indifference.
- Butting into other people's lives, even when explicitly told not to.
- Not recognizing your achievements, efforts or merits.
- Getting angry, ignoring, or offending you every time you try to have a conversation about something serious that needs resolution.
- Denying what a person feels. "You don't need time alone; you need to be close to your father right now!"
- Minimizing the importance and seriousness of your experience. "Geez, you act all traumatized by this!"
- Non-verbal invalidation such as: rolling their eyes, sighing impatiently, moving anxiously and impatiently, disconnecting mentally when the other people begin to talk, paying attention to the cell phone instead of to the conversation.

Role reversal

Narcissists are essentially traumatized children trapped in the bodies of adults. As children, they also experienced trauma and the needs that were not met in childhood became repetitive and maladaptive compensatory/defensive patterns.

Not knowing how to satisfy these needs alone in adulthood, narcissists surround themselves with people to take care of them. Therefore, when they have children, there is often a role reversal. The child assumes the position of adult, who takes care of the needs of the parents, while the parents stay in the position of a child. Children must listen to outbursts on sensitive issues that they are not mature enough to understand. They are used by parents to solve adult problems.

Children often support their parents financially, even if they have no impediment to work. When children serve as psychologists and take care of the parents' heavy emotions (in a type of invasion of the innocent mind of the child), it's called "emotional incest".

Baiting

Baiting is a tactic of emotional abuse that consists of provoking the victim until they defend themselves, and then saying that the victim is abusive, uncontrolled, or sick.

1st example:

A narcissistic woman points a knife at a person who tries to protect themselves by pushing her away. The narcissist then screams, "help, she wants to attack me!"

2nd example:

A narcissistic mother's son asks her to stop talking bad about her daughter-in-law. Ignoring her son's request, the mother continues to call her daughter-in-law fat and criticize her food. The son asks her once again to change the subject politely. The mother only escalates the attacks and says that he is stupid, that a real man would put order in that house. The son excuses himself and gets up from the table.

"Mom, I need to be alone for a while, okay? We can talk later."

He goes to the bathroom and splashes water on his face to calm down. He's so upset that he ends up forgetting to lock the door and his mother comes in, only to keep talking bad about her daughter-in-law, as if he hadn't asked her to stop.

"God damn it, mom! I said I needed to be alone!"

The frightened mother screams:

"Monster! Look how you treat me! You're crazy! You need psychiatric treatment!"



Narcissistic Wound

See narcissistic injury.

Love Bombing

"Love bombing" is an attempt to influence a person through intense and frequent displays of attention and affection. Narcissists bombard people with favors, attention, compliments and hot experiences in order to generate trust and loyalty.

Narcissistic love partners can do this at the beginning of the relationship, at a stage called idealization. At this stage, the narcissist sees the victim as incredible: the best person possible. They create a fantasy of a supreme being and fall in love with this inner fantasy. In this crazy passion, they spend all their free time seducing, flattering and listening "empathically" to the victim.

As soon as the bond is established and the victim has surrendered emotionally, the quality of the attention they receive changes. Either it turns negative, and the victim suffers emotional and perhaps physical or sexual abuse, or they become indifferent and the narcissist emotionally moves away from the relationship, withdrawing affection, attention, sex or touch.

In the case of narcissistic parents, they have periods of offering "oceans of love" (or just even crumbs) to trap their children emotionally. Since most children's dream is to be loved by their parents, children of narcissists accept these short periods of sweetness because they seem like a dream come true. They might finally receive the approval and tenderness they desire!

Regardless of context, narcissistic love-bombing comes with second thoughts and debts generated without the victim even knowing they are being generated. Narcissists can be generous, but only if it serves to manipulate and control other people.

Flying Monkey

Flying monkey is a third person that the narcissist uses to influence you. It's a sister, a cousin, your father or a neighbor who thinks the narcissist is right and you're wrong.

In general, narcissists gossip behind your back and influence people to convince you to do what the narcissist wants. This usually happens when you begin to show signs of autonomy or, from the narcissist's point of view, "disobedience."

Maybe you've started setting boundaries, maybe you've distanced yourself. Right then, the "troop" can be sent to pressure you back into the narcissist's domain

There are 2 types of flying monkeys:

- 1) People as abusive as the narcissist and who also want to abuse you.

2) People as innocent and ignorant about narcissism as you probably once were. These people genuinely haven't even found out that the narcissist is toxic.

1st example:

"My sister came to beg me to send a message to our mother on Mother's Day. Poor thing, she's the golden child and can't understand that the family is toxic yet."

2nd example:

"My aunt (as narcissistic as my mother) says that my mother has been getting screwed there at the family company since I left and that it's my fault. She says I should stop being ungrateful and go back to work there, even if employees are bullied and not paid on time."

3rd example:

"Maria, a church buddy, came to talk to me about how sad my mother has been since I moved out of town and that I should visit her. Detail: she doesn't know it was my mother who cut off contact with me when I said I would no longer blindly obey her while she disrespected me."

Manipulation

Manipulation is a form of persuasion or influence that convinces others to do what the handler wants, whether or not they realize that this is what is happening. It's easier to fall victim to a predatory manipulator when your self-esteem is low and you no longer take your inner wisdom seriously.

Here are some ways to manipulate:

- Lying or telling stories incompletely or distorted, to get others to believe only what the manipulator wants.

- Intense mood swings. Those who deal with people with this profile end up being afraid of intense emotional responses and step on eggshells all the time. It's much easier to manipulate someone who's already afraid.
- Love bombing and cycles of idealization and devaluation.
- Playing the victim when making mistakes and changing behaviors.
- Sudden changes in prerequisites to gain the manipulator's approval. One day you have to do X, the next day the manipulator needs you to do Y. You never know how to please the manipulator, since what their expectations all the time.
- Ultimatums, threats.
- Hostility, aggression, and other forms of dominance (check emotional abuse and psychological control).

NM

Narcissistic mother.

Cerebral Narcissist

The cerebral narcissist uses their intellect to humiliate, dominate and create an image of superiority. According to them, all people are idiots and inferior. Narcissists like this are abundant in the academic world. They are also among pseudo-academics, narcissists who pretend to be more erudite than they actually are.

Communal Narcissist

The preferred narcissistic supply for communal narcissists is applause for charity. Narcissists of this kind like to appear in the media making donations, rescuing street animals, helping refugees or performing other acts of kindness.



They are priests, cult leaders, therapists and coaches, philanthropists, celebrities, etc. They seem quite human, but as soon as the cameras disappear, they can demonstrate disgust for the same people who they were helping.

People like that cause great confusion, after all, they really end up helping the community with their donations and efforts. That's just an external mask. Anyone who experiences the other side of the communal narcissist experiences the blow of their shadow.

Behind closed doors, the communal narcissist's most intimate relationships suffer psychological and other types of abuse, including death threats and sexual violence.

Grandiose/Classic Narcissist

The grandiose narcissist fits the classic narcissistic profile of the DSM-5. They are competitive and aim to be at the top, always first. They're usually a bully who ridicules and tries to humiliate their opponents.

They dominate conversations, need to be the center of attention and intimidate with their presence. This profile thinks they're special and above average, and that only equally special people can understand them.

Grandiose narcissists are dominant and have very high confidence. Aggressive and unapologetic, they exploit people for their benefit.

Vulnerable/Covert Narcissist

Unlike the grandiose narcissist, the vulnerable or covert narcissist has low self-esteem. They're aggressive too, but they don't have the guts to demonstrate it publicly. That's why they're the kind of person who abuses the power they have when they're hierarchically superior to someone, like within a family or a company. They prefer to do this hidden, unlike the grandiose bully narcissist, as it is easier to be aggressive without suffering punishment.

Also, unlike the grandiose one, covert narcissists have social anxiety. Deep down, they envy the grandiose narcissists, for they feel like a failed version of them. A version that dreamed of being big but ended up frustrated and blaming the world.

This personality style greatly identifies with the victim role. The covert narcissist acts as if they were humanity's greatest discovery, but that the world did not take it seriously for being full of inferior idiots.

They think everyone owes them something, even though they can't develop their projects, jumping from idea to idea without completing them. Many experience great anxiety and even depression. They feel chronic envy, which makes them relieved when others have problems and are unhappy. For them, it's so much easier to feel good when others are suffering.

Somatic Narcissist

The somatic narcissist uses the beauty of their body to seduce and impose their grandiosity. They spend much of their time focusing on their appearance or sexuality, base all their self-esteem on their body and are arrogant with their "perfection". Deep down, they are hypersensitive to any criticism related to their appearance or sexuality. Without a sense of Self, the somatic narcissist needs constant validation on how attractive or sensual they are.

NP

In the world of the children of narcissists on the internet "NP" means different things. Below are some options:

- Narcissistic personality
- Narcissistic Parent

The Gray Rock Method

Narcissists' main motivation is getting narcissistic supply. They want attention, obedience and applause and love to feed on drama, like being happy when others are in bad shape, looking for trouble when there is a lot of peace, etc. For the narcissist it is very simple: either you offer narcissistic supply or you're useless.

The narcissist can't take an interest in the individual you are. They aren't patient enough to pay attention to things that have nothing to do with them. They have no maturity to contemplate any reality other than theirs. So if you stop offering narcissistic supply, they lose interest in the relationship.

The gray rock method is an attempt to actively create an emotional detachment from the narcissist and motivate them to lose interest in you. You do this by failing to respond to (passive-) aggression and manipulation.

Instead of letting the narcissist activate your triggers, act like a lifeless rock. Make your presence the most uninteresting thing for the narcissist possible. To accomplish this, it is necessary to observe what your triggers and vulnerabilities are, because narcissists know them very well. They use them to provoke and manipulate you.

For example, if your narcissistic mother calls you fat and you always show that you get hurt, stop reacting that way. Simply continue frying your egg or look at her neutrally and give her a half smile, then go back to reading your book quietly again.

If your narcissistic father sends you long monologues for messages, stop replying or comment only with emojis from time to time. If your mother makes up a lie about you and expects your self-defense, ignore her and focus on anything else more productive.

It takes a lot of self-knowledge and learning to regulate emotional responses to be able to perform the gray rock method.

Make a list of all your triggers and prepare to decrease your reactivity towards each of them. Only then will you be able to detach yourself psychologically from the narcissist and stand like a rock before their provocations.

Go on letting the relationship with the narcissist starve, depriving them of the narcissistic supply of energy, reactivity, and attention you used to provide. At first, especially with narcissists you've known for a long time, they may not like it. They may try to punish you for changing the dynamics and failing to fulfill your role. They may escalate the level of disrespect as punishment to re-establish dominance.

Even so: focus on learning to know and regulate your answers according to your need for peace of mind. This is certainly no easy task and takes practice and effort. It's necessary to resist the temptation to deepen the relationship with the narcissist by:

- Not asking for advice.
- Not asking for favors.
- Not sharing your success or even mentioning it.
- Not reacting to provocations.
- Avoiding contact and conflict as much as possible.
- Not mentioning your failures.
- Not mentioning anything they might use against you.
- Being aware of your need for affection/attention and promising yourself to get it elsewhere. As long as the narcissist is your only friend, it's hard to distance yourself.
- Not jumping to protect yourself when they provoke you in front of other people or wage smear campaigns against you.

Literally make a list of all the situations in which you want to include the narcissist in your life or when you find yourself reacting strongly to them. Be very aware of the signs that each of these situations are popping up. When you notice they are, observe your internal reaction.

You might get triggered and feel shame, anger, guilt or something else. It's ok to feel any of these things, or anything at all! The point is imagining you're in a bubble and letting these reactions happen within the bubble, making sure the reaction doesn't spill out when the narcissist is around.

Forgive yourself for any difficulty you might have with this and make sure to deal with the emotions at a later moment so as to process them. You might like to mention it in therapy, do journaling, do parts work, watch some educational videos about your emotional issue, post in some support group, talk to a friend, etc. Just don't react in front of the narcissist! Have an outlet for your reactions that is safe and where you can make sense of things and figure out the next steps.

Projection

The narcissistic personality, particularly the covert one, feels more insecurity and more doubts about themselves than healthy personalities. To compensate for this internal discomfort, they convince themselves that others are assholes and that they themselves are special and superior.

This grandiosity prevents them from being able to confess their doubts, mistakes, vulnerabilities and imperfections. Having no psychological structure to deal with any of these things, narcissists try to get rid of them.

To achieve this, they use a psychological defense mechanism called projection. Projection happens when a person "throws something out" or "sees outside of oneself" something that is actually inside *them*.

For example, a sociopath I knew kept saying:

"I hate selfish people!"

Being that he literally only thought of himself and actively hurt and exploited people. He accused other people of being selfish, failing to identify this characteristic in himself.

Being accused of something through narcissistic projection can be a bizarre experience. If any narcissistic personality in your life made a senseless accusation, perhaps you thought:

"Where did that person get that from?"

You may have been the victim of a narcissistic projection. It could be that they were talking about themselves. Has any narcissist ever called you manipulative, a liar, narcissistic, unregulated or envious? Has any narcissist ever said that you felt anger or guilt for something when you didn't feel it at all?

1st example:



A narcissistic mother accuses her son of turning against her and rejecting her ever since he was a child.

She insists that he always disdained her, and so she eventually rejected him. After all, the baby was the result of a failed marriage and every time the mother looked at her son, she remembered it.

2nd example:

A covert narcissist feels wronged in the company where he works. He demonstrates this through passive aggression and delays projects, forgets things. He regularly finds indirect ways to attack the company.

When finally fired, he says:

"My boss has been wanting to screw me over for a long time!"

Unable to recognize himself as the one who sabotages everyone else, he accuses his boss of doing so.

NF

Narcissistic father.

Intermittent Reinforcement

Intermittent reinforcement is a type of psychological conditioning that results in addiction. It is called intermittent reinforcement because there is a reward involved: a small crumb which is offered from time to time but not on a regular basis.

For example, imagine that your narcissistic father is openly abusive 90% of the time. However, 10% of the time, you learn something very important from him or laugh and have a good time.

The 90% mistreatment makes you want distance. Only when you're about to come to that conclusion, the 10% comes and you think:

"It's not that bad."

It's like a crumb of food is thrown at you just before you starve to death. As deprivation has been going on for a long time, that crumb becomes of disproportionate importance. It looks like a real feast! It may be that the hungry person even looks at the abuser with a look of deep love and gratitude at that moment.

This intensity in the emotional response causes the victim to seek more and more crumbs. It's like they're addicted to trying to get a little more food.

Abusive personalities use intermittent reinforcement all the time. They offer favors, moments of peace, compliments and good experiences as nice elements that confuse the perception of the victim's reality. They wonder if they weren't distorting things and being unfair. So they go back to another cycle of abuse.

You must do an honest analysis of the chances of these crumbs becoming a real meal. You need to stop thinking like an addict about validation, approval, inclusion and start wondering if it's really worth it. Weigh the pros and cons, what are things leaning towards?

Do you have any realistic reason to believe that this pattern will change? If not, adjust your expectations and your behaviors and aim to get out of the cycle of addiction, starvation and crumbs.

Stonewalling

Stonewalling is a defense mechanism used by people who want to avoid taking responsibility for something and feel emotionally overwhelmed when approached about it. As a result, these people adopt tactics to avoid actually solving any issue.

If in your family people always changed the subject in the face of difficult matters, if nothing was ever addressed, dealt with and resolved: it could be that a whole lot of stonewalling was going on.

Not everyone who does stonewalling intends to be abusive. But toxic personalities like the pathological narcissist (among others) use stonewalling systematically to simply not deal with anything.

Giving vague answers, giving complex and confusing answers that explain nothing, always being too busy to speak, answering a question with another question, avoiding eye contact:

All of these are forms of stonewalling that allow toxic people to never have to change their attitudes.

With people who do not have a high degree of narcissism, a good antidote to the stonewalling of others is to learn nonviolent communication techniques to address difficult subjects. However, when it comes to narcissists, stonewalling is a systematic way of never solving anything. In such cases, it is worth asking yourself how much you are still depending on third-party responses to solve challenges in your life.

As unfair as it is: if the problem is in your life and you were waiting for help from some narcissist, you better ask yourself how you can take a few steps without that help.

Narcissistic Supply

To deal with the devastating internal emptiness, narcissists create a false self. This false self is like a God who is better than everyone else and is always right. To keep the false self-alive (since it doesn't really exist) narcissists need a lot of narcissistic supply.



Narcissistic supply is anything that allows narcissists to feel superior or as if they deserve more attention. This helps to maintain the false self of grandiosity, a compensation for the inner emptiness. Many things could be narcissistic supply. It could also be something positive or negative.

Some examples of narcissistic supply are: your tears, attention, your fear, applause, approval, favors, flattery, money, your frustration, your failure, power, money, status, etc.

Complex Post-Traumatic Stress Disorder (C-PTSD)

C-PTSD is a psychological disorder that may present as a consequence of prolonged traumatic interpersonal experiences and in a context where the individual has little or no chance of escape. That's why it's common among prisoners of war, sex or labor slaves, people in concentration camps and children, since children have no reason to think they'll escape from their parents.

Simple Post Traumatic Stress Disorder is a response to one or a few isolated traumatic events. It presents the following symptoms:

- Flashbacks and nightmares (the memory of the event invades the mind repeatedly and uncontrollably).
- Great efforts to avoid anything that recalls the event.
- Negative effects on thoughts and mood.
- The nervous system is in a state of alertness, there's difficulty in concentrating, and emotional responses are extreme and difficult to regulate.
- In other cases, emotional responses are anesthetized, it seems that you can't feel your emotions.

The C-PTSD presents the above symptoms and some others. Remember that in the case of the complex disorder, trauma has been repeated over a long period of time and so the following symptoms may also exist:

- Negative self-image, low self-esteem, the feeling of being inadequate, of having no worth or of being blamed for the abuse you have suffered.
- Difficulty in dealing with people, avoiding relationships, or recreating abusive relationships.

- A distorted view of the abuser, either by idolizing them or seeing them as the all-powerful and invincible devil.
- Dissociation- dissociation is "disconnecting the mind from the body" in order not to feel so much pain. This can cause depersonalization (feeling like your sense of self has been stolen, like you're not really alive, like you're a ghost in a shell) and derealization (the feeling that the world or reality is not real).
- Loss of meaning in life - the person loses faith, feels hopelessness, sees no meaning in anything and doesn't know how to create meaning to be able to connect with life.

Is common for adults who have suffered abuse or neglect as children to have C-PTSD.

The Silent Treatment

The silent treatment is a psychological manipulation tactic and happens when the abuser disapproves of some attitude you have and so reacts by ceasing to interact with or talk to you.

The abuser ignores your questions, comments, or any attempt to start a conversation. Being deprived of affection and attention out of nowhere causes great emotional confusion, so the silent treatment works. The victim is totally insecure and feels forced to succumb to what the narcissist wants just to get some attention again.

It's a kind of psychological torture because it causes fear that you'll lose the other person's love if you don't do what they want. The silent treatment can last a few minutes, hours, days or even weeks or years. It is also a form of passive aggression that demonstrates dissatisfaction and contempt through nonverbal communication. The point is to make the victim feel invisible or invalid.

Examples of the silent treatment:

- Pretending they didn't hear what the other person said.
- Avoiding being in the same physical environment as someone else, as if they had a contagious disease.
- Actively ignoring any verbal communication.

- Convincing others to exclude someone from group activities.
- Facial and body expressions of anger without an attempt to initiate any dialogue about it.

Trauma-Bonding

Trauma-bonding refers to relationships that occur in the presence of danger, shame or exploitation. It is a psychological response to abuse where the victim develops feelings of love, pity and loyalty to the abuser (as in the case of the Stockholm syndrome).

When the victim finds themselves isolated from other healthier people, their main source of support becomes the abuser. Because they need to survive emotionally, the more the victim is hurt, the more they tend to seek comfort from this abuser. This often involves a power play between the parties, for example:

- Between parents and children.
- Between the leader of a group and their followers.
- Between a criminal and their hostage.
- Between a pedophile and their child victim.
- Between a violent alcoholic husband and his codependent wife.

Relationships of this kind are marked by periods that alternate between abuse or neglect and hints of pleasurable interactions.

This pattern of abusing, abusing, abusing and then throwing a crumb of love is called intermittent reinforcement, and results in an emotional dependence on the abuser, owner and dispenser of the crumbs.

Triangulation

Triangulation is an attempt to resolve a conflict that occurred between two people by involving a third person.

1st example:

Your narcissistic father wants to use your social security number to take out a loan. You say no because you don't trust him. Dissatisfied, he turns to your sister, Maria, and pulls her into the conversation:

"Maria, don't you think this loan is the best thing for the family?"

He thinks if Maria also participates in the pressuring, you could end up letting him use your social security number.

2nd example:

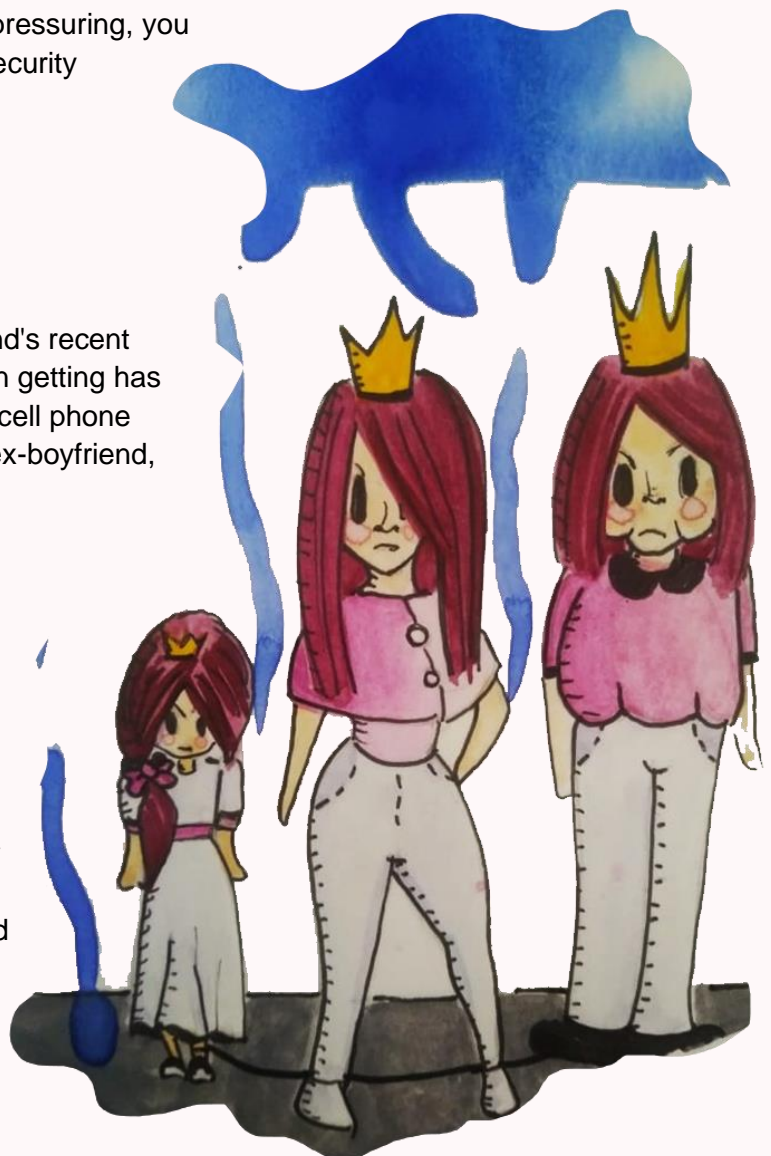
A narcissistic wife is jealous of her husband's recent promotion at work. The attention he's been getting has gotten to be a real pain! She picks up her cell phone during dinner and shows a picture of her ex-boyfriend, shirtless and ripped.

"Honey, can you believe my ex keeps sending me pictures like that? Man, he can't live without me!"

This way, the narcissistic partner uses her ex to relieve the envy she feels of her current husband, making him insecure and afraid of being exchanged.

3rd example:

A narcissistic father goes through a complicated divorce. He is furious that he was dumped by his ex, who soon began a new relationship with another man. Outraged, he fills the children's minds with lies about their mother, distancing them from her with gossip.



Débora

Histórias de superação de filhas de narcisistas

When I found out about narcissistic mothers I was in a downward spiral, that is, I considered myself at rock bottom.

I'd gone no contact with my mother 3 years before because she had designed a plan to dominate me. The plan eventually backfired because I, in excruciating pain, refused to live with someone who only wanted to harm me. In those three years away from her, I tried to deal with the guilt, sadness and longing I still felt. The need to have a loving family hurt a lot in my chest. Without having adequate resources for this, I just reached rock bottom. I tried everything in my power, but the pain only increased. In one last move to survive, I launched into the universe a request for help: "universe, please explain what's happening to me and show me the exit door." Then I found Taryana Rocha's channel on Youtube and through so much information, I felt an outstretched hand inviting me to leave the darkness behind.


At the time, she was launching a project called "The True Self Society". It aimed to provide a basis of self-knowledge for healing of wounds and reframing of limiting beliefs acquired through narcissistic abuse.

The first 6 months were not easy due to the severity of the wounds. I did not want to make an effort to heal. I procrastinated and resisted the deeper training. However, I felt that the pain was getting a little smaller.

The first training session suggested the idea that "There is no such a thing as "right" or "wrong", just intent and consequence"



. This throbbed in my mind as a truth so true that I drank from this cup for a long time. For the next 6 months, I already felt I had the strength to take a few more risks and try to do the next training. So I took wider steps. Everything that was presented to me felt very much aligned and, gradually, my True Self guided me to a whole new experience. My biggest dilemma at the time was work. I suffered greatly from lack of emotional resources. I couldn't deal with my own emotions and especially with other people's harshest behaviors. I often cried at work and was seen as too sensitive as a person. I suffered and rejected my job so much that I felt the blood pull my arms away from the computer. These sensations put me in an uncontrollable situation.



In a one-on-one session with Tary, I exposed my discomfort. During our conversation I was able to create a new belief: "even if I didn't like the job I depended on, it was possible to reframe everything I was feeling." I thought that "it would not work with me, because the problem was already on a physical level, it would be impossible to go back." Still, I decided to test out this idea. It wasn't fast or easy, but in the long run, the pain of working was diminishing until I reached the current stage where I am aware that I do not like what I do, but I reframe my gaze bringing before me the purpose of being here and what I want to achieve with all this.

There's no more pain, just certainty that this phase will one day pass. I'm not stagnant, I just choose to live this phase for my personal purposes.

Many were the gains obtained with Tary's program. The most tangible thing was to have found my purpose in life.

In a short time I discovered Nonviolent Communication and got certified. Every day since then, I've been feeling good about myself. I have learned to love the process and all the revelations it brings about me. I don't think I'm a weird person anymore in everything I say and do. The first day I took a picture and saw myself as beautiful and feminine was a milestone in my life.

I realized then, at that moment, that my beauty was never external but internal. When my light came out of the inside to enlighten me, the beauty appeared. I felt complete and whole and all this was emblazoned in a single photo.

From then on I began to viscerally experience a connection with myself that I had never felt before. I remember the first time I felt PEACE. I couldn't identify that feeling right away and it caused me strangeness. Trying to explain what it was to a friend I realized it was PEACE. It was magical to be able to experience feelings I had never experienced before. After a year or so from the beginning of Tary's program, I started receiving a lot of feedback from friends saying that I seemed like someone else. I seemed to be happier - I was a person who used to have a very sad expression - and everyone talked about a glow that appeared whenever I smiled. My husband said I seemed more confident, that I faced things and didn't say I was afraid anymore. When I stopped to pay attention, I realized that I faced changes in every area of my life with more confidence and did not think so much about the future, but was looking for strategies in the present to deal with the present. It took a load of stress off my shoulders. Today, when I feel stressed, I can realize that I am worried about the future and restart the mind so that it focuses on what is possible to do now. This simple change of mindset has changed my relationship with life in an immeasurable way.

I have identified and reframed many limiting beliefs. The first, early on, was that "I was born to suffer and that God did not love me." When I understood that there is no "right" or "wrong", but rather what mattered was my intention and the consequence I wanted to generate, I was able to abandon the feeling that I was cursed. I created the belief that "life supports me and it has all the best to give me".

Another very important belief was that "changes are always hard and very complicated". All my life I've rejected the slightest change, because I always had the feeling of chaos. When I understood that change is something good and that we are always evolving I started working to generate the changes that I wanted to experience. After all, "if something has to change, this is what I want it to change for."

I take conscious risks as I choose the type of changes that will help me achieve my goals. During the program, I made many changes in order to experience what I was really capable of. I've had the amazing experience of using my Instagram as a professional medium and exposing myself on Instagram Lives.

I had the chance to share the scene with magnificent people who received me without judgment. I allowed myself to believe in the goodness and fluidity of life and enlightened myself through it. My current goal is to continue experiencing life and to generate more confidence in developing my business. I want to stop being employed to become a businesswoman.

I am starting a career as a Parental Educator and Consultant in Nonviolent Communication.

Through my work I want to provide people with a basic knowledge for breaking paradigms based on the Disruption of Binary Thought, Self-Responsibility (Self Care) and Affective Responsibility, using both the precepts of Nonviolent Communication and the Human Biography. I still have a lot of unraveling of myself to do. The time it's going to take doesn't matter, the connection with myself is always my focus. There is no rainbow that can define the journey back to my True Self.

I am grateful to Tary for having the courage day after day to be herself and give light to the people around her, and grateful to life for the paths that have led me here. Adversity will always exist, but today I know that I am creating emotional resources to get through them.

Those who want to share in my blossoming day by day can follow me on Instagram @debora_carrafa and Facebook through the page "Educação Parental com CNV".





Thank you!

Thank you for educating and developing yourself! It'll not only help only you, but also the world as a whole. Every relief you feel is a collective relief. Every skill learned, every insight, every lesson, is a treasure for those who interact with you, and for those people, and for the people with whom they interact, and so on.

I wish you the pleasure of living in your own essence and according to values that make sense to you. If you give yourself this pleasure, you will be able to defend yourself and move away from toxic people and situations much more easily.

May you believe in the cumulative power of making 1% of effort daily, forgiving yourself for the rest and being your best friend in the worst moments!

Taryana
ROCHA

Arte: @sol_cult