

UNDERSTANDING NARCISSISM

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THE TALE OF NARCISSUS:



NARCISSISM DSM V:

- Grandiose sense of self importance
- Preoccupation with fantasies of unlimited success, power, brilliance, beauty or ideal love
- A belief that he/she is special
- A need for excessive admiration
- A sense of entitlement
- Interpersonally exploitative behaviour
- A lack of empathy
- Envy of others/belief that others envy them
- Arrogant and haughty behaviours or attitudes

THREE TYPES OF NARCISSISTS

Overt narcissism

Covert narcissism

Malignant
narcissism

HOW DOES THIS
TRANSLATE
INTERPERSONALLY:

Lack of Empathy

Impaired ability to recognise or identify with the feelings of others or excessively attuned to reactions of others, but only if perceived as relevant to self.

HOW DOES THIS
TRANSLATE
INTERPERSONALLY:

Superficial
Relationships

Attention seeking

Ego fragmentation
when confronted

Things About Narcissists You Should Know

@understandingthenarc

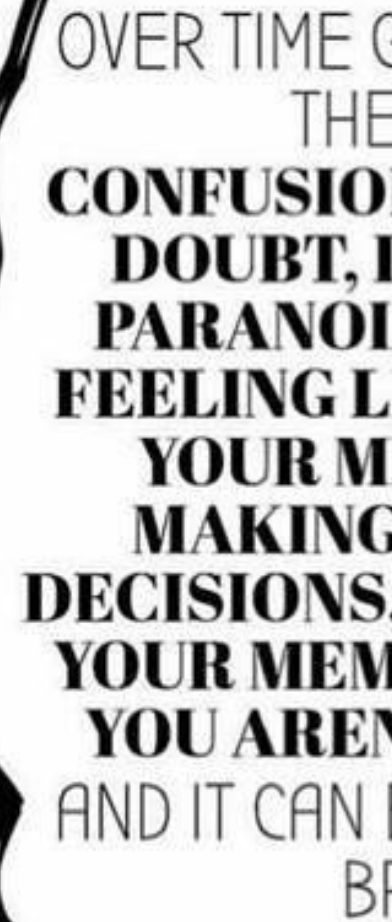
- The most important thing in life for a narcissist is gaining narcissistic supply. This is what they live for.
- You will never get validation or a genuine apology from them.
- They hate to experience shame and will project that shame onto you.
- They truly start to believe they are the victims.
- They have no self awareness, so they don't know or care how they affect the people around them.
- They hate to be vulnerable. And they hate weakness because they can't tolerate it in themselves.
- They project who they are onto you, or people around them.
- They are unable to love in any healthy way or manner.

-Maria Consiglio

EXPLOITATIVE BEHAVIOURS

Gaslighting

A form of psychological manipulation in which the person attempts to sow self-doubt and confusion in their victim's mind. Typically, gaslighters are seeking to gain power and control over the other person, by distorting reality and forcing them to question their own judgement and intuition



OVER TIME GASLIGHTING CREATES
THE EFFECTS OF
**CONFUSION, BRAIN FOG, SELF-
DOUBT, DISORIENTATION,
PARANOIA, FEAR, TERROR,
FEELING LIKE YOU'RE LOSING
YOUR MIND, DIFFICULTY
MAKING JUDGMENTS OR
DECISIONS, SECOND-GUESSING
YOUR MEMORY, FEELING LIKE
YOU AREN'T GOOD ENOUGH,**
AND IT CAN EVEN CAUSE NERVOUS
BREAKDOWNS.

EXPLOITATIVE
BEHAVIOURS:

Negative contrasting

Lying

Withholding

Neglect

Verbal abuse

Competition

Sabotage

NARCISSISM IN THE WORKPLACE

- Charming
- High Functioning
- Hard-working
- Full of ideas
- Inspire others with enthusiasm
- Erodes collaboration
- Need to be right/admired
- Making individual decisions
- Taking personal credit for teamwork
- Need for compliance of team members



COMMUNICATION
STRATEGIES

- Self-insulate
- Learn how not to respond
- Don't believe most of what you hear
- Always get a second opinion
- Stop trying to change them
- Don't personalise



PERSONALITY CLASH OR NARCISSIST?

A personality clash occurs when two individuals find themselves in conflict not over a particular issue or incident, but rather due to a fundamental incompatibility in their personalities, their approaches to things, or their style of life.

- Extraversion vs Introversion
- Thinking vs Feeling
- Structured vs Creative