

# GASLIGHTING

Overcoming Emotional and Spiritual Abuse by  
Letting Go of a Bad Relationship  
The Gaslighting Recovery Workbook



G.S. Hansen

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# INTRODUCTION

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The word "gaslighting" derives from American film director George Cukor's 1944 film titled "Gaslight," starring Ingrid Bergman and Charles Boyer. The film takes place in Victorian England, where a gentleman persuades his young wife to stay in the old house where he grew up. And with a diabolical psychological strategy, he changes the lights of the house's gas lamps, pushing his wife to the brink of madness. It was in this same house that the man assassinated his aunt.

Therefore, the word gaslighting is used to describe a cruel, deceptive activity put in place by an abuser to make their target doubt themselves and their real-life decisions, start to feel confused, and think they're going crazy.

The gaslighter, that is, the person who performs this mental manipulation, makes the victim believe that they are living in a reality that does not correspond to the objective reality, makes them feel wrong, and undermines all their certainty and safety, acts on real brainwashing of them in essence. Research shows that the victim and the gaslighter are relatively close in the vast majority of cases, almost always associates or close relatives.

The Gaslighting is a cruel technique of psychological coercion in which the perpetrator questions the validity of the beliefs of the victim until they are absolutely unaware of their own reality, in order to gain absolute control over their victim.

It is considered a strong psychological abuse perpetrated to generate suspicions in the other's mind, serving as true brainwashing.

Although it appears to be a very sophisticated and difficult technique to implement, it is more widespread than expected, particularly in partnerships or close relatives. We'll go into the first case in this post, that is, the relationship.

This kind of mental abuse is subtle, veiled, and operates on very deep emotional levels, which is why the victim themselves also defend it. The mental abuser has the power to cancel the verdict of the victim slowly.

The victim will initially be puzzled, realize something is wrong, and attempt to speak to their abuser about it. The abuser will refute everything the person has said and will make them (the victim) think they (the abuser)

are right. Gradually the victim loses control and starts to doubt their thinking.



# CHAPTER ONE:

## Understanding Gaslighting

---

Gaslighting is a metaphorical term referring to emotional violence in a deceptive manner. Perhaps the abuser would give false facts to their victims so that they can understand them better. The abuser's goal is to make their victims doubt their own health and memory about a given circumstance. We do not look at the victim as having done anything wrong in any way.

Gaslighting is usually committed by psychopaths, who are individuals with a personality disorder marked by a lack of empathy toward others and increased antisocial behavior. Such personality traits enable the abuse of other people by psychopaths without feeling guilty or embarrassed about it. Regular people who seek gas light would probably be unconvincing about it because it will give away their body language and facial expressions. Yet they can be very persuasive liars and manipulators like psychopaths, without giving away any indication of what they are doing to their victims. Their aim is to undermine the understanding of truth by their target, by making the lies seem true.

The word "gaslighting" was first applied with the stage play "Gas Light" in the late 1930s. This was a British play that introduced the term gaslighting to the general public. We discussed how it meant psychological abuse in the form of providing victims with false information so they would doubt their own memory and understanding.

Finally, the Gas Light play moved to the United States under the name Angel Road. Two film adaptations to the play occurred in the early 1940s. In 1940, there was a British movie entitled "Gaslight," and in 1944, an American movie entitled "Gaslight." Both movies involved an abuser carrying out systematic psychological manipulation on his victim.

The abuser is a husband who, gas-lighting her, makes a victim out of his wife. He basically tries to convince her and others that she's insane. He does this by manipulating different elements in their environment, and then

insisting that his wife is wrong when she tries to remember the original way the elements were.

The term "gaslighting" comes from a scene in the story where the husband uses gas lights to search his house's attic for hidden treasure. If he does this, the gas lights continue to go dim in the remaining part of the room. His wife notices the dim lights and confronts her husband about it, but he denies it was ever. Psychologists and laypeople have been using gaslighting since the play and films came out to describe this type of psychopathic behavior.

## **Techniques of Gaslighting**

The person who uses this technique is typically a trusted person. It can happen in the family or between mates, but the most interest is in the couple where this trend has caught up.

This form of exploitation begins with sowing the victim's doubt and ends with making the person lose the notion of truth.

Even in some situations, the victim separates themselves from others, believing that they can only trust the deceptive individual because they seem to be the only one who knows what is happening to them. That makes it even harder to get out of that hole.

Several signs showing we could be victims of gaslighting are as follows:

### **1. Makes you doubt your memory, things you have said or done**

The manipulator begins by uttering a lie that can be seen as a fact. That is, they can add a lie to a case that has actually happened and make the victim believe they have forgotten.

Imagine, for example, that you ask your partner where the money left over from the month's purchase is and your partner tells you that you spent it on your own, that they could not remember if it was Tuesday or Wednesday, but that you took money from there to pay for your pet.

You think you remember paying with a card as it was a lot of money, but that makes you pause, and you don't deny it absolutely.

## **2. Makes you doubt your perception of reality**

Imagine that you are trying to tell them that something they have said or done has bothered you.

For example: "I did not like the way you reacted when the girl told us the note. It seems that nothing is enough for you. "

The person who uses the gaslighting technique will usually respond with phrases of the following type:

- "You imagine it, and I'm always the bad guy."
- "You always take things to your field."
- "You manipulate reality at your whim, you don't know the damage you do to me when you think those things, and the worst thing is that you believe it and you make me feel guilty."

## **3. Causes unusual behavior in the victim**

Once the person has sowed the doubt about the victim's own mental judgment, the victim can carry out behaviors that were not habitual before, which leads them to enter into the game of the manipulative person.

Some of those behaviors can be the following:

- Lying to justify your partner's behavior
- Accepting as truth things that the manipulative person tells you instead of maintaining your own vision of what happened
- Performing mental checks on one's behavior
- Looking at your partner's mobile phone
- Asking forgiveness for doubting the other person
- Asking other people if they see you well lately

# CHAPTER TWO:

## Warning signs of Gaslighting

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### **1. They tell you uncovered lies.**

**Y**ou know it's a lie. But they tell you this lie with a relaxed expression. Why are you so brazen? Because they set a precedent.

Once they tell you a huge lie, you are not sure if what they say is true. The goal is to keep you unstable and insecure.

### **2. They deny that they ever said anything even though you have evidence.**

You know they said something specific; you know you heard it. But they keep denying it. It makes you start questioning your reality - "maybe they never said that." And the more they do this, the more you question your reality and start to accept it.

### **3. They use what is dear to you as a weapon.**

They know how important your children are to you, and they know how important your identity is to you. So that could be one of the first things they attack. If you have children, they tell you that you shouldn't have had these children.

They will say that you would be a great person if you just didn't have this long list of negative qualities. They attack the basis of your being.

### **4. They wear you down over time.**

This is one of the most insidious things about gaslighting. It is done gradually and over time. A lie here, a lie there, a derogatory comment every now and then... and then it starts to develop.

Even the brightest, most confident people can be affected by gaslighting. It's that effective. It is the analogy "frog in the pan": the pan is slowly heated up so that the frog does not notice what is happening to it.

## **5. Your actions don't match what you said.**

If you're dealing with a person who “works” with gaslighting, look at what they're doing and not what they're saying. What they say means nothing, it's just talking. What they do is the question.

## **6. They reinforce something positive to confuse you.**

That person who wants to bring you down and tells you that you have no value is now praising you for something you have done. This adds an additional feeling of restlessness. You think, "Well, maybe they're not that bad."

Yes, they are. This is a calculated attempt to get you out of balance and to question your reality again. Also, look closely at what you have been praised for; it is probably something that has served the Gaslighter.

## **7. You know that confusion weakens people.**

Gaslighter knows that people like to feel stable and normal. Their goal is to uproot this certainty and make you constantly question everything. And the natural tendency of humans is to pay attention to the person or the being that helps you to feel more stable - and this is "accidentally" the Gaslighter.

## **8. You project.**

For example, they are drug addicts or fraudsters, but they constantly blame you. This happens so often that you start to defend yourself and get distracted by the actual behavior of the Gaslighter .

## **9. They try to incite people against you.**

Gaslighters are masters at manipulating and finding the people they know will stand by them no matter what - and they use those people against you. They will leave comments like:

- That person knows you're wrong. or

- This person knows that you are also useless

Remember that it doesn't mean that these people actually said these things. A gaslighter is a constant liar. When the Gaslighter uses this tactic, you get the feeling that you don't know whom to trust or to turn to - and that leads you straight back to the Gaslighter.

And that's exactly what they want: Isolation gives them more control.

### **10. They tell you or others that you are crazy.**

This is one of the most effective tools of gaslighting because it is repellent. The Gaslighter knows when he questions your mind that people won't believe you if you tell them he's abusive or uncontrolled.

It is a master technique, and people who are very close to a Gaslighter are completely blind to this manipulative, controlling, and contemptuous behavior towards them. The Gaslighter swears high and holy how much he loves them.

### **11. You are told that everyone else is a liar.**

By telling you that everyone else is a liar, it makes you question your reality again. You've never known anyone who has the audacity to do that, so they have to tell the truth, right? No. It is a manipulation technique. It makes people turn to the Gaslighter to get the "right" information - which is nothing more than one big lie.

The more you are aware of these techniques, the faster you can identify them and avoid falling for Gaslighter .

## **Dealing with the Effects of Gaslighting**

Gaslighting (called "guéslaitin") is the term given to systematic manipulation that can occur within the family, professional, academic, or religious setting. The Gaslighter uses this practice to convince their victim that they are forgetful, hysterical, or crazy on several different occasions over time. With this, the person gains power and control over the victim.

A classic example is a partner who repeatedly accuses you of how you imagine things or distort facts while you clearly remember them. They can do this to get rid of issues they don't want to discuss, and over time, this

repetition that you are irresponsible, overreacting, and always wrong can cause your self-esteem and confidence to disappear. To recover from gaslighting and in dealing with its effects, you must rebuild your self-esteem, gain your confidence back, and establish a support network.

## **1. Dealing with the effects of gaslighting**

**Getaway.** This kind of manipulation is a mental and emotional abuse for the sole purpose of controlling and having power over you. In such a relationship, it is best to rethink it and decide if it's really worth continuing with someone who does it. Only then can you recover.

- For example, if you just realized that your partner does things on purpose to make you doubt yourself, this is the first sign that you should separate.
- Talk to someone intimate about how to escape from this situation. Tell someone like your brother that you are being manipulated by your partner and need to get out of this relationship.
- Ask a therapist or other mental health professional for help with how to finish.
- Contact a support network for victims of domestic violence. They will know how to guide you and will pass other contacts that may help.

**Reduce your stress.** Mental abuse can cause a lot of burnout, and you may feel nervousness, tension, and fatigue, among other symptoms. One of the measures to become yourself is to strive to minimize these feelings and eliminate their sources. Some good ideas include meditation, yoga, breathing techniques, and visualization.

- There are several types of meditation to relieve stress: yoga, mindfulness, etc.

- Visualize yourself in a quiet place with details, such as an image of yourself with your forehead and chin totally relaxed. See the smile on your face and the happiness in your eyes.

**Take care of your anxiety.** Anxiety and nervousness are also the results of gaslighting. After all, you no longer trust yourself and spend all the time afraid of being accused of something you didn't do. This feeling can become a pattern, and to get rid of it, you must find ways to calm down.

- For example, if you no longer know what looks good on you because your partner always criticizes your clothes, faces your feelings and doubts, try to overcome this fear of displeasing them.
- When you realize that your nervousness is beating, try to calm down with the techniques of mindfulness, allow yourself to feel this tension temporarily, assume what you are feeling without judging yourself and let it go.
- Focus on your breathing and think "in" when you breathe in and "out" when you breathe out. This can be helpful in the midst of an anxiety attack.

**Take care of depression.** Being a victim of manipulation and mental abuse often brings depression as a consequence. However, know that you can fight it. Look for symptoms and try to reverse them.

- For example, note whether, throughout the relationship, you had difficulty completing simple tasks, fatigue, or lost energy and interest in life.
- Find out if you have physical symptoms that may be related to depression, even if you don't even suspect it. Things like changes in appetite or sleep, physical problems and unexplained pain, lack of concentration, etc. may be clues.
- Seek professional help for treatment and recovery from depression. It will help you decide if you should take medications or prefer alternative treatments.
- Develop ways to combat depression on a daily basis, such as creating an activity routine and not getting out of it. It is wise



to stay away from alcohol and other substances.

## **2. Restoring Confidence in Yourself and Others**

**Listen to yourself.** This will surely be one of the most difficult things during your recovery and also the most important. After being constantly manipulated, it is normal for you to simply ignore your intuition and it will disappear, but this is reversible.

- Start with small things, such as paying attention to your body, obey it if you feel hungry or sleepy and say to yourself, “I can trust myself to know when I need to eat or sleep. That may not seem like anything, but it's a big step toward your self-confidence.”
- When you need to make a decision, do not feel pressured or give this power to others. Say, "I know my time, and I prefer to find out what all my options are before I make a decision."
- Repeat “I can trust myself and my judgment” when you begin to doubt yourself.

**Go to the source of information .** One of the effects of gaslighting is to doubt others and your own sanity as well. During manipulation, you may even go so far as to believe only what your partner says, no matter what others say. As you recover, try to regain your trust in others by checking the source of what people say.

- Begin by striving to believe in one or two close people. Choose someone intimate who has already gone through his highs and lows with you as a family member.
- Use these people to find out what is real and what is not. For example, if your sister says, you look great, ask your mother if she is telling the truth or lying.

**Have a diary.** One way to recover from domination is to write it down whenever something that helps you believe in yourself happens. A journal

filled with these experiences can help you see that others can be trusted.

- When you make a decision, and it proves right, write it down! Write about when you decided to take an umbrella with you on a sunny day, which turned out to be a rainy day.
- Also, write down when people give evidence that they are reliable. For example, when your friend promised something and did it to the letter.

**Use affirmative sentences with yourself** . It is not at all difficult for a gaslighting victim to feel worthless, hopeless, and lost, as that was indeed the intention of the abuser. Work on your self-esteem with positive phrases about yourself.

- List your journal attributes and adopt some of the words used in the list when talking to yourself.
- Instead of repeating that you are lazy, lunatic, or forgetful, say that you are talented, creative, and hardworking, and repeat, "I can trust and like myself."

**Spend your time doing things you enjoy**. You may have even forgotten the things you always liked, especially if you had to do everything for your ex-partner. Try to resume the activities that interested you to heal.

- Take at least five minutes a day to do something that changes your mood, such as getting ready to sing in front of the mirror before work.
- Go after things you haven't done in a long time, like playing the piano; take a lesson or two to refresh your memory and find out if you still like it and resume where you left off.

**Take care of your body**. Suffering gaslighting can make you careless because the idea is to make you feel that it doesn't matter. You will need energy and focus to recover, so take care of your health.

- Do some physical activities like yoga, martial arts, daily walks, etc.

- Eat nutritious meals and snacks for energy and a good mood.
- Get plenty of rest. To be able to face the battle and regain confidence in yourself, believe in your instincts and make decisions safely, it is paramount to be rested. Only then will it be possible to maintain focus and willpower.

### **3. Creating a support network**

**Seek professional help** . Recovery will be faster and more effective if you have a network of people you can count on. Psychologists and therapists will listen to what you have to say and can provide useful tools for dealing with the effects of gaslighting and have experience with patients with depression, anxiety, and stress.

- For example, if you were in a lasting relationship where you were consistently manipulated, a professional can help you identify the effects of these abuses and deal with them.
- Even if the relationship in question was brief, talking to a professional will help you figure out strategies to recover.
- Talk to someone you trust about what happened. Figure out who can guide you; doctors, HR professionals, school principals, etc. may have good recommendations for you.
- In addition, they can also help you deal with symptoms of depression, anxiety or other disorders.

**Trust your friends and family.** This advice is particularly helpful if you have cut yourself off from socializing during gaslighting and think no one else cares about you. Often the abuser can convince the victim that only they know what is best for them, and this makes the victim keep themselves away from relatives and friends. Resume these relationships and accept that they are part of your recovery and that you can trust these people.

- Call someone close to spend time with you. It doesn't have to be anything very elaborate like going out, but an invitation to spend the afternoon at your home doing nothing together.
- Accept invitations to social occasions from friends and family.

- Start by spending a short time in class. Going out for coffee or a snack is a great start.

**Join a support group.** Connect with other gaslighting victims, listen to the stories they have to tell (many similar to yours), and the tips they can give to deal with them during recovery. Positive interactions by a support group can improve their self-esteem and develop new relationships.

- Seek out groups of domestic abuse victims and the like in your area, ask for recommendations from people close to you, the psychologist, your religious leader, and so on.
- Join online groups and forums about it if you can't attend in person or if you can't find a group to attend.

## CHAPTER THREE:

### Understanding Narcissist

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For a long time, a certain degree of narcissism has been considered a prerequisite for a healthy self-image and one should love oneself to love others. Nevertheless, such characteristics have become fully common among individuals with a narcissistic personality disorder and then cause huge issues, not least in relation to others.

Narcissistic personality characteristics are fairly common in the population, but not even one percent of cases are known to be fully developed narcissistic personality disorders.

The dominant feature is an inflated self-image where the individual perceives themselves as being magnificent, exalted, and successful. Since the foundation of the elevated self-image is very fragile, the person will also be very sensitive to criticism. Additionally, there's also a pronounced lack of empathy.

Grandiosity and self-overestimation easily lead to loneliness and even depression because one cannot be confirmed by others as having high thoughts about oneself.

Individuals with narcissistic personality disorder have remarkably often antisocial or borderline traits which complicate the picture and treatment of the symptoms further.

#### **What is a narcissistic personality disorder?**

The narcissistic personality disorder is a condition that affects about 1 percent of the population with a higher incidence in men than women. This is characterized by excessive pride, lack of empathy, and deep admiration. Grandiosity is the principal characteristic of the narcissistic personality. We care about wealth, reputation, and pride and feel that special treatment is warranted.

One should not equate narcissistic personality disorder with a person with high self-esteem. An individual with high self-esteem can be modest while the narcissist cannot be modest. They are arrogant, presumptuous, and they ignore other people's feelings and needs. Additionally, the condition has a detrimental effect on a person's life. In general, the person may be dissatisfied with their life and frustrated when others do not admire them or give them special treatment or care. All vital areas are affected (work, personal, social ...), but the individual cannot realize that their behavior affects their relationships in a negative way. People are not comfortable with a narcissistic person, and they are dissatisfied with their jobs, social life, etc.

Individuals with narcissistic personality disorder are people who appear at first to be optimistic, friendly, cheerful, nice, and desirable ... Indeed, the "narcissistic perverts" as they are often called (no sexual connotation here) are, in fact, people who suffer from a horrible lack of self-confidence most often without being conscious of it, and who show a completely different exterior.

So, these narcissists feel superior to the masses, must be respected and adulated, and do not hesitate to diminish those around them.

## **Causes of Narcissistic Personality Disorder**

The origins of the narcissistic personality disorder are quite vague, as is the case with all psychological disorders, but researchers say that it begins during childhood. Certain circumstances can be triggers, for example:

- Inability to understand and integrate the feeling of empathy.
- Establishment of a defense system against abuse and trauma.
- Too much expectation and attention from parents (even more so in the case of an only child).
- Parents themselves narcissistic by not giving other examples to their child.
- Neglect and rejection of peers (at school, at home).
- Lack of affection and recognition.

Some experts have speculated that a neurobiological or genetic disorder is also involved, but nothing has yet been proven.

### **Who is affected by the narcissistic disorder? What are the risk factors?**

Men are more often affected than women by the narcissistic disorder.

In addition, people who have very low self-esteem, and those who are emotionally dependent have a higher risk of developing a narcissistic personality disorder .

In the vast majority of cases, it is dysfunctions in childhood that are at the origin of this disorder (see the causes.)

### **Contagion**

A narcissistic personality disorder is not contagious.

### **The main symptoms experienced by narcissistic perverts**

The signs that define narcissistic personality disorder are varied. It is not mandatory to have all of these symptoms. The narcissistic individual can, therefore:

- Feel very superior to everyone around them
- Change their opinion almost every minute
- Believe that everyone envies and admires them.
- Tell lies to serve their goals.
- Be jealous of the success of others.
- Always be in search of recognition.
- Not show empathy to those around them.
- Be manipulative.
- Be hyper-competitive and ambitious.
- Not tolerate criticism.
- Be arrogant and conceited.
- Not give importance to anyone, except those who are useful to them, who admire them.
- Be in control.
- Refuse any outside help or advice.

- Believe that others (spouse, friends) are lucky to know them.

In addition, it is not uncommon for people who have narcissistic personality disorder to abuse drugs and alcohol, suffer from depression (including suicidal thoughts), and have profound relationship difficulties.

## **Characteristics That Define Narcissistic People and How They Can Be Identified**

It may be difficult to classify an individual with a narcissistic personality, but many clinical studies point to some of the main features of this type of disorder. Check out a few below .

### **1. Feeling of greatness**

Narcissistic people talk and behave as if they're part of planet Earth's most powerful elites. For example, this is evident in the manner of treating other people: it is not inherently aggressive (normally not), but it is based on the presumption that one has control, and the other has to respond to one.

Yet not all narcissists convey their sense of grandeur in a straightforward manner. Some people have a very small and distinct profile. Throughout these situations, the feeling of superiority is based on fantasizing about a future in which power will be kept that will subdue the rest, and on fostering anger toward those regarded by their social structures as being better respected.

### **2. They get frustrated quickly**

Narcissistic people respond with rage when something goes wrong, and quickly, almost instantly. It is because, with every failure, they will seriously harm the positive self-image they seek to uphold by their actions and their relationship with the world and with others.

### **3. They aspire to leadership roles**



Another trait of narcissistic people is that they seek to acquire control and assume leadership positions in order for reality to match as best as possible with their self-image. It's not that they 're better leaders per se, but rather that they're trying to avoid the cognitive dissonance of holding a low hierarchical role while believing they 're better than the rest.

#### **4. They have low self-esteem**

This may sound counterintuitive, but under the breastplate, narcissistic people have more insecurities, which is their public image than the rest. This is why they are deeply disappointed if the others don't give them due respect (which is very high to meet their expectations).

Therefore, these people's self-concept is an all-or-nothing question: an idealized self-image is taken for granted by default, but the slightest contact with truth creates much confusion and puts in check all assumptions about oneself.

#### **5. Stories are invented to avoid making mistakes**

Narcissistic people have serious issues admitting a mistake and preventing failure by demanding forgiveness.

So, they put blame on others, reaching extremes where the failure of an action they have taken is seen as the responsibility of another person who is not present, for example, to have purchased an item or material of low quality with which you cannot function well.

Often the frustration of not being able to make up a minimally believable story on the fly about why someone else is to blame for what you've done can lead to increased frustration and anger.

#### **6. They highly value aesthetics and appearances**

The rest are constantly being judged by narcissistic people, so they need an easy and simple way to do it. In practice, this means they pay a great deal of attention to the appearances of people: the clothes they wear, their styling, etc. They do not need to value better those who suit the fashion

canons better but instead assign more or less "character" and "personality" to those who fulfill those requirements .

### **7. They control their image a lot on social networks**

When it comes to filtering the picture they send on social networks like Facebook, they are really scrupulous people. Besides preferring to have many "friends" attached (because having many gives an impression of popularity, whether they are recognized or not), they display only certain personal images that have passed through a phase of selection. They also use image editing tools to retouch certain images pretending not to spot them.

### **8. They take everything personally**

Narcissistic people believe anything that happens is part of a fight for attention. Sadly, that means they are often outstripped by somebody, even if they don't set out to please the rest. The narcissist feels threatened in these situations and may use attack tactics against the other, not necessarily directly facing them .

### **9. They do not conceive the concept of "constructive criticism."**

It is inappropriate for insecure people to concentrate on someone's attention to their errors and weaknesses. Therefore, it does not make sense to believe that such critiques will help to change in the future.

# CHAPTER FOUR:

## Types of Narcissists

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In many aspects of our lives, getting good self-esteem is significant. This aspect makes it easier for us to get involved in important initiatives that can lead us to boost our quality of life, makes it easier for us when it comes to socializing, and leads to the fact that day-to-day problems and minor losses don't totally sink us emotionally.

Unlike virtually every psychological factor linked to personality, however, an excess of self-esteem can cause problems for individuals and people around them. If these elevated levels of self-love become narcissistic, everything shifts.

### **The different types of narcissism**

We may characterize narcissism as a psychological predisposition to receive praise from others in the form of specific positive or indirect assessments, with an especially supportive treatment, combined with admiration.

Furthermore, narcissistic people are distinguished by satisfying certain characteristics in line with the expansive self-esteem: thoughts of superiority for themselves, predisposition to underestimate certain people, and difficulty in empathizing, among other things.

It is a psychological trait that can be seen in varying degrees of severity, and the more severe it is, the more likely it will fall into one of the mental illness symptom classes. Anyway, not all people with high narcissism have a mental disorder that greatly damages their quality of life.

But just as we can notice variations in the degrees of severity of this mental condition, certain qualitative variations can also be identified in how narcissism is conveyed. Specifically, Dr. Bruce Stevens provides a definition of narcissism styles that can help us understand all the complexities of this personality trait.

## **1. Narcissistic emotional dependent**

This kind of narcissism is marked by extreme "vulnerability". This narcissistic person experiences a tremendous need for love, which nothing satisfies. It's like a pit without bottom that never fills. They just believe they don't get enough love; they feel fleetingly satisfied with other people's attention, but then they experience that emptiness of approval and affection again.

A deep fear of rejection and abandonment is at the basis of this behavior, so the narcissist clings to dependency. They have no qualms about manipulating others to meet those needs. Their emotional demands are rising, so their partner and close people are draining emotionally to try to nurture, comfort, and sustain that "I" that is so in need of affection.

## **2. Narcissistic tyrant**

This narcissist clings to power because they have an insatiable need for authority and dominance. This person is arrogantly behaving, thinking they are superior, sometimes despising others and treating them as though they were "inferior". They think they are always right and must be in control of the situation, so often their mere presence is oppressive.

When such a narcissist takes power, they make life very difficult for their subordinates. They use it as a Trophy while they are in a relationship. They object to people in general, who are merely a means of demonstrating their power and fulfilling their need for authority. To the point of abuse, this narcissistic person is very possessive. Yet they have no shame in using disrespect to make others feel like losers, proving that they're a winner.

## **3. Elitist narcissistic**

This type of narcissism is characterized by an exaggerated perception of the "I." Here, the narcissist believes they are the most powerful, influential, and important person in the world. To make sure that others know and bow to them, they always trumpet their supposed successes and accomplishments. They generally exaggerate its importance because they want to arouse envy or admiration.

This person always gives their opinion, even when they do not ask for it, and believes that they know more than anyone, regardless of the topic at hand. They often think that they are destined to achieve great things and that they deserve great things, even if they do nothing to achieve them. They can often be a charismatic person, which is why they can attract many admirers to their “orbit,” who finally end up realizing that “it is a lot of noise and few nuts.”

#### **4. Fantasy narcissistic**

This narcissistic person develops extremely complex fantasies to the extent that almost their whole life is devoted to their inner world. They think the real world is involved, as a result, they feel anger and dissatisfaction in their ideal world. They see life as cold and hard, so they try to ignore it and only seek fulfillment in the ideal world, where they are a perfect guy, have a perfect career, and are well-connected.

If this person talks to other people, they claim it is valid in their own universe, so that they lie again and again. The envy and admiration of others are also fabricated into a fictional reality. And even if they are facing reality, they still search for a reason to help their imaginations. They often don't remember their lies.

#### **5. Somatic narcissistic**

Looking good or healthy is vital to health, but narcissism of this sort goes a step further, as an obsession with the body and appearance is involved. Image, fashion, elegance, youth and glamour are the measurements of this human. They need to be praised because they have an inextricably connected self-esteem with their body image.

This person is typically very perfectionist and spends a great deal of time on their body care and beauty rituals. The problem is that they extend this behavior to other individuals and judge them according to the size of their body. They also feel that their looks and health are what they deserve.

#### **6. Narcissistic antagonist**

This is one of the most common forms of narcissism, the frustration of which is under the surface. Here, the frustration of an individual is reflected in intensified animosity to everything. There's always an enemy who's willing to hurt this narcissistic guy. They also encounter "irrational," puzzling or mysterious triggers in explosive rage. It is usually physical aggression that "wipes" people around them and hurts them .

Having hypersensitivity behind this behavior, they cannot perceive any word as an insult or disrespect for its meaning if the individual doesn't receive the praise and admiration that they had hoped for. They take everything as a personal assault, which triggers their rage. The "I" is considered a narcissistic injury.

### **7. Narcissist trickster**

The individual strives to display their best face in this form of narcissism. They're sweet and friendly, at least at the outset. This appeal is, sadly, just a varnish that masks a more obscure figure. There are malicious intentions behind the "trust me" post.

The narcissist seeks, in fact, to win the trust of others in their favor. They perform a kind of "emotional vandalism," the harm of which is so severe that victims often have several years to heal and trust another person. This narcissist uses their charisma to smile and rob others.

### **8. Narcissistic martyr**

This is one of the most difficult forms of narcissism to identify because it focuses on suffering. The narcissist's personal identification is focused on suffering, victimhood, or even survivorship. The need for attention and parasite requirements, which lead to unbalanced and exploitative relationships, excuses suffering. This person obviously carries big emotional luggage. There is never the pain of the past. They contaminate the present with the suffering that makes them an exceptional person in their mind.

It can be very difficult to speak about this narcissist because they never meet our needs for help, but because nobody is really hurting, they do not have a hard time, they continuously ask for support and attention. If this publicity is refused to them, they don't hesitate to blame themselves for creating a sense of remorse that enables them to pretend to be a martyr.

### **9. Messianic narcissistic**

Such narcissism is shown by people who see themselves as more important, better, and more friendly than others, and so prefer to look on others and judge them over their shoulders. You think you're a kind of Messiah.

They do not hesitate to list all their spiritual "experiences" to be celebrated by others. They are a hero, but their apparently disinterested assistance brings other circumstances. They do not hesitate to assert favors and insist that their so-called "sacrifice" is continually upheld so that the connection becomes a permanent debt.

### **10.**

#### **Vengeful narcissism**

This is one of the most dangerous narcissistic forms. This person usually works out of the shadows, using deception to kill people. This person needs to destroy others in order to feel superior. Therefore, they do not have any indignation over disagreements or the production of lies that affect their competitors. As long as their "enemies" collapse, they can do little.

This narcissist suffers from Procusto Syndrome. Rather than seeking to develop and change, they disregard someone who excels and attempts to get them up and defame them to destroy their reputation. They may be the object of praise and appreciation in this way.

### **Characteristics of a Narcissist**

#### **1 - Grandiosity**

Contrary to many, grandiosity seems superior. From a narcissist's point of view, all of their successes and talents are superior. This does make people

around them weaker in this way. Narcissists prefer to talk and behave as if they're the planet's most important people.

## **2 - Concern about success and power**

Narcissistic people are really worried about how to make their finances better. That means their biggest dreams are to get unlimited success and strength, brilliant intelligence, and exuberant beauty.

## **3 - Belief of being unique**

The narcissists find themselves special, irreplaceable, and unrivaled. This only makes them establish relationships with other people that are proving to be special. That explains why narcissists believe only a few people can understand them or have things in common with them.

## **4 - Sense of the right to special treatment**

Narcissists believe they must be treated differently than others as they see themselves as special and better than others. They always expect special and better treatments than the ones given to other people .

## **5 - Excessive admiration**

Narcissists are pretentious, and thus demand admiration at any time and place. Hence, they want other people to attend and respect them. They actively search out others to treat them in a different way, without caring about whether or not they deserve this treatment.

## **6 - Envy of others**

Narcissists are also intensely jealous of people who are, in certain respects, better than them. It can be jealousy that's visible or concealed. They do still find that many admire them for their personal abilities and achievements.

## **7 - Lack of empathy**



One of the narcissist's most prominent features is that they are incapable of empathizing with others. Narcissism also makes the individual incapable of communicating with others' feelings and needs. It leaves them incapable of caring, feeling no empathy, and no shame or sorrow for their negative attitudes.

### **8 - Exploit others for personal benefit**

Narcissists often make the most of others to attain their personal goals. They manipulate others to use their own resources, ideas, time, and contacts to attain their own objectives. It is for this reason that every narcissist is a controller who, regardless of the consequences, manipulates any situation or person in their favor.

### **9 - Is arrogant and dominant**

Each narcissist and the people around them are narcissistic and powerful. Anything they say or do is appropriate for a narcissist, so it must be understood and embraced without a doubt. This means the narcissists enforce their beliefs on others.

### **Tactics Narcissists Will Use to Manipulate You**

When you're a kid and learn someone is narcissistic, you can already picture a person looking in the mirror all day long. A person who thinks they pretty love their own portrait. While distorting our sense of self-esteem fully (if you consider yourself attractive is to be narcissistic, therefore, be modest), it also makes us neglect something very important: narcissism is far greater and can cause us much damage.

There are many traits of a narcissist, but the primary one is selfishness. And it's not just the selfishness not having to borrow a metallic colored pencil from Faber Castell, no. The selfishness is one that the individual wishes only themselves the best. The egotistical person cannot wish the best for others. Consider the shit, which is a relationship with a person like that. Yet, sadly, these relationships are normal, as narcissists have very successful manipulative ways.

So, to avoid getting into such relationships, whether loving, fraternal, or even professional, it's important for us to know how the narcissists' key manipulations work.

### **1 - Triangulation**

When you least expect it, you are inserted in a triangle. It's not about cheating, and it's about always involving others in your bullshit. Somehow, the narcissist always gets someone to speak up for them and claim that you are wrong. Do you know that "I talked to my mom and she said you're a child" thing? So...

### **2 - Devaluation**

At some point, you were everything the narcissist wanted. Suddenly, it seems that everything about you is irritating and hateful; nothing you do is right. This is a way to make you believe that you need to work even harder to please you .

### **3 - Aggression**

According to some behavioral research, narcissists are very attached to an aggressive personality, both physical and verbal, in addition to being unable to control their outbursts. Physical attacks are easy to identify, while psychological attacks can occur for years without the victim being aware of it. According to the National Domestic Violence Hotline, these are the traits of a psychological abuser:

- They make you feel afraid in some way;
- They threaten you;
- They use derogatory language;
- They deny emotional, physical or financial support;
- They control your contact with friends and family;
- They control their behavior;
- They pressure you to do things you don't want to do .

#### **4 - Decrease**

To belittle people and try to diminish them is a form of manipulation. If the narcissist manages to embarrass you by your appearance, education, or social class, they will feel better by comparison.

#### **5 - Playing the victim**

When a manipulator realizes that their tactics have failed, they appeal to their compassion. This often includes trying to justify their inflated ego by putting the blame on your actions. Don't fall for it.

#### **6 - Inappropriate behavior**

Have you ever had to apologize for someone else's behavior? So, you've been manipulated! A narcissist can behave in an exaggerated way in public, abusing sexual words and terms and annoying those around them. Believe me; apologizing to them only makes them see you as someone who will clean up the mess and when they want to, they can act like an idiot.

#### **7 - Conversation monopoly**

Everything is about them, so don't be surprised if a narcissist isn't paying any attention to what you're talking about. Furthermore, they always tend to bring the conversation back to themselves and interrupt a lot, but they do not tolerate being interrupted in any way. Narcissists HATE being interrupted.

#### **8 - Projection**

Try to accuse a narcissist of something wrong, they will blame the behavior on you, because, of course, they are impeccable.

#### **9 - Brainwashing**

Have you ever found yourself doing something you didn't want to do without even knowing why? It is very likely that you have been manipulated. Somehow, narcissists manage to convince you to do things against your own will.

## **10 - Gaslighting**

Ah, gaslighting an old acquaintance is a tool widely used by psychopaths, sociopaths, and ... NARCISSISTS. One of the worst types of manipulation makes you doubt your own sanity. They will deny something that really happened until you start to discredit your own head. In the end, you believe you imagine things.

## **11 - Verbal aggression**

Shouts and insults are another form of manipulation. The intention is to make you feel small and afraid. Stay calm, keep your tone of voice and ask the narcissist to do the same. If it doesn't work, refuse to talk at that moment.

### **How to Handle A Narcissist ?**

If you have a link with a narcissistic person in any way, you would probably want to avoid such a situation repeating itself. You may have learned about how tired, nasty, narcissistic people can govern. To avoid such a person, accepting yourself for who you are, and encouraging your trust are crucial. Narcissistic people prefer to be next to those with low self-confidence because it is easier to control these individuals. Below, you'll learn more about narcissistic personality disorder related behaviors to prevent them.

#### **Steps**

##### **Method 1 - Increasing confidence**

**Build a list of strengths.** Narcissists are attracted to people who are not very aware of their abilities and who do not accept themselves for who they are. To learn how to accept, the best thing to do is to identify your strengths and read the list daily until you can determine who you are. Prepare a list that includes all the strengths, whether big or small.

- For example, they include personality traits - such as kindness, open-mindedness, intelligence, ability to type 100 words per minute, ability to solve problems easily, or speak another language - in your list.

- Strengths can also include accomplishments, such as graduating from college, winning a job increase, or winning an award at school. Show all that is your strong point.

**Recognize needs and emotions.** Many people with low self-esteem allow the emotions and needs of others to overwhelm them, which is an attraction for narcissists. If you often put the needs and feelings of others before your own, it is possible that a narcissistic person will try to take advantage of you. To avoid such problems, try to accept your needs further.

- When you feel an emotion, don't ignore it. Take a minute to recognize it and ask yourself, "How do I feel?" For example, if someone insults you, you may be hurt or nervous.
- Once you identify the emotion, find out what needs to be done. Ask yourself, "What do I need?" If you are hurt or nervous about another person's insults, you may need to move away from or confront people.
- Always identify your feelings and needs. With repetition, such constructive recognition will become easier.

**Set realistic goals.** Achieving unwanted goals can lead to disappointment, which in time will undermine your self-esteem, which can make you vulnerable to a narcissist. To avoid deteriorating your self-esteem, start by setting small, reasonable goals. A great way to set smart goals is to choose goals that are:

- **Specific.** The goal must be clear and simple: what do you want to do? Who else is involved? How are you going to do that?
- **Measurable.** It should be possible to measure the target with numbers or something.
- **Achievable.** The goal should be realistically possible in the amount of time you have planned.
- **Relevant.** The small goal should serve a larger and more complex purpose. For example, if your goal is to lose 10 kg, a good goal may be to exercise for 30 minutes for five days each week.
- **Timebound.** There should be a specific deadline for all targets, whether it is a date or a total number of days.

**Forgive yourself when you make a mistake.** Everyone makes carps from time to time, but keeping up with past actions is detrimental to self-esteem and makes them more attractive to a narcissistic person. To avoid such a problem, treat yourself like a good friend and forgive your own mistakes. Don't focus on the problems.

- To forgive yourself, try to write a letter to yourself as if you were a friend. What would he say to make you feel better? How could he talk to you?
- Talk to yourself in the mirror and offer forgiveness. Try saying something like, "What happened is bad, and you might feel bad about it, but it's time to move on. I forgive you for what happened."

**Pretend to be accepted until you truly accept it.** Developing self-esteem and learning to love are time-consuming things. However, it is possible to falsify self-esteem until it really develops - often enough to drive away narcissistic people! Pretend until you feel good about yourself.

- To falsify high self-esteem, imagine a person who loves and accepts himself. How would they behave in their situation? What would they say? Try to act like them until you start accepting yourself.

## **Method 2 Maintain calm and control when you are dealing with narcissistic people**

**Learn relaxation techniques.** If you are easily irritated and cannot relax, you can be easily manipulated by narcissists. For this reason, it is important to work with the ability to calm down when you are upset by learning some relaxation techniques.

- Good options include deep breathing, yoga, and meditation.
- Try one of the relaxation techniques above to calm down every time you feel you are losing control of your emotions.

**Separate the feelings of others from your own .** Addicted people always seek the approval of those around them, which makes them internalize the

feelings of others. As a result, they feel compelled to do things to please others. This is very pleasant for narcissists, so we must avoid such behavior.

- The next time you are in the presence of a visibly irritated person, remember that the feelings are only theirs. Mentally repeat something like, "I'm not responsible for his/her feelings."

**Learn to say "no."** Narcissistic people usually approach those who barely say no, because it is easier to take advantage of them. To prevent this from happening to you, be accustomed to rejecting others' requests when you do not want to accept them.

- Remember that your time, energy, and desires matter. If you don't want to do something or you don't have time, you have the right to say no.
- Do not apologize for saying no. Be straightforward and simple .

**Ready.** People with narcissistic tendencies are attracted to those who seek validation or approval from others. If you often feel insecure and need others to say you did something right, it may indicate that you rely heavily on the praise and feedback of others, making you an easy victim of narcissistic control.

- Learn to validate rather than ask for approval from others. For example, if you won a promotion, we congratulate you instead of calling someone else right away. Look in the mirror and say something like, "You did it! I'm so proud!".
- Also, try to keep track of your accomplishments as a self-validation exercise. Whenever you succeed in something, mark an entry in your journal. Also, write a short congratulatory note to mark the achievement.

**Control the praise.** Narcissists are waiting, and they need the praise of others. They can talk about their own accomplishments with the expectations that you will hurry to compliment them. Despite this, offering constant praise will make the narcissistic person want to spend more time with you. To avoid such a problem, avoid complimenting people who are always looking for compliments.

- If a person brags about an achievement, acknowledge the situation and try to change the subject. For example, try saying something like, "How much, I have some stuff this week, too. Hey, did you see the National Newspaper yesterday?"
- If the person continues to talk about themselves, try to withdraw from the conversation. Say something like, "It was nice to talk to you, but I have to go. Have a great day!"

**Make constructive criticism.** Narcissists do not like to be criticized because this interferes with their sense of superiority. One way to clarify that you will not overlook a person's problems is to provide constructive criticism when needed. Over time, they are likely to avoid you.

- For example, if you play a game with the person and realize that they are using the wrong type of bat, say something like, "This bat is good for long hitters, but this is probably best for this type of game."
- Don't just criticize or say ugly things, like "This dress makes you fat" or "Your presentation was nonsense." You always have something useful when you offer constructive criticism.

**Control your anger.** Narcissists have a talent for making us nervous, but it is important to learn how to deal with anger in a healthy way. Whenever you're nervous about interacting with the person, try:

- Exercise by practicing martial arts, running, or cycling.
- Write a diary about how you feel.
- Do a creative activity, such as dyeing, knitting, or cooking.

**Set healthy boundaries.** Defining and maintaining healthy boundaries will facilitate your relationship with a narcissist who expects you to always do everything for them. Analyze your relationship with the person and determine how comfortable you feel.

- For example, if the person is a collaborator who always reveals personal information that makes you uncomfortable, you have the right to ask them to stop. Try saying something like, "I don't feel



comfortable with this conversation. Can we talk about something else?"

- Remember that you have the right to say what is acceptable or not for you. Do not turn away from guilt or fear .

**Be careful when dealing with narcissists.** Narcissists often use manipulation techniques to get what they want, so stay smart. Some tactics that the person can use to manipulate you:

- Refuse to speak first to see what you are going to say and use it against you.
- Ask you to meet them at their home or office to take advantage of the environment.
- Overload you with facts and statistics so that you think you are wrong.
- Speak out loud or shout.
- Use decision-making force.
- Make fun of you or make you feel incapable.
- Judge or criticize you. Give it an "ice."
- Pretend you don't know what you're talking about.
- Become a victim by inventing or exaggerating health problems or even blaming you for their unhappiness.

### **Method 3 Recognizing narcissis m**

**Try to identify the feeling of grandeur.** Narcissistic people often consider themselves better than others, an attitude that is very easy to recognize. Pay attention to the things they say and determine if they stand above others. See if the person:

- Seems to live in a fantasy world where they have unlimited power, ideal love, beauty, and success.
- Claims to be special or important and associates only with people they consider similar.
- Behaves arrogantly, making rude comments about how superior they are to others.

**Be smart with people who need to be constantly admired.** Narcissists consider themselves superior and expect others to praise them endlessly. If you find someone who is upset when you are not in the spotlight to be smart and successful, that person is probably narcissistic.

- For example, if you don't praise the person's accomplishments when they brag, they can be annoyed.

**Pay attention to how they treat others.** Narcissists do not usually treat other people well. If you meet someone like this, keep an eye out for the following behaviors to confirm narcissism:

- Explore or take advantage of others.
- Do not feel empathy or acknowledge the feelings of others.
- Envy others or accuse them of envy.

## CHAPTER FIVE:

### **Narcissists at Work: Toxic and Unproductive Environments**

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**A**n atmosphere of organization characterized by uncertainty, fear, criticism, low productivity ... All processes, motivation, and even the simplest behaviors are compromised by narcissists at work.

Those are the accounts that must always be at the forefront of focus and taking all the merits from a tactic that is as simplistic as it is destructive: sabotaging others' rights and health.

Experts in personality analysis suggest that we will all meet someone with a narcissistic profile at some point in our lives. However, the situation becomes difficult and stressful when we come across a co-worker, boss, or some other role in a job sense.

Let's think our working hours cover a considerable part of our time. To that, we need to add the financial factor, the competitive factor, and the personal prediction we want to make in our profession or in a business.

Therefore, having a negative and toxic presence will cause direct wiping out of all of these objectives.

Dealing with narcissists at work on a daily basis isn't easy. Their action is always as irrational as it is exhausting, and our quality of life can be compromised if we don't have strategies to protect ourselves.

In fact, while there is research, such as the one conducted by the University of Illinois and published in the journal of Psychological Science, which tells us that the narcissistic profile has deteriorated in recent years, there is a fact that we cannot leave out: Knowing how to deal with those who already worked with us without succumbing or sacrificing any room in front of others who want it all. Let's see how it goes.

**Narcissists at work: how to recognize them**

The names of narcissists at work are numerous. They are the profiteers, the exploiters, the greedy, those who do not know how to function as a team; those who decide individually without consulting anyone. In essence, they are the ones that create a suffocating and unproductive climate to the point of extinguishing our motivation, initiative, and desire to work every morning.

On top of that, one thing must be understood. There are individuals who may have some narcissistic characteristics or another. Nonetheless, some fall into the small proportion of the population that has a distinct narcissistic personality disorder.

Therefore, there is a spectrum in which some people highlight each characteristic, and others can become more flexible when they receive a warning and even correct their behavior.

Let's see how narcissists are at work; these more classic profiles that wreak havoc on colleagues and on organizations.

#### ➤ **The constant need for admiration**

Narcissists want to be praised and rewarded. They just need to feed their egos. They surround themselves with people to fulfill this need, who can satisfy their need for admiration. They will assemble a sequence of people that will continually tell them how amazing they are, and put them on a pedestal. A narcissist should ensure they always have the most beautiful clothing or the new smartphone to attain this respect. They also reduce their competitors and diminish their achievements because they cannot bear being overshadowed.

#### ➤ **They Accuse Us**

Narcissists would often accuse you of the same things that they do wrong. They transfer to others their shortcomings because they fail to take responsibility. They don't even like their vulnerabilities and feelings of indignity. Narcissists cannot accept the idea that they are "wrong" and "imperfect" and cannot accept the fact that mistake-making is part of regular human experience at times.

➤ **They are devaluing and controlling**

If a narcissist thinks someone lacks talent or ability, they also seek to discourage them. They will condescend to the other by mistreating or insulting them when they fail to accept their "greatness" or completely ignore them. Narcissists use techniques such as sarcasm, relentless criticism, threats, blame, gaslighting (a form of psychological abuse in which false evidence is provided to the victim with the intention of making them doubt their own memory and perception) and humiliation to undermine others, thereby diminishing their sense of self-esteem. It helps the narcissist to feel confident and be in charge of others' lives.

➤ **They take criticism personally**

Narcissists are hypersensitive to criticism because they find it a personal affront to their grandeur. They don't accept that somebody can see them as someone imperfect, so if they do, they're ready to get defensive and often use it as an opportunity to attack the other. They always love to play the victim's part, seeking to get a sympathy that they don't deserve. Although they certainly don't show up this way, narcissists have a very fragile ego, and they personally take things because they don't recognize that different people can have different opinions.

➤ **They exploit others**

The emotions of other people don't matter to narcissists or count for little. A lack of empathy makes it easy for them to take advantage of other people's generosity only to get what they want, without caring about the possible effect their behavior can have on them. Narcissists are exploiters of personal and professional relationships, but they are often actively suspicious, afraid to be deceived. No regret, they take more than they deserve and do not feel the need to explain themselves because they believe they are different and that the laws are not the same for them as others.

## **How to survive in the face of narcissism**

At work, narcissists may cause us to feel drained, exhausted, sinking our hopes of professional development. The problem is much more complicated

as the profile describes our boss or manager, who is still above his workers ' rights.

If and when these conditions become serious, it is always best to ask the company in question for job advice.

On the other hand, it's often suggested that you learn certain things very clearly, quite simple dimensions that can enable us not to lose sight of our inspiration or our goals.

➤ **Always write everything**

When you need verbal guidance about the work, ask that it be forwarded to you by email. The best security is to provide proof of what and why the narcissist said it. It's even better when it comes written directly through email. You can also write down the instructions of the narcissist, and scruple your notes with them. Consider keeping a record of the problems you had with the "narcissist" in writing: the date and time of the event and what happened. Whether you contact a lawyer or HR later, you'll have already written all.

➤ **Avoid confrontation**

The narcissist is looking for ways to overthrow you, whether they make you retreat or even get fired. Avoid giving them a chance. The narcissists are known for discovering and manipulating the weak point. Suppose the narcissist assumes you have kids (you talked to colleagues about your family, and have their pictures on the desk). When the narcissist feels they've been "injured" in some way, they may make a remark asking about your ability to be a good parent.

This point has nothing to do with the issue in question: the narcissist just knows that you'll get angry when they doubt your most important role in life. Don't make them feel that good. Remember, these people to mean well for you, you have to get away from them with all you might. So, log the time and the date.

➤ **Try to understand that it is not a personal matter**

You may have the misfortune to be the narcissist's main target. Typically, the narcissist insists on people doing better than they do at work or maintaining successful relationships with colleagues. They really hate someone who is considered to be "better" than them. Bear in mind that the actions of the narcissist against you have little to do with you: it all depends on them and on the deep vulnerability that they feel. Yeah, it's true; the narcissist is deeply insecure, even if it seems the exact opposite. Understanding that their conduct is not a personal attack will make the partnership with them easier to handle.

➤ **Do not provide personal information to the narcissist**

The narcissist is known for the "What do you think about" man "classic"? Watch out for this pit. He would misinterpret what you said if you respond and tell the colleagues. So, if you said, "I think Giulia's fantastic," the narcissist would tell Giulia that you think she's great, but she could still do better. The narcissist is an emotional addict and is able to understand when people go through a tough time. Better defense? Switch subject.

➤ **Try always to have a witness**

When your selfish boss insists he will talk privately with you, suggest taking others with you as a witness. Using a present witness will cause him to think twice before doing something wrong. Getting a witness also means that if the narcissist were to tell the manager a lie about you, or reveal a fact that happened between you, you'd have someone who witnessed the incidents, and they can defend you.

➤ **Know your labor rights and values clearly**

The lack of ethics is one of the most common issues associated with this trait. It sabotages other people's freedoms and, worse still, it may drive them into lawlessness.

It is also important that we uphold our values, and that we are well educated about our labor rights. For example, authoritarian managers know

how to manipulate their subordinates and staff through illegal and immoral means to accomplish goals.

So, let's stop regretting actions we can prevent by being assertive and knowing where the boundaries are.

In addition, it can be particularly troublesome for narcissists at work. Often, they may exhibit direct abuse or, in other cases, mobbing actions, and many employees prefer to leave their job to escape these circumstances.

It's not easy, we know that, but it's important to set boundaries as far as possible and not give in to this kind of behavior, which is still regular.



## CHAPTER SIX:

### **Narcissism in relationships: what can we do?**

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If narcissism emerges in a relationship, anxiety and fear emerge because the narcissistic men and women even fall in love far beyond what we would think. Yet its loving mechanism generates "a rope," which makes a knot around us. It tightens every day, and we lose more freedom and desire every moment, and maybe our own voice has been robbed.

There are those who claim to be a real "narcissistic magnet". Why is this happening? Is there any reason for not being able to see this sort of profile, and therefore being unable to defend ourselves against it? There are hypotheses that maintain that, on average, this type of personality enchants the most sensitive and empathetic people .

Perhaps there is some form of feedback, in which one nurtures the needs of the other. Nonetheless, it must be said that there is no conclusive data on this topic because, in fact, this profile will attract all of us, regardless of our way of life, age, or status. The explanation for this is because, at first, narcissists are usually very magnetic.

Therefore, exhibiting qualities such as great kindness, liveliness, a strong sense of humor, intellect, self-confidence, and a sparkling extraversion that never go unnoticed is typical of them. Yet certainly underneath that sparkling varnish is the real skin, essentially marked by the impossibility of forming an emotionally positive relationship with someone.

#### **Narcissism in relationships: tips on how to act**

The manner in which narcissism occurs in the connection corresponds to various realities. Thus, it is common for two very unique facts to occur: the first is that narcissism originates from both couple members.

The second is that it is one of the two that simply and evidently engages in conduct that is as detrimental as it is damaging to the relationship itself. There are, without a doubt, two conditions we need to examine.

## **Narcissism in the relationship: when the two acts selfishly**

It is important to differentiate narcissistic behavior from a narcissistic personality disorder. In the latter case, we would be talking about a clinical condition provided for in the Diagnostic and Statistical Manual of Mental Disorders.

Therefore, it may be the case that in a relationship, two people are involved with this personality type or even with this disorder. It is unusual, but it can happen. At the same time, another reality that sometimes happens in the life cycle of a relationship is as follows:

- We set aside the couple's needs to prioritize ours.
- It is not just this emotional neglect that arises. In addition, certain behaviors appear, such as the need for control and the good and bad times when we sometimes want our partner to be close to us and sometimes, we want a distance.

What is the explanation for this kind of relationship? What happens when relationship narcissism comes from both members? What happens is that this bond lies in an abyss in which, sooner or later, it will come to an end. There are couples who have ceased to love each other and yet are unable to take the next step toward a healthy end.

## **My partner is narcissistic, what can I do ?**

The narcissism in the relationship most commonly manifests itself in one of the couple's members. Thus, it is only after some time that the other person becomes aware of the true personality of the loved one. It is at this moment that the admiration that once existed to the open eyes of the narcissist's anatomy dies.

## **Tips for Reflecting and Making Decisions**

- Never doubt yourself. When narcissism in the relationship becomes present, there are only two options left: reacting or getting

used to living in emotional abandonment. If we choose the latter, we will end up doubting ourselves, our self-esteem, and even our own identity.

- Ruptures and reconciliations: are they really worth it? Having a narcissistic partner means living in a roller coaster of distancing and reconciliation. It is possible that at some point, you had the strength to break out of this relationship. However, the narcissist is able to be affectionate and "arrest us" again. Consider what this means for your dignity.
- They want you to value their self-esteem, but where is yours? Narcissists lack a central self. So, to stabilize and strengthen their self-image, they need someone to do it for them. Then they rely on the other person to reassert themselves. Think and think if this is really worth it. Visualize for a moment how you see yourself in 5 or 10 years.

### **Statements to Neutralize a Narcissist**

The key to neutralizing a narcissist is to analyze the validity of what you say or do without being carried away by the charm you usually have. The most important thing is not to be afraid, as they usually seek to intimidate those who confront them.

Neutralizing a narcissist is not easy at all; starting with that type of person usually has a great charm and significant social support. Most of them have one or several really charming facets in their personalities. They are not usually considered narcissistic but are rather touched by a kind of magic wand.

At first, the narcissist often arouses admiration in others. Of course, we speak of the greatest herald of his achievements, which can be relentlessly inflated like balloons. In this sense, if for most people, the "I" is the point of reference, for narcissists, it is even more so.

This type of person often occupies a place of relevance. If so, they usually exercise their reign in a very directive manner. There are often

people around them who worship them, so it is very difficult to confront them.

However, there are ways to counteract a narcissist, and doing so may be simpler than you might think. It takes personality and decision-making skills. Let's look at five statements that set limits on this type of person.

### **1. "No," the magic word to neutralize a narcissist**

The narcissist always wants to hear "yes." You want others to support your views as their own. Wanting others to accept what you say or do is a sign of control. It means that your influence or power over others is intact.

The word "no" is one of the ways to neutralize a narcissist. Not being right or distancing yourself from the ideas you propose inevitably affects your image with us. This makes us part of the team of ignorance because we are not able to see the truth.

### **2. I don't believe you, prove what you are saying**

Narcissists often tell lies that take many forms; sometimes because situations or people increase or decrease. At other times, because they deliberately invent situations that are not true to exalt themselves, to demean others, or to create fantasies around themselves.

If you are dealing with a narcissist and realize that they are lying, do not hesitate to question their claims. Ask them to prove or give evidence of what they have said. Present the arguments that make you doubt the truth of their words. They are likely to react by distancing themselves. However, they will understand that you are unwilling to take each and every one of their statements as true as they are absurd.

### **3. You are no more, no less than anyone**

Implicitly or explicitly, the narcissist is too motivated to show that they are superior to others. So, it is common for them to try to imply that they know more, do better, think exceptionally, or perform better than others.

It is a good thing to remind this person that while they can effectively do, say, or think of something more skillfully than others, it does not make them superior to anyone.

Emphasize that anyone, with sufficient training or under the right circumstances, can also excel in any area. Moreover, insist on the fact that it is possible to be superior in one respect, but also inferior in others, as this is characteristic of the human being.

#### **4. I'm not afraid**

The best way to neutralize a narcissist is not to be afraid of them. Such people base their power on the insecurities and fears of others.

It is someone who is very aware of the weaknesses of others and attacks exactly where it hurts. It's okay to express the weaknesses of others and even to apply low blows to make others insecure.

Not accepting your attacks is a way of demonstrating that you are not afraid. The person takes offense as they wish. Not allowing your attacks to affect you is a great way to neutralize a narcissist. This type of person does not know how to act with someone who is not afraid of them.

#### **5. Don't change the subject**

The narcissist always wants to get away with it. If they discuss a topic and get lost, they will change the subject to avoid giving a reason to the other. If they make a blatant mistake when acting, they will try to divert your attention elsewhere. They are generally very skilled with these manipulations.

If you talk to a narcissist or have to deal with someone like that, it is important to train to prevent you from getting off the subject and winding you up. Refocus on the center point of the conversation. Return again to the essential theme of the subject. It is likely that the person will never admit their mistake, but will understand that they cannot manipulate you.

Neutralizing a narcissist is not easy at all. It takes insight, courage, and decision-making. The justification for this ability is not to let you be a victim of manipulation and contribute to regaining ties with others.

The problem with the narcissist is that, in fact, they do not love themselves. But not to admit it, they use others. Don't let them do that to you.

## **Signs of Gaslighting in a Narcissistic Relationship**

How can you know if you have been a victim of gaslighting? How can you identify the signs of this destructive control and conditioning tactic in time? Answering these questions is of vital importance in order to protect yourself from the deadly artillery of the narcissist, and start the path of recovery, for which it is essential, as will be said later, to break all contact with the person who applies this dangerous form of emotional and psychological manipulation.

Here are ten signs that you may be or have been a victim of gaslighting:

### **1. The abuser takes advantage of the fears and vulnerabilities of the victim**

The narcissist, who has studied the fears and weaknesses of the victim at the stage of love bombing, will use this knowledge in order to subject them to gaslighting by attacking their psychological and emotional defenses and making them feel inferior or vulnerable. For example, if they know a person is very anxious about their body weight, the narcissist will make negative comments so that the individual feels insecure about this aspect of their physical image.

Fear of loneliness, failure, and insecurities are all that are skillfully used by the predator to sow in the victim doubts about themselves and their perception of reality .

### **2. The abuser acts as if they know the victim fully**

The abuser acts as if they are an omniscient narrator and know in advance what the victim thinks and their way of life. They never qualify their statements about their victim and their judgments are always categorical. The narcissist is a specialist in putting labels on their victim and passing judgment on their actions. If their victim tries to defend themselves

or opposes the narcissist, the narcissist will say that the victim is lying or self-deceiving.

Sometimes the narcissist assumes a paternalistic or condescending posture, as if they were worried about the emotional health of the victim, or knew, without consulting the victim to know what they need.

### **3. The abuser will try to make the victim believe that the situations at hand are "normal" situations, which, in reality, are not**

The narcissist will try to convince the victim that what they experience in the context of their relationship with them is perfectly normal and admissible, so the victim must accept it. If necessary, the narcissist will present some cases to prove that what they say is true.

Of course, their purpose is to condition the victim to assume as "normal" clearly abusive situations. For example, in the face of "silent treatment," they will say that in all relationships, there are "silences," and will accuse the victim of not understanding or not supporting them in their need to remain silent. Thus "normalizes" a manipulative tactic as toxic and controlling as "silent treatment."

### **4. The abuser questions the sanity or judgment of the victim**

If the victim reacts to the situation of the abuse they suffer, the narcissist will not only deny it flatly but also thoroughly use it to make the victim believe that they have lost their sanity or judgment. The narcissist will say that the victim is paranoid, or too sensitive, or that they are overreacting, or that they are unbalanced, or that they are very dependent, etc.

All these expressions, which have a quite poisonous effect on the victim, seek to make them believe that the problem lies in them and in their perception.

### **5. The abuser gets the victim to start doubting themselves**

The narcissist, by force of denigrating the victim and invalidating their perception of the facts and of themselves, makes the victim begin to have doubts about themselves, their judgments about reality, and even their abilities .

Over time, the victim becomes an insecure and dependent person who anxiously seeks the approval of their abuser.

## **6. The abuser, given the reality of the victim, has a selective memory**

The narcissist denies some facts and words spoken in the past. They will say, for example, that the arranged appointment was at a different time than the one agreed upon, making the victim believe that they are in error or that they simply figured it out. If the victim tries to deny it without immutation, the narcissist will be offended for doubting their word. All this generates confusion in the person who suffers it.

Another form of selective memory is the "forgetting" of certain important dates such as birthdays, anniversaries, etc. Instead, the narcissist perfectly remembers the failures and mistakes made by the victim at another time and brings them up even by taking them out of context .

## **7. The victim resorts to lying to avoid confrontation with the abuser**

Although the person does not have the habit of lying, because of the stress they experience, they will pretend that they accept the narcissist's point of view and that their perception agrees with that of the narcissist. Likewise, the victim will hide information for fear that the abuser may use it against them.

In this way, the victim avoids confronting the abuser, since each confrontation has devastating effects on their self-confidence and self-esteem, sinking it further into the nightmare of abuse.

## **8. The victim fears to communicate to others what they are experiencing and isolates themselves from others**

The entire process of emotional and psychological erosion generated by gaslighting causes the victim to lose confidence in other people totally, so they tend to isolate themselves and not communicate to others the ordeal they are going through.

Frequently, it is the narcissist themselves who has deliberately promoted this isolation, cutting off possible ties of friendship and family that could serve as emotional and psychological support for their prey.



## **9. The victim questions their own mental and emotional sanity**

Gaslighting completes its deadly arc when it makes the victim themselves begin to doubt their own mental health and emotional balance. The brainwashing that the victim of gaslighting has suffered has dramatically changed the perception they have of themselves and made them to bow submissively under the clutches of the evil narcissist .

At this point, the abuser has fully achieved their goal: the complete emotional and psychological destruction of the victim.

## **10. The victim presents a depressive picture**

As a final consequence, the person experiences all the symptoms of depression: anxiety, lack of motivation, hopelessness, feelings of abandonment and loneliness, emptiness, frequent crying, etc.

The person feels without strength to react, loses vitality, numb and dull.

## **How to Rebuild Self-Esteem after the Relationship with a Narcissist**

When it comes to repairing self-esteem, after the relationship with a narcissist, what we need is self-care and courage. Combine courage to heal wounds and regain lost confidence

How can I rebuild my self-esteem after the relationship with a narcissist? This is a question that many people often ask themselves. They do this by being aware of the consequences that remain after a bond based on suffering and constant boycott. Thus, something that should be known in the first place is that this craftsmanship of reconstruction and healing is not an easy process.

There are those who have spent years with a narcissist. Life next to this personality profile implies, for example, that at any given time, the person opens their eyes, identifying several ideas that they had ignored. The first is that living with these people hurts. Second, there is usually a very long period when you are fully aware that the best thing is to end that relationship. However, the heart cannot; dependence is very powerful glue fuelled by fear.

There are many people who fear ending that link because they don't know how the narcissist will react. Moreover, something common is to fall into the rebound effect; that is, break the relationship and soon, start it again. It is a way back and forth, where even though they make us promises that certain attitudes and behaviors will not be repeated, those attitudes are repeated with the same impunity.

Leaving a narcissist is an act of need, courage, and health. However, after the breakup, an important stage begins the reconstruction of long-abused self-esteem.

*"A selfish person is one who insists on talking about themselves when you are dying to tell them about yourself."*

*-Jean Cocteau-*

## **Keys to rebuilding my self-esteem after the relationship with a narcissist**

Broken bones heal. Wounds, burns, and chafing heal with proper care in a few weeks. However, injuries to the tissue of self-esteem, of self-concept, of one's own values and even of identity, do not heal with betadine or with antibiotics or with the passage of time .

To rebuild my self-esteem after the relationship with a narcissist, I need concrete actions. It is not enough to let time pass because otherwise, the emptiness will remain there, and we will basically be thinking about the manipulation we have been subjected to. No one can find happiness again without the muscle of self-esteem recovered, because that psychological competence threads absolutely everything.

So, let's see what keys can help us rebuild it.

### **1. Blame it off, and it's time to rewrite**

When we leave the relationship with a narcissist, many biases, words, and ideas remain in our minds to deactivate. The things that will help us to effectively deactivate the aforementioned negative thoughts are reprogramming and cancellation because narcissists make their victims

believe that they are inferior, not valid for what they want and their needs are secondary. Therefore, we need to turn certain images off our mind:

- You are not to blame for anything that happened. Whoever harms is the only culprit. However, it is worth nothing to focus on hate and resentment. You have to turn the page, and more importantly, you must take control of your life.
- Make a list of those phrases and images that remain embedded in your mind (contempt, humiliation, situations in which you were always in the background, etc.).
- Assume that those memories cannot be erased, but the idea is that every day, they lose their power over you. Do not tear pages from the book of your life; just pass them and rewrite new chapters after learning from the experience.

## **2. Empower yourself: I am, I am worth, I decide**

At the end of the relationship with a narcissist, there is usually a whole cluster of insecurities. What do I do now? How do I take control of my life? How do I leave behind all the harmful memories? The key is to empower oneself and to empower ourselves, and we must live in the present and not in the past.

- To achieve this, there is nothing better than starting new projects. Often, by feeling competent in new tasks, new jobs, and situations, self-esteem regains its power. We give way to a new version of ourselves.
- Therefore, do not hesitate to meet new people, to make your days have new incentives to put you to the test: other jobs, courses, hobbies ...

## CHAPTER SEVEN:

### **Empathy and Narcissism: Why are empathic people attracted to narcissistic partners?**

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**W**hy are empathic people attracted to narcissists (and disturbed personalities in general), who instead are unable to empathize?

Empaths are attracted by narcissists - and generally by emotionally unstable personalities - because - compared to the average of the population they are in contact with their emotions, they know how to recognize and understand them intimately, at the very moment in which the other is trying them.

The empaths know how to identify themselves with the pain of the other and with respect to the simple compassion, they manage to feel that pain or that joy; they observe and are able to perceive every detail of the internal reality of the other and have a natural propensity for unconditional love.

Empaths are in love with love and know how to relate to each other, even when the other is not willing to connect emotionally.

Empaths know how to glimpse that emptiness, that wound, that sorrow for a profound lack of love and are convinced by strong idealism and optimism that love can heal every wound and that their love will fill the enormous emotional void and self-esteem of the narcissist or of the emotionally unstable person in general.

What an empath does not know, however, is that a narcissist or an emotionally unstable and immature person enters into a relationship (stable or less stable) with the sole intention of procuring vital energy without giving anything in return; for this reason, they first wear a mask of the ideal of love to enter the relationship, and once the conquest phase is over, they will put themselves "at rest," beginning to deny themselves and refusing to provide even the slightest attention, which would be expected in a couple of relationships.

The intent of emotionally immature and unstable people is to be admired, to receive those attentions, and those cares that, in all probability,

are missed during childhood and that the empathic feel obliged to provide.

To succeed in this intent, narcissists deceive the empathic by claiming that they can no longer give in that relationship, not so much because they have no capacity, but because the empath has not behaved well.

The narcissists push the other to feel constantly guilty, in order to raise their levels of emotional performance: "you must give me more and then I, when I have what I deserve, I will repay you, behaving as I did at the 'beginning of the relationship. '

### **How do narcissists make the empathic partner co-dependent?**

The first phase of the ideal behavior of the narcissist is the instrument with which the pathological dependence is instilled in the empath because it constitutes for them one of the highest forms of emotional repayment that exists.

The narcissist in fact, with their magic mirror, will show to the empathic the best image they could have of themselves and the empath - often, the victim of self-esteem based on the recognition of their qualities on the other (seeking approval) - the empathic will fall into the trap of believing that "only through the eyes of the narcissist can they see themselves as beautiful, worthy of love and esteem."

In the wake of this basic emotional blackmail that sanctions the union, the empathic, who is often insecure and suffering from some childhood abandonment injury, will delude themselves to reach the gratification and gratitude of the partner if they always give more .

For this reason, they will tend to cancel themselves, to mold themselves on the other, to meet their needs and they will find themselves in a position of co-dependence, just as they felt as a child in the presence of an absent and an affective parent, who as much as they tried they never considered the child worthy of a gesture of affection.

The narcissist, in fact, convinces the empathic that their story is special and only they can experience those magnificent sensations.

## **Why do narcissists and empaths have something in common?**

*" In a nutshell, narcissists - who know human weaknesses very well, because as children they had to learn to defend themselves, to focus on the illusion of invulnerability in which they have no real need for the other to point to the weakness of self-esteem of the empathic to generate in them the desire for the attainment of a False Self, which does not exist, which the empathic has not requested and which is nothing but a mere projection of the False Self of the narcissist onto the other, a vulgar desire to transform the 'empathic in the rough copy of themselves. '*

People who are emotionally dry and unstable seek only to ensure a constant supply of emotional energy and attention, without giving anything and replacing their emotional and affective deficiencies with greater formal and economic availability in the relationship.

Once the addiction is generated, the empath will be obsessed with making the other happy. They will always be intent on behaving in such a way as to cheer them up, not to irritate them or lift them from various duties that usually sadden them to the point of ruining their own day.

The empathic wants to give the narcissist a better life than they had or to be at their height.

The passive-aggressive strategies with which narcissists exempt themselves from taking responsibility in relationships would deserve a separate chapter, but in a nutshell, they are enclosed in this magic formula: " if you force me to do something I don't like a bore, I will put you on the muzzle, and I'll ruin your day, or I'll do it so badly, believe me ... you won't ask me anymore ".

## **Can a relationship between a narcissist and an empathic last?**

*... Narcissists and empaths, therefore, enter into the relationship with the same "narcissistic" intent: to validate their own value and fill their emotional gaps. The empathic attempts to do this by nullifying themselves, living for and through the other, giving and expecting unconditional gratitude in return, while the narcissist does it by raising themselves and living by feeding on the other, taking and giving nothing in return, for the*

*mere fact that their value must be guaranteed by the constant confirmation of their not having to have duties, except that of existing”.*

The relationship has its own balance until the empathic person has totally exhausted their energies in the titanic effort to satisfy the partner and will try to recover strength to rehabilitate their individual sphere, and at that point, the narcissist will start to worry, because they risk losing their power.

In reality, the focal symptom of narcissism is the constant, unchanging condition of UNBEATABILITY AND NOIA so that even God could not really help them, and this is why empathic partners often take the form of a saint or a sacrificial victim within these relationships without reciprocity.

When the empathic tries to assert their needs, narcissists will turn a deaf ear or better try to confuse the other, deceiving them that their protests are unfounded and their needs are infantile and excessive. The empathic at this point feels persecuted by the conviction that they do not deserve love and that this condemnation will never end when in reality it is the other who owes an undeserving feeling of love because they have given less and are incapable of giving and feeling real feeling and loyalty for someone or something.

The empathic person must learn hard expenses that behaving well in a relationship does not guarantee respect and love; not everyone immediately shows their true intentions, and not everyone has the same degree of affective maturity. The narcissists, in turn, could acquire great growth and great maturity in these relationships, but rarely question themselves, so they will prefer to project the responsibilities of a possible failure totally on the other and move on to the next partner.

# CHAPTER EIGHT:

## The Faces of Narcissism

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We all need a dose of self-esteem to know how to value ourselves and enjoy good self-esteem. Given this idea, narcissistic people grow up and look very safe when, deep down, they feel very insecure. Today we will discover the different faces of narcissism to detect it in others as well as in ourselves.

The main characteristic of narcissistic people is that their self is so large that the space for others - in their focus of attention - is very small. Something very related to empathy, as the thesis points out, the narcissistic personality disorder. In fact, in the eyes of others, they are often considered self-centered. In doing so, they only seek admiration, praise for their accomplishments, and want others to consider them better .

The narcissist can be said to feed on others. If no one admires them, if they have no one to brag about, their power diminishes. Then they may face a lack of self-esteem that causes them so much fear. Therefore, the faces of narcissism are the masks that will be used to escape this possibility.

### 1. The vulnerable narcissists

The first face of narcissism that we will address has to do with those people who put a mask of vulnerability on others. However, behind this is a warning, a terrible fear, and an attempt to manipulate who is by your side.

Narcissistic addict: Here, the narcissist's fear of abandonment causes them to experience a void that constantly makes them blame the other person for anything that goes wrong. Their emotional demands increase as the relationship progresses and they use manipulation to prevent the other person from leaving. Search for love and be the center of attention for someone.

Narcissistic martyr: Here, the narcissist uses suffering to justify their need for support and attention, although no one can satisfy them. They try



to make others feel tied to them by making them feel guilty for not supporting them when they need it.

As we have seen, these types of narcissists have a large void that they cannot fill and use manipulation to gain the attention or affection of others. This type of narcissist generates very damaging and destructive relationships.

## **2. The malicious narcissists**

The faces of earlier narcissism used the vulnerability to draw attention and be the center of attention for others. However, in this case, malicious narcissists use different techniques.

- Vengeful Narcissist: Destroy others by lying, disfiguring, and trampling on them to stay on top. They can't stand anyone shadowing them. So, they try to humiliate and diminish the self-esteem of others whom they see as competition.
- Narcissistic Trickster: You may sound like a really nice and friendly person at first, but that's just a façade. Your best face is nothing more than a weapon to gain the trust of those you will use to feel better.
- Hostile narcissist: Your words are your best weapon used to destroy anyone nearby. Any word they dedicate to this narcissist is taken as a personal attack on their value. Their anger is calm only if they are praised as they expect, with exaggeration.
- Narcissistic tyrant: This narcissist is unable to establish relationships without trying to dominate others. They believe that they are better and that all others are inferior people, so much so that they even consider others objects. Their domination goes so far as to possess others, culminating in abuse.

### **Other faces of narcissism**

There are other faces of narcissism. We also identify these in people who spend a lot of time in their image. Social networks, along with flattering comments from their physique fuel narcissism. Also, they may believe that

because of their image, they deserve to have everything (e.g., a couple, a job).

Then there are other types of narcissists who believe they are messianic beings and are infinite in their teachings. This reinforces their feeling of superiority (or inferiority of combat). "Help" others, even if they don't ask, but try to collect the favor in some other way.

Finally, there are narcissists who pride themselves on successes and achievements they have never recorded (at least in the way they build their history). Its purpose is to reap admiration in others. People around you, when they discover your lies, often change their admiration for the opposite. That's when they usually change the circle and start a story that they know by heart.

### **The Difference between Self-Esteem and Narcissism**

#### **➤ The narcissist has an exaggerated perception of themselves**

The main difference between the narcissistic person and the person with good self-esteem is the self-image. That is, the former is given exaggerated and really distorted importance. The second refers to a much more internal, less inflated, and better-argued satisfaction.

I mean, the narcissist seeks well-being and security through an exaggerated image, which is really a distorted self-perception. That is, it shows a true internal vacuum in which an insecure person hides .

On the other hand, a person with good self-esteem bases their well-being on satisfying relationships. What is more, they do not give their image more importance than it really has. Being a self-confident profile, you don't have to exaggerate or highlight successes in front of others, just enjoy them.

#### **➤ Assertiveness against the need for attention**

A person with high self-esteem is assertive. They can listen, watch, and choose the moments to speak. In fact, they do this knowingly and always add value to their intervention. That is, they have emotional and social

intelligence. In addition, they enjoy the patience that gives them the assurance that when their turn comes, they can express their opinion.

However, the narcissistic profile, given their exorbitant cult of the image, needs attention. That is, they will always try to be the "spotlight," so they will try to become the "center of the party" and let everyone know that they are there. They need constant worship from others.

### ➤ **Empathy**

A comparison of the previous point, one detail in which narcissistic people differ from those with healthy self-esteem is their ability to be empathic. Precisely because the person with healthy self-esteem can develop in the social interaction this patience we are talking about, and this is essential for active listening.

While a narcissist thinks only of themselves and their image, a person with healthy self-esteem is in a better position to connect with others. That is, by not having their attention occupied by the need to please, they can use it to put themselves in the "skin" of others. It is easier for them to understand other points of view, ideologies, and feelings.

### ➤ **Selfishness versus cooperation**

Another key by which we can differentiate narcissism and self-esteem is selfishness. It's easy to think that someone who thinks only about themselves loves themselves well, but in reality, the projects are so full of doubt that they turn out to be their own worst enemy.

So, a person with high self-esteem knows when and how to show generosity and is cooperative while the narcissist is unable to do so. If the narcissist will not get a benefit, it will be difficult for them to make an effort.

➤ **Arrogant versus compassionate**

Arrogance would be the fifth difference between narcissism and self-esteem. While the narcissist shows no compassion for anyone except perhaps for themselves, people who truly love each other are aware of the value and beautiful challenge of helping others.

So, the narcissist, in their arrogance, is usually aggressive, envious, and in need of domination to feel good. They hardly accept criticism and, however neutral, will tend to take it personally ... and not for the better, precisely. They will hardly learn from their mistakes because they find it difficult to perceive them and, above all, to accept them.

A narcissistic person and a person with healthy self-esteem may at first look very similar. However, as time passes and we begin to pay attention to both personalities, we see how this similarity between narcissism and self-esteem is diluted as the mirage of water in front of an oasis.

### **Differences between Narcissism and Egocentrism**

➤ **Egocentrism occurs in virtually all children**

From our earliest months of life, we have been self-centered simply because we have not developed the ability to think in terms of self and others. With age, this ability is improving but reaches its maximum development as it evolves along with the ability to think in abstract terms.

➤ **Egocentrism has a more or less clear biological basis .**

Egocentrism is due to the somewhat reduced functionality of certain neuronal connections, which can be indirectly identified by observing white matter that covers various areas of the brain. This does not mean that it is a developmental disorder or a disease; it may be due to learned behaviors fostered by an environment in which empathy or collaboration is not valued.

➤ **Narcissism has an instrumental component**

Self-centered people need not think that others are worthless or have any power over them, spend little time thinking about them. This is why boys and girls show self-centeredness even though they do not have bad faith.

In narcissism, time is spent thinking of others, but with manipulative and instrumental zeal. Others are seen as a means of building a self-image defined by grandeur.

## CHAPTER NINE:

### Emotional and psychological abuse

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**M**ental violence is associated with physical or verbal abuse. Injuries to a person who has been a victim of sexual assault are not just the harms that arise from the physical damage to their body - the psychological distress that the incident may cause is an integral part of the violence; it is psychological abuse.

Psychological aggression is also paramount. Racism and sexism are often viewed as acts of abuse that someone is subjected to by a government or some part of society. From a legal point of view, understanding that racism is a form of abuse (even though the victim is not physically affected by racist behavior) is an effective mechanism to put some pressure (i.e., a sort of coercion) on those with racist behavior.

#### Signs and types of psychological abuse

Psychological violence, unlike physical violence, is not always obvious, since it can manifest itself not only in the form of screaming, cursing and insulting but also in the form of subtle manipulations of the emotions and feelings of a person. In most cases, the goal of the one who uses psychological violence is to force the victim to change their behavior, opinion, decision, and do what the aggressor-manipulator wants. However, it should be noted that there is a separate category of people who use psychological violence and pressure in order to morally break the victim and make her completely dependent on their will. To achieve their goal, aggressors use the following types of psychological violence:

- **Management, orders.**

Attempting to take a dominant position and commanding another person is one of the simplest forms of psychological violence, and oddly enough, it is quite effective. Many people who do not have strong personal boundaries simply do not know how to say “no” and put the presumptuous “commander” in their place, so they prefer not to go into an open conflict with the aggressor, but to obey their will.

➤ **Verbal aggression**

Verbal aggression includes unreasonable criticism, evil ridicule, humiliation, and insult. Offending the victim, the aggressor sets the goal of morally humiliating the victim and exalting themselves at the expense of the victim, as well as making them justify and prove by deed that the insults are groundless. Humiliation and insult are a rather effective method of manipulation since the person who is humiliated will try their best to prove their own significance and earn respect in the eyes of the aggressor (especially if the aggressor is a person significant to the victim).

➤ **Ignoring and boycott.**

A type of psychological violence is one in which the aggressor either completely ignores the victim or deliberately avoids discussing matters of importance with them. Ignoring is also a manipulative device since the purpose of this method is to make the victim change their behavior/do something in order to be able to communicate normally with the manipulating aggressor again.

➤ **Pressure on a sense of duty or guilt .**

This type of psychological pressure is based on a person’s natural desire to be a good and decent member of society. Feelings of guilt and duty are the “favorite” levers of all manipulators since by triggering these feelings they can force a person to do something that they would not have done at will. Signs of manipulation with feelings of guilt and duty are appeals to

shame and conscience, unfounded accusations of dishonesty, selfishness, and callousness, etc.

➤ **Bullying, blackmail, threats.**

Through this type of psychological violence, the aggressor seeks to arouse fear in the victim and force the victim to act to please them. Moreover, intimidation and blackmail can be carried out not only in the form of obvious threats but also in the form of covert manipulation - for example, the aggressor can convince the victim to take care of them and try to protect them from negative consequences.

### **How to defend yourself from psychological abuse**

More often than we would like, the world is not as lovely as it should be. It is not uncommon to come across indifference or lack of solidarity, but you learn to deal with them. The bad thing is that sometimes you not only have to face the coldness of the surroundings but also imperceptibly end the feeling that you are the victim of psychological abuse with all the letters.

### **It's everywhere**

In front of the abusive subject, there are some that react effectively. They put a limit on psychological aggression without much thought. On the contrary, others respond by being even more abusive, and the outcome is always unpredictable. The one who is best trained to psychologically abuse others wins, although they usually negotiate to get even.

But in many people, especially if they have received a very restrictive, overprotective education or have doubts about themselves, childhood fears, the fissures of self-image, emerge. They are the favorite victims of abusers. They know that a frightened person is a breeding ground for their own petty empire of arbitrariness.



A very strong bond then forms: the abuser desperately needs their victim to compensate for their narcissistic need for power, and the victim feels that it is completely impossible to escape from their attacker as they do not have the attributes necessary to do so.

The bad news is that breaking this infernal circle requires a large investment of energy and value. The good news is that even in the most extreme cases, it is possible to get out of there .

## **Leaving the circle of psychological abuse**

First, recognize your victim status. Do not slip into the temptation of justifying the mistreatment you are getting, please. Every abused person feels inward that one way or another, they deserve this. That is a lie. It is an involuntary reaction, due to disputes in your history with yourself and figures of authority.

Your next move should be helping others find support. Don't search out someone to "bury" you; simply start by explaining your situation to the people you trust. It doesn't matter whether or not unity is part of the problem (as it often happens). Check for the priest. Tell your neighbors. What is important here is not that you find direction, but that you verbalize what has happened. Doing so will most probably make you feel stronger and stronger .

Identify the abuser's signs of bullying. Have them examined. Remember that in every argument, the violence is challenging its importance or undermining it as a human being. Confronted with these comments, the language formulas that reaffirm your presence begin to the opposite. For example, in front of the "You Can't ..." classic, answer with "Perhaps not right now. But I want to be able to learn, and I'm going to try. You should then slowly expand the emotional distance to the abuser.

Never trust him, and begin to move him away from the private aspects of your life. Negotiate not; stand firm. Start expressing your frustration clearly and directly by the way it treats you when you believe this is the

moment. Don't blame him. Doing so will give you a base for making a long list of excuses. You better tell him what you mean: "I feel scared when you scream, and I don't want to feel like that."

Extend the scope of these actions more and more, and you will see how, step by step, you will emerge from the abusive circle. If the situation is more serious and involves psychological or physical dangers for you, do not doubt it: you need to ask for professional help. It is your obligation to consult a psychologist and a lawyer. Do this as soon as possible, and do not allow yourself to postpone it.

### **How to recover from emotional abuse**

First of all, recovery from emotional violence involves a painful experience that has destroyed our self-esteem. Despite that, it's best to stop blaming yourself, because those who trust, who give everything for a relationship, never make a mistake. The "crime" belongs to the dishonest guy, the selfish and crazy guy who does it all by coercion, blackmail, and psychological violence.

When we emphasize the importance of not taking full responsibility for what has happened, it's because it's a really practical reality. Once a person does eventually leave an abusive relationship, it is normal for him or herself or a member of their family to think, "Why have you not left that person before? Why would you be so blind and not see all that was going on?"

It is not so easy. Emotional violence isn't easy to unmask because the mechanisms are both very subtle and complex at the same time. We have to add yet another, no less important ingredient: passion. And we cannot forget that the one who loves is stubborn, optimistic, and dedicated. Thus, these mechanisms are not visible to the naked eye, and if perceived, the brain's very complex strategies are applied to dissuade doubts, to clear a dense fog that prevents the person from seeing clearly what is going on.

Until we finally do it, because, in the end, one is fully aware of what's going on, because sooner or later, when we look in the mirror, we don't recognize ourselves anymore. The person appearing to be reflected is basically a shadow of what we once were .

## **Recovering from emotional abuse, a battle that not everyone can win**

Sometimes, the process of emotional violence acts as a dependency. There's a punishment-reward pattern that locks us in. They give us the most unbelievable caresses in a moment. They are detailed and passionate; then, there are the demands, the coldness, the humiliation, and the censorship that leave sequels.

Affection is linked to violence in an endless chain where we mount ourselves as yet another component of this aggressor-controlled machine. It's not easy to leave the dynamic. Also, let's not believe we end the misery by ending this relationship.

Many people, men and women who eventually manage to get out of an abusive relationship, believe innocently that it is over with this brave step. They think that everything will be better after this decision that everything will immediately change after reaching the bottom of the well and that the recovery will be instant. This is not so, however.

### **Signs that you have not yet overcome your harmful relationship**

- Guilt. One is angry that one did not recognize the emotional abuse earlier and spent too much time with a person who only harmed one.
- The feeling of guilt mingles with anger. You accumulate so many negative feelings that you finally project them onto others.
- You become suspicious.
- In times of euphoria and zest for action, there are moments when you are completely exhausted and have no energy at all.
- Self-image and self-esteem are still damaged.
- Positive feelings are no longer experienced in the same way as before. You feel like you are stunned .

### **Emotional abuse and how to recover from it**

As indicated at the beginning, it is good to reinterpret your own role. In this way, one can manage to recover from the emotional abuse by the partner, so

that it no longer shapes the self-image. One should set aside guilt feelings along with that helplessness in order to regain the old self-esteem.

The following strategies can help.

### **Concentrate on yourself, be brave and take your life in your own hands**

You are not a victim but a courageous person who has to recover from a traumatic past. To do this, one should try to focus on the moment. One must take one's life in one's own hand to free oneself from feelings of guilt and regain control over one's actions .

### **Keep calm**

To recover from emotional abuse means to learn to be responsible for yourself in this new phase of life. Anyone who dares to take this step may well be scared. However, this feeling should not prevail.

The healing of the wounds takes time. One may take some time to recover. After all, every process follows its own rhythm. If you remain calm, you will gradually regain control.

### **Control the reality positively**

After a relationship marked by emotional abuse, it is common for one to congest one's anger. You see yourself in a negative way because you are angry with yourself. In order not to lose yourself in negative thoughts, it is important to develop positive feelings.

- If you feel anger, you should seek the reason to break away from it.
- If you feel lonely, you can start a conversation with other people. It can also help to look for like-minded people who have experienced something similar.
- If you realize that there is no progress, that every attempt leads back to the starting point, and you feel helpless, you should ask for professional help.

Emotional abuse should not be allowed to determine one's own life. You have to find a constructive approach where you can count on yourself as well as your personal environment. With the necessary support, the path to the old way of life is easier.

Anyone can break free from the cycle of emotional abuse. Maybe you will not always survive this process unharmed. However, building a resilient and dignified image of oneself can make one emerge stronger from a harmful relationship.

# CHAPTER TEN:

## Emotional Blackmail

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**E**motional blackmail can occur in friendship, family, or relationships. A blackmailer's intention is to be able to control the other person and turn them into someone who satisfies their desires. This may often be achieved in such a subtle way that the other may not even know they are being exploited.

A person, who resorts to emotional blackmail, though it seems like a lie, is someone who is insecure and vulnerable. To achieve their goals, they need to resort to blackmail, as they don't see themselves as capable of doing things in a healthy manner, even though they seem to be a very safe person.

We then present four forms of blackmailing and how to prevent slipping into this kind of abuse.

### ➤ **Emotional blackmail by pressure or threat**

This form of coercion involves placing pressure on someone else in a way that restricts independence. When the person refuses to do as they are told to do, there will be a later penalty or major upset. Faced with this abuse, the victim's feeling is terror.

The common expression said to their young children by parents, "If you do it again, you're going to be punished," or by someone who threatens their partner, "If you do it again, it's all over!" These are progressive phrases in which there would be a corresponding consequence if the order is not followed.

How can we protect ourselves against this kind of emotional blackmail? We can protect ourselves by letting the blackmailer know they're not in a position to cause us fear. A danger or pressure often seeks to create fear and therefore ends up making the victim obedient. Nevertheless, if there's no fear or if we make the individual think we don't feel fear, then we'll dismantle the manipulation.

The answer to a threat like "If I do it again, it's over" could be "I'm free to do what I want, and if it makes you want to leave me, I can't do anything!" The main thing is to let the individual know that we are willing to handle it instead of embracing the threat or the penalty, and that is not why we should change our actions.

➤ **Emotional blackmail that creates guilt**

It consists in creating a sense of shame inside the victim, making them feel that if they do not comply, they are a bad guy. Phrases like "If you do this, it's because you don't like me anymore," "After all that I've done for you, are you paying me this way? "If you're going to leave me, I'm going to get sick, and I can't bear it," "You've disappointed me; I think you've been a good person. "

What is wanted with any of these sentences is that the other person feels guilty and evil. The victim could be exploited in this way, and would agree to appease the other party so as not to be "badly on the video."

How can one stop this kind of emotional blackmail? One can stop this kind of blackmail by making the blackmailer see that we don't sound like bad people, nor do we think we're guilty of the repercussions that such order fulfillment could have.

There are extreme cases, including the person who says, "If you leave me, I will no longer live." This would be the most delicate example because, in a case like this, it is hard not to feel guilty because we will feel responsible for the other's wellbeing. The reality, however, is that each person owns his or her own life, and we must live in freedom; we cannot be bound by someone out of pity or guilt because, after all, the victim would be the person being manipulated and emotionally blackmailed.

➤ **Confuse, distort**

The blackmailer would continue to misrepresent circumstances until they succeed in putting themselves in a position they're right in; they'll try to become a guide. They will know the vulnerabilities of the victim well to

be able to exploit and will make the victim think they need their guidance to go a long way.

This will seek to establish some form of dependency where the blackmailer is the one who has the facts. In order to make the victim understand that redemption is through denial, they must have claims that can come out of any circumstance.

How do you stop this kind of distortion? To remind the handler that each person sees things differently and that we want to make the decision that we think is the best, whether wrong or not .

And, even if the blackmailer wants to confuse us, we should tell them we don't know we should make mistakes, and we want to make our own choices.

#### ➤ **Positive promises and gifts**

Another type of more hidden blackmail that doesn't even look like blackmail if we fulfill each other's wishes is the promise of something very positive. If we do as the blackmailer demands, we are awarded or presented with something that we really want.

Typically, parents do this with their kids, "If you're going to spend the year, I'll give you a bicycle," "If you're going to visit your grandmother, I'll buy you some sweets." When a child desperately desires something, it is natural for them to do their best to achieve what they desire.

This case is positive because the order given by the parents is positive for the child, but there are other cases where the order tries to trick the victim, such as a passionate person who wants to win over a girl with financial problems. The blackmailer offers some rewards. He knows the victim would be persuaded to come out with him.

He might be able to conquer her by solving her problems, but at the end of the day, realizing that her problems had been solved, the victim would realize that she had been bought and manipulated, as the ratio drops to 50 percent in times of despair.

Another similar way of blackmailing is to remind somebody of the gifts they have been given and the amounts they owe, like, "Remember the gifts



I have given you?" What I paid you, remember?" It's like saying, in a subtle way, 'I've given you a lot of material things, so you have to obey me.'

How can we not give in to manipulation of this sort? Reminding the blackmailer that each person is free to pay or give whatever they want, and that's not why we're obliged to give the favor back.

We must always be at the same height as the other in any form of relationship, be it in a friendship or in a romantic relationship. It's an exchange, and it has to be reciprocal; the moment someone tries to take on a different role, the alarm sounds. Especially if someone is having issues, a good person is helping in a normal way, but if someone uses the opportunity to put themselves in a "hero" role and leave the other person as a "victim who needs to be rescued," we may end up in a deceptive environment.

### **Emotional blackmail with children: a sad and harmful occurrence**

Unfortunately, childhood emotional coercion is part of the infancy of many people. Many parents get their kids to do what they want by guilt, terror, coercion, threat, and sometimes also with patience and care. On the other hand, many parents are unaware of the effects this activity may have on their schooling and relationship with them.

The emotional blackmail of children is a very enticing form of manipulation to make their actions conditional. Blackmail is a learned trait, that is, children may learn to use it too. On the other hand, it's a rarely deliberately chosen form of influence but somehow validated by how powerful it is the first time it is used.

There are thousands of stories on children's emotional coercion, talking about when children make fun, tannery, and threats to get what they want from their parents. The truth is it's a learned behavior that starts from home. When parents say things like, "We won't love you if you don't get good grades," "If you're naughty, Santa Claus won't bring you a Christmas present," "If you don't fix your room, we won't buy any more toys," etc.

### **Why resort to blackmail?**

We sometimes resort to extortion because it can regain power, and without protesting; otherwise, we do not know how to recover or make children follow us. Think control isn't associated with guidance? Telling our kids what to do, how to do it, and punishing them if they don't do it minimizes their decision-making instantly. Therefore, we have created an excellent breeding ground for future dependency or rebelliousness on them.

Using emotional blackmail with kids can be the worst cure for our parental vulnerability, one of the worst forms of "protecting" ourselves from a child's questions. It may also mean that we have little patience in respecting their time and low tolerance in understanding that they can do things in their own way and that this may vary from ours.

By applying emotional blackmail, you can arrive less tired at the end of the day, make more comfortable decisions for them, or get them to do what you want. But the long-term what? This strategy, as we have already noted, can become very dangerous.

### **What is the reason for using emotional blackmail with children ?**

Emotional child blackmail is a form of coercion that leaves them with no choice. They will probably obey us. But sooner or later, this strategy will cease to be effective and is likely to be used against us, as we are the ones who teach them how to use it. On the other hand, like every kind of extortion, it is a tactic that will hardly end up creating any sort of positive feeling.

The blackmail target may see a rise in frustration, which they cannot understand but which will eventually expand over time. They can recognize much faster than we expect as they try to exploit them. So, nobody likes being tampered with, right? So, they can feel the presence of people blackmailing them as a threat, like people they don't want to be with because they don't make them feel good about it.

In this context, many people use emotional blackmail to get signs of affection with children; the attraction that would be reduced specifically by the use of this strategy, if it exists. But, as we have already said, they will soon learn to use it to their benefit, because they recognize that it is a valid strategy because those who want it well are using it with them. Therefore,

establishing relationships that aren't superficial or instrumental will be very difficult for them.

### **Why are blackmails not a good strategy?**

Blackmail is ineffective much of the time because it's threats that aren't fulfilled in the short or long term (no father would stop loving his son because he didn't repair the room). Psychologists have seen (and tried to convey more or less successfully to parents) that these threats have a brief success and an extremely sad ending.

For this kind of coercion, it's doubtful that the kid will decide that it's safer to arrange their room because it's going to be easier to clean and because they're going to be able to find something they're looking for more quickly. You can hardly learn that brushing your teeth is better for your teeth, despite how little fun it's on some nights. Therefore, most likely, the actions we intend to enforce will also vanish when the threat fails or stops generating results.

Blackmail does not teach our kids to learn how to fix problems or do something because it's the best for them or because it's what they want. In a moment, they change attitudes and suddenly, without actual improvement or internal or permanent motivation. Therefore, if we threaten without fulfilling the clear demand, if the child does not comply, then we lose credibility.

### **What are alternatives there to emotional blackmail?**

If we want to do something, particularly when they're really little, it's easier to support or accompany them rather than, for example, putting orders on the sofa. The best resource available, if they're older, is that they have the possibility to imitate our example. Our kids aren't robots, so even robots react and do stuff first; thus, you'll probably have to repeat things for them to do more than once, and that pause isn't the result of laziness or something deliberately chosen to punish us. We have a different speed and are improving in most cases.

Negotiating, giving choices, and listening to what they have to say is crucial too. When we want them to do something, we must first ask whether it suits their needs or ours and if our need provides alternatives, times, and particularly reasons as to why we want to act or not to act in any way. The most powerful way to clarify the implications of doing so is when it's relevant to them, their well-being, and their future.

If we set coercion aside in our children's education, it's easier for them to end up pursuing activities that benefit them and their environment. They will have a chance to be if we encourage them to be smart. They may need to work a little harder, compromise, and be more involved in their education, but they can grow up to be more confident, more self-esteemed, and understand the importance of effort and practice. It's worth a try, right?

### **Phrases That Should Never Be Said to Your Partner**

- "Let me clarify how to do it": this sentence is especially dangerous when it's spoken in a situation where one of the relationship's members is upset. It can stress or exhibit superiority, depending on the tone, which can even offend the person listening.
- "My ex did it this way ...": never equate your partner to past relationships, not even in the context of a joke. The fact that you're thinking about a person you've been with may badly affect the person you are living with at the moment. Think of the opposite case when the contrast is in favor of your current spouse, which may also be soothing. Want to be referring your girlfriend to your ex all the time? And, what's worse, when you compare your ex to you?
- "If you really loved me, you'd ...": this sentence is secret extortion. If you do this, it will make your partner believe they will never succeed or do what they want, no matter what their emotions or tastes are. To show the love that he has for you, he doesn't need to do anything you want. If this action succeeds in the short term, it's demonstrated that it turns into resentment and hatred in the long run.
- "Why can't you be like ...?": that sentence can end in many ways, from your ex to a very close friend, going through the

husband or wife or friend of your friend. Avoid comparing your partner to anyone else around you, whether that person is present or past. You've married, or you're living with your partner because you love them, so don't expect them to look like another. It is likely to cause frustration and even guilt that will eventually cause social isolation, which can be very difficult to overcome.

- "You're behaving like you're ... (mom or dad)": this can be good, but it can also be bad; it depends on how it's being said. When your relationship with the person you are compared to is not very good, don't want your partner to feel bad about it. It's very natural for your partner to act like your parents, as they were the ones who brought you up and taught you everything, not to mention the DNA legacy. Of these sayings, the feelings you'll arouse can be really intense, more than you can imagine.
  
- "You just have to feel this way!" Nobody in the world likes to hear a 'be the guy' from their friend! "Or" be a woman "because the person obviously wants masculinity or femininity; it's like tossing them on the floor and driving them over with a car. Saying such things will damage their self-esteem and your relationship in particular.
  
- "My ex paid more attention to me": again, don't equate your current partner with other men and women (much less with any ex); also, don't suggest that your way of behaving is better or worse than that of others. That's never going to motivate your partner to give you what you want or need. On the contrary, it's going to raise alienation or frustration.

## **Manipulative Victimism**

Victimism can be very helpful. A person who, in one way or another, is a victim of something ends up being spared the criticism of others, and has the compassion and understanding of many people, whatever they do. In fact, those who question an alleged victim's actions can even be seen as heartless or insensitive.

Victimism is often a strategy that brings more benefits to the person than problems .

This condition allows us to create a kind of immunity that makes it appear that all the victim says is true, and that all he does is well-intentioned. But in some cases, this calculated victimization hides blackmail, whether conscious or unconscious.

## **The victims**

There are real victimizing cases. The person can encounter a situation in which he or she experiences violence or an excess of power, where there is no chance to respond or defend him or herself.

For example, if someone is being attacked on the street, the person attacking can have a power that the victim cannot face: it may be a shield, a uniform, a place, etc.

This sort of situation gives rise to an objective victimization state. But it's a passing disease which shouldn't be used everywhere as a mark the person takes with them .

Continuing to be a victim after leaving a situation of concrete impotence is a choice, not a final fact.

One thing is certain: the victim needs care, compassion, encouragement, and affection. To get out of its shock and weakness, the individual needs the commitment and understanding. And that's not something that's discussed.

We are really thinking about victimization as being an existential place. That is when a traumatic event becomes a kind of everlasting token of identity. The person uses his / her disability as a victim, not because he/she was witness to something or witnessed a crime, but to receive rights he/she would otherwise not be able to obtain.

It is the kind of person who makes a kind of carefully planned program for their suffering.

In more extreme cases, victims feel this provides them with "carte blanche" to hate or harm others.

## **Recognizing manipulative victimhood**

There are some signs that help us to identify who fits in this circle of manipulation and makes victimization their way of life. The main ones are:

1. The person who makes use of victimization does not speak directly what they want but sends inaccurate messages in the form of complaints or regrets.

For example, they say: "Nobody knows how much it cost me to get here." So, you don't know if the person wants your recognition if they are complaining because they believe it costs you less, or if they want your help for something in particular.

2. You feel a little guilty when you're with that person. Every conversation you have with them leaves the impression that you are responsible for something, but you cannot define what it could be. You feel sad or vague discomfort with yourself.

3. The victim is also afraid and suspicious .

They often alert you to the bad intentions of others. They use the suffering of the past to justify their evil. And they may even accuse you of insensitivity or apathy if you criticize them.

4. They are capable of making great sacrifices for others, without anyone asking them for anything.

When a person has these characteristics, we are dealing with someone who has assumed the role of a victim in life.

This person is certainly not happy to have this type of behavior without real meaning.

In any case, they are someone who did not close the cycle of their traumatic experience. They need your understanding and your sincerity.

The best way to help someone like that is to say affectionately and directly what you think of their attitude .

## **The three masks of pathological narcissism**

The masks of pathological narcissism are deception tools used by narcissists to conceal both their motives and their true state. Such people don't want to seem to be petulant or rude. Therefore, they conceal these characteristics behind these mechanisms. Often this is successful and ends up frustrating those around them.

The narcissism is the inflated confidence and admiration that someone has for themselves. Therefore, there is talk of pathological narcissism when an individual overestimates who they are and, in effect, has an unhealthy need for others to respect them. This is because, deep down, there is contradictory disdain for themselves.

Those who have distorted narcissism can be very destructive to others. In their willingness to assert themselves, these people can be manipulative, cruel, or abusive toward others.

They do not do this consciously; they are wrong about their behavior. They build the masks of pathological narcissism to convince others that their pride is not excessive. These are the three most typical cases.

### ➤ **Fictitious self-improvement**

One of the masks of pathological narcissism is a fictional self-improvement. It is simply a cycle of progression, transformation, or development, not to be better but to excite the respect, envy, or submission of others.

The pathological narcissism has one of its characteristics: it has certain self-esteem called 'conditional self-esteem.' That means the sense of personal value does not originate from genuine self-esteem but depends on other people's appreciation of it.

This kind of individual, therefore, strives not as a goal but as a means. Their final goal is to inflict on others, to make them contribute to their projects or feel inferior to them .

Anyone who flaunts it again and again and publicly boasts of their progress is often condemned as using this mask of pathologic narcissism. They are also criticized for not acknowledging or congratulating other people enough.



➤ **Sacrifice yourself, one of the masks of pathological narcissism**

It is one of the most disillusioning masks in narcissistic pathology. It has to do with a person's behavior, which is meant to help people solve their problems, and which does not involve him or her. They also take away products and rights or suffer for others through difficult situations.

The problem is that they do not actually intend to do something good for others. What they want is to give others authority and reliance. Sacrifices enable them to wear a veil that is supposed to be kind, generous, or gives up. This is only to conceal a much more egoistic aim: to exalt oneself.

This sort of mask falls really quickly, just like in the previous case. Those who risk themselves quickly make it clear for others what they are doing. Such individuals may try to make them feel guilty of "support," which needs special treatment or greater attention. They need a superior position over others. They frequently experience true victimization dramas.

➤ **Fantasies of grandeur**

Those with pathological narcissism develop grandiose delusions. They feel better at first than the rest, at least deliberately. They are constantly comparing and winning in their eyes. Even if it is not real, they are the strongest, most compassionate, the most intelligent, etc.

One of these people's characteristics is their sense of a "right to blame." In other words, they think that they are officially allowed to get angry. Their vengeance is sweet. Other people are responsible for it if they explode. When you scream, it's because you cannot believe someone so good as you are unreasonable. When they are offended, injustice must be prevented, or any other commendable aim accomplished.

Others are sometimes persuaded. The most common causes are the bosses who misrepresent their employees for their supposed desire to improve everything. Sometimes a whole band is the victim of these great fantasies.

The masks are the tools that cover up the I Pathological Narcissism Through the eyes of many, and the narcissist does not want to be seen as

such. This is why they use these instruments, which enable them to disguise their fundamental characteristics: a person who acts in this way, who suffers very deeply, who needs help, especially.

## CHAPTER ELEVEN:

### What traits define a psychopath?

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Psychopaths typically have a wide repertoire of behaviors that trigger one or the other, depending on what's going on around them and when they are. If need be, they can act like chameleons. They are like competent actors on the scene, showing the most promising character to reach their goals to the rest of the people.

We could say they're charming liars. In the beginning, they show themselves to be people we can trust, they are kind, with money, but over time they exploit us and trap us in their spider web, full of false promises and lies, without knowing it.

This is another characteristic that comes into play in their relentless search for new challenges, through which they succeed in ascending social ladder steps to achieve higher positions, thereby gaining more influence and exploiting others. But in that quest, they keep themselves safe and endanger those around them. That is, never risk their well-being or position, but that of other friends, family, or individuals.

In their movements, they also tend to be secretive and cautious, moving perfectly within the legality of social norms, even if they disagree with them. This is not to say they never get caught in their tricks of manipulation. They are people who are not responsible for their mistakes, as they are having difficulty accepting them. They usually do psychological counseling for this reason.

There is currently no effective cure for this condition, as most experts believe that it is somewhat difficult to re-socialize, even though they are now starting to incorporate some interventions that display some effectiveness in reducing recurrence. These programmes', in a structured and specialized environment, are carried out in specific centers .

#### **What Happens in A Psychopath's Mind?**

The word "psychopath" takes our minds straight to different icons of modern culture.

Not everybody fits in with this disorder we define, but in general, cinema, television, and literature are full of fictional and real characters that simultaneously evoke interest, terror, curiosity, and rejection.

Why is it that we attract so much? What is it that holds our attention in their minds and in the way they act in search of possible explanations and justifications for them?

Psychopathy is a member of the community of personality disorders. That is, a way of being that is characterized by threat-dominance, no feeling of guilt or remorse for what you are doing, and manipulation to attain your own interests - All this under a façade of absolute normality.

### **Are they mentally ill ?**

Confusing the psychopath with the psychotic is one common thing. The main difference is that the former presents no hallucinations or other forms of irrational thinking and does not at any time lose contact with reality.

In fact, in statistical terms, the presence of these people in society is very small, although their criminality when they commit it is disproportionate. The diagnosis, however, should not be confused with an offense. Many psychopaths are a part of society.

In the business world, in cases of gender violence and in the case of great statesmen (Stalin, Milosevic, Mugabe, Hussein, etc.), this figure has been researched. Industrial psychologist Babiak has conducted work in which a standard sequence of performances may even be described .

### **What do they feel? What do you think?**

Cleckley has set 16 conditions for this. In his list, we consider a lack of basic affective reactions, inability to love, lack of nervousness, charming personality, lack of feelings of guilt and shame, use of lies, and, among others, an impersonal sex life.

Psychopaths, in fact, differ in two types: primary and secondary.

The former is arrogant, unrepentant, dishonest, and has skewed relationships with others, and may exhibit arrogance. If they use aggression, it is typically for their own advantage as a means of getting something.

Secondary students find it hard to bear boredom, are impulsive and violent, behave without thinking about the consequences.

Studies of the ability of psychopaths to empathize have shown that they have no problem feeling empathic with the happiness of other people but not with fear. You have trouble feeling remorse toward other people. An emotional reaction is not present.

### **Are there bad people by nature?**

There are many hypotheses, and some suggest a biological basis for the main cause. One is that of little fear.

Researchers used the experience of fear in the face of danger/punishment as a guide and the fearful reaction to the signs of danger/punishment. We believed key psychopaths were afraid.

If the person does not experience the feeling of fear of danger or punishment while young, there is no emotional awareness and, therefore, potential signs of threat or danger are unlikely to be responded to with fear. This is critical in shaping knowledge that is acquired throughout its formation from the experience of fear and socialization .

This type of person is known to have a low brain response to images of fear, pain, and suffering (small activation of the amygdala, responsible for processing and storing emotional reactions).

Studies by Yang, Raine, D. Phil, and colleagues, actually suggested that psychopaths had a much smaller brain structure. Hence, they have a fragile consciousness based on biological differences with respect to the rest of the population.

The key researchers found that they have great difficulty in acquiring new fears associated with social norms, have little fear of punishment and its effects, and have greater difficulty in acquiring the aspect of escaping the danger/punishment that is so important to human consciousness.

And, despite the features, science and biology itself ... The final question is: do psychopaths know the difference between good and evil? And the answer to that is yes. We know how to properly calibrate between good and evil, and know what they are doing when they hurt others.

In reality, scientifically speaking, there are bad people, and work is still being done about it, but luckily, the vast majority of people belong to the other party.

## **How Psychopaths Use Gaslighting**

Psychopaths are well known for their manipulative conduct. Often, they manipulate the truth by telling lies to other people to get a specific response from them. They can do it by gas-lighting. Maybe the psychopath has done something bad, and they're trying to cover it up by telling lies. That way, nobody is going to suspect they have done anything wrong. But sometimes the gaslighting is clearly aimed at one particular person.

Psychopaths use the most gas-lighting on other family members, such as their spouse or children, to accomplish some greater goal they set out to make themselves appear in other people's eyes in a certain way.

Psychopaths pick their victims. While their children are most susceptible to cruelty, the victim must be someone with few allies and few people who believe in them. For example, if a child were to be a loner in school and separated from the rest of their friends, their parents or any other adult's life would make them the prime candidate for gaslighting.

Isolated children have nobody around to see the gaslighting being done to them, making it easier for the abuser to get away with it. Nowadays, as you look at the growing popularity of homeschooling and social isolation through the growing use of the internet, more children become isolated. It means a psychopathic parent would have a much easier time gassing their kids than they would have before the technical era we live in today .

If it comes to gaslighting other adults through psychopaths, it may become more difficult when adults have the opportunity to encounter more people. Psychopaths typically manipulate their friend or girlfriend, because they have more power over them. A spouse in love with their psychopathic

partner will be more receptive to the lies told because they trust their partner and want to believe in them.

This gives the psychopathic partner a huge advantage in pulling off their gaslighting technique because all it takes is a few sentences without having to prove much. What's worse, the victim will often stick up around others because of their love for them. This causes others to see the psychopath in the same limelight as their partner, only further enhancing the abuser's success.

### **Differences between a Psychopath and a Sociopath?**

Let's be honest: who has never had a psychopath or sociopath as a neighbor, classmate, colleague, or ex-boyfriend? And still, if there is a major debate ... Actual boyfriend. Typically, we interchangeably use the words psychopath or sociopath to refer to a person who deviates from social norms, acts without scruples, lacks empathy, or is simply a natural manipulator...

Will we ask, though, what are the real distinctions between a psychopath and a sociopath? Then a brief dissection of the two profiles will allow us to use them better and also to decide whether the person we are talking about fits in one of them or if it is simply not quite sociable.

### **Common points and differences**

The relation between the two behaviors is in antisocial behavior. For all psychopaths can be diagnosed with an antisocial personality disorder. However, this does not happen the other way around .

The principal distinction will be the cause of this activity pattern. In the case of sociopaths, we are talking about a shift in behavior triggered by brain damage or childhood trauma or a form of personality that, in the case of psychopaths, is the result of biology for the individual.

In this sense, according to geneticist David Lykken, the psychopath's personality will result from underdevelopment of the part of the brain, which regulates impulses and emotions.

## Core psychopathic traits

The psychopath cannot be considered a psychiatric patient because they are the main character in their acts and not just a spectator who ignores what they are doing. That is, the psychopath behaves under their duty, discerning their conduct and in their daily life without feeling discomfort or any intervention .

The main characteristics of this type of personality

With respect to the emotional and interpersonal area:

- They show enthusiasm and superficial charm.
- They are self-centered, with a great sense of self-esteem.
- They do not experience remorse and guilt.
- They have a great lack of empathy with a tendency to lie and manipulate.

*And, with respect to lifestyle:*

- They are impulsive.
- Their behavioral control is poor.
- They need continuous arousal (they only respond to powerful stimuli).
- They have no sense of responsibility.
- They suffer early behavioral problems.

Forensic reports, on the other hand, indicate some other features: high self-esteem, meticulousness, perfectionism, rigidity, and obstinacy. In a nutshell, we could say that, without becoming emotionally involved, the psychopath sees the human being as an instrument for achieving his ends.

In this way, psychopaths are typically well trained, with stable relationships and careers, and as odd as it may seem. From here come the usual statements of neighbors who, after learning that the neighbor on the fifth floor is a serial killer, announce that they have "always welcomed me in the elevator."

On the other hand, because of their difficulty in integrating thoughts and emotions, it is very difficult for psychopaths to understand emotional experiences, so that they can identify feelings and call them by name but



not experience them. In certain words, they are able to mentally grasp them, even to mimic them, since they have understood that a situation produces a certain sensation, but they are not "normal engines of action" for them .

## **Who is a sociopath?**

Experts clarify that in the broad sense of the word, the sociopath does not have a mental disorder. It is estimated that at least 3 percent of males and 1 percent of females have sociopathic traits in their personality profile, according to psychiatrist Jose A. Posada.

Sociopaths are individuals with a set of behavioral behaviors regarded by most of society as antisocial and illegal but regarded natural-and even appropriate-by the subculture of the social community in which they live.

Like psychopaths, sociopaths, in particular, may have a well-developed conscience and a strong capacity for empathy, remorse, and loyalty to other people, but their perception of what is right or wrong is focused on their group's values and expectations .

Jose A. Posada lists as some of its main characteristics:

- It is amoral, impulsive, and irresponsible.
- You are unable to love.
- Without a life project.
- They are not ashamed or learn from past experiences.
- Their effective reactions are poor or inadequate.
- They have a poorly integrated sex life and deviated sexual practices.
- Often manipulates, lies, steals, and scams.
- They can attack physically and psychologically.
- They make use of alcohol or drugs.

Many studies show that sociopaths appear to be anxious and easily change. In addition, due to their difficulties in adjusting to teamwork and remaining in one place, they typically live and work alone.

When psychopaths decide to commit a crime, they prepare every detail carefully. Ted Bundy would be a good example of an organized and psychopathic serial killer. On the other hand, the majority of crimes committed by sociopaths tend to have a spontaneous and disorganized profile.

Psychopathy means the patient has no conscience and no sense of morality. The sociopath is an indicator that, while its definition of good and evil is unique, the person has a sense of morality and a well-formed conscience.

Sociopaths may experience an emotional bond in particular only with a few individuals, such as a family member or relative, and only in limited circumstances. On the other hand, psychopaths actually cannot empathize and develop true emotional connections with others. Precisely, the tendency of psychopaths to mimic the emotional bond effectively makes them especially dangerous, because they succeed in committing their crimes with great success.

# CHAPTER TWELVE:

## Why toxic relationships affect you

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Unfortunately, toxic persons are a common phenomenon in the society we live in. It is an utterly needless evil that has implanted itself among us with great force.

Because there are toxic people everywhere, it's very hard not to relate to them or prevent them from entering our circles. So be aware of them and know how to identify them.

Identifying toxic persons isn't always easy. There are, however, forms that usually don't crash. Since they have learned to camouflage very well among the crowds, it is important to find strategies to keep them away from us and our climate.

### How to identify toxic people

At every point in life, we are all obliged to deal with toxic people, experiencing more or less the impact on our lives and self-esteem because of dealing with this sort of personality. Nonetheless, finding certain circumstances in which we are being victimized is not always easy.

The types of toxic people can differ, but knowing how to recognize them is important because this is the first step in being able to neutralize their effect.

### Signs of a toxic personality

There is clearly nothing to suggest that friend, co-worker, partner, or family member at the university is actually a toxic person. It is necessary to leave the surface and begin to examine the specifics of his behavior, as his behaviors are, to realize then that living with him/her is something "strange."  
"

Do you know those people who kill our happiness and can infect us with pessimism and dismay? People who always have an arrogant attitude and are unable to admit a mistake, transfer responsibility to someone else and exploit it so that they also think it is so? Toxic people are the ones who neglect their weaknesses, take without sharing, are not trustworthy, and still enjoy being victims.

We definitely are talking about people that are contaminating the whole system. They are personality traits that usually have a very harmful effect on their environment, reinforcing with others' weaknesses. Some questions help deepen the reflection and decide whether living with the person concerned is entering the "danger zone":

- After being with him/her, do you feel emotionally tired?
- Do you consider certain attitudes or behaviors of that person to be extreme?
- Upon hearing your comments, do you feel uncomfortable ?

If the answer is yes, it is important to turn on your alert system, look more deeply, and try to change the way you have behaved in this relationship.

## **Types of toxic people**

To identify the toxic people around you, watch out for these signs:

- Controlling people: they know everything, have an opinion on everything, and do not stop to listen to others. They believe they are able to do anything and in the best possible way. Those who live with individuals like this will never have a voice.
- Victimized people: they spend their entire time lamenting their "misfortunes," but do nothing to change their situation. They always find a culprit to blame for their own mistakes. This constant victim posture influences any mood in a negative way and ends up infecting those around you.
- Arrogant people: they are individuals who try to be self-confident, but who are actually arrogant and act to intimidate with false superiority. They are unable to accept the success of others and, therefore, always minimize the achievements of others.

- Liar people: exaggerate, make up stories, and you will hardly know what to believe. Furthermore, you can never count on them in a time of need.
- Negative people: resentment is the keynote of all the relationships that this type of individual establishes in his life. With coexistence, this irritable and suspicious posture ends up sucking all your energy.
- Greedy people: ambition reaches harmful levels, and the person is willing to get what they want or think they deserve, whatever happens. They want everything, including what belongs to you. And as the list never ends, they enjoy the process of conquest much more than the goal achieved .

### **How smart people deal with toxic people**

- **Don't pay attention to toxic people**

What toxic people really want is publicity. They want to see them and make them feel secure. They will seek to ensure that each event or circumstance focuses on them at any cost.

Once you know that one of these people has fulfilled your wish, forget it and pay no heed. When the toxic person dominated a discussion, change the subject and allow someone the chance to talk.

Most commonly, this person tries to attract the conversation where he feels comfortable. You can prevent this by saying that the subject is over and you're on another subject.

The toxic person will walk away in minutes. Over time, you'll move away when you find you don't get the publicity you're looking for.

- **Don't tell your secrets to gossip s**

How badly can the person who doesn't know how to keep a secret do! Toxic people have no problem with spreading the word. In addition, they criticize and speak ill behind their backs.

It is sometimes difficult to identify these people because they tend to appear reliable and loving. But there are signs that will help you:

- They speak ill of others.
- They always comment on the secrets that have been entrusted to them.
- They try to get people to trust them as soon as they know them.
- When you make a comment about another person, they will tell him/her.

The best antidote for gossip lovers is to tell them nothing. Simply live your life without inviting them. If you entered your social circle, keep your distance.

➤ **Spend time, a lot of time, with your real friends**

Smart people know a strong support network is important in life. When you have this, you're not even worried about toxic people. You'll have friends who love you when you need them. Smart people know true friends are more precious than material things.

➤ **Avoid manipulators**

Smart people know manipulators can destroy a lifetime. Those who exploit harm their goals.

To avoid manipulators, first, learn how to identify them. You'll know they're manipulative if your emotions get negative.

It's the people who make you wonder if you're doing things right with a hurting feeling.

➤ **Let liars get involved in themselves**

Toxic people tend to lie compulsively about others and themselves. You must convince yourself to tell the truth to feel better. Unfortunately, they always find lies.

Intelligent people aren't angry with lies, nor do they argue, they're just letting down the truth.

This tends to happen sooner or later, because it's hard to keep a false story, and contradictions don't come long.

➤ **Don't get involved in dramas or discussions**

Toxic people argue for anything as experts. If something goes wrong, get ready for a fight and a drama that will last for hours.

They like to talk about their issues. They enjoy being the highlight and don't miss the opportunity .

In this situation, act rationally. Try to talk calmly to the toxic. If you can't, finish the conversation by suggesting that they can't find a solution and ask them to look for one later.

If the problem has no solution or you don't want to solve it, just say it's no longer your concern.

## CHAPTER THIRTEEN:

### How is manipulation present in everyday life?

The appearance in the daily life of small examples of coercion is much more normal than we think and is not necessarily grotesque or negative. Let's start with an example by illustrating this point.

Imagine you're walking through a subway station, tired of a long day at work, lying on the couch, and devouring the entire refrigerator. All of a sudden, you start to smell the delicious aroma of a cake, and memory takes you to your childhood. In the meantime, a guitarist plays the guitar on one of his favorite tracks. Could you please give him a coin ?

Nature affects all humans. We don't need a deceptive master to make our brains succumb to feel any faster than to reasoning and reflection.

How to spot day-to-day manipulation? How do we know when we're being used? Let's address those points below.

#### **The little examples of everyday manipulation**

It is natural that we do not resist any speech that will please our ego and promise us happiness. Some of the techniques of our social interactions and existing performance discourses allow subtle and clear use of persuasion.

Manipulation has a strong influence on us by nature, beings that are communicative and emotional. In reality, the most trivial attitudes and behavior often make us persuaded .

We may be the kind of people who are moved by requests from their children to play a video game longer, although we know we shouldn't. We are experts at playing with our emotions and testing us constantly.

Kids are indicative of the very early emergence of deception and its methods.

#### **The perverse manipulation**



Being mindful of this inherent inclination that is present in us all, we cannot feel bad for wanting to use all the opportunities available to get what we want. To a larger or lesser extent, we all manipulate. True handlers, however, know our limits and use them.

Experts in true lie and simulation depend on the tips we offer ourselves. What we practice as an act of generous honesty and an exercise of deep affection, they put up their sleeve as a letter .

In some, a high degree of deception may also be a symptom of psychopathy. In short, the trainer is exploiting others' vulnerabilities to his own benefit. Using them against you, they are compelling you to behave as they wish.

Manipulators must dominate others, and those who are controlled must not be held accountable for falling into their pit. There are, however, certain characteristics shared by those who are easiest to fool.

Moreover, the person who once succumbs to coercion tends to do so in the future more easily. This is because vulnerability is something you'll learn.

### **If you reveal what you lack, you are at the mercy of others.**

The manipulator is trying to guarantee what you'd most want. So, the more they're aware of your needs, the more weapons they can use against you. Handlers are also experts in harnessing their vulnerability.

We also consider the "eternal victim." This form of exploitation is more complicated because the manipulator is not looking for a material benefit at first. This is a guy who reveals all of your grievances, comforts you, and speaks to others whatever you wish to say. Later, if you reveal a problem, they make you feel guilty too.

The perpetual victims were always in the worst of circumstances. When did you complain you just show empathy or intelligence? The other part is always the most critically affected. In your "turn," you have no reason to complain or to be heard. Manipulation is about getting endless attention from you.

Various forms of deception exist, but they are all based on the same concept. They cater to your emotions at first, to accomplish something you don't want to accomplish. For this reason, you need to pay close attention to avoid falling into your traps.

### **How to protect yourself from everyday manipulation attempts**

Having healthy self-esteem is the greatest medication to protect yourself against abuse. In being confident of oneself, solely emotional claims can make it much harder to be shaken. And we will distinguish when it makes sense of what someone is looking for and when it is not.

It is also important to consider whether a relationship with an individual contributes something to us. When someone does more damage than good to us, why do we want to speak to them? Best of all, whatever our emotions, we can get rid of all those who use us.

## CONCLUSION

In conclusion, and for justice ... Let's have roles reversed.

In reality, women rarely resort to physical violence, but in verbal violence, they are teachers.

It is therefore not unusual for her gaslighting to be performed against a man

The partner who humiliates him in various ways: "You can't please me!" "You've got it low!" "Have you already done it?" These are the most frequent stages in bed and daily life: "You earn nothing!" or "You don't even know how to change the light bulb," though believing that the average man doesn't listen and forget, it's easy to make him think he's said or done something .

In short, gaslighting is a little-known method of mental torture, but capable of making victims in both halves of the sky-and getting executioners.