**WHAT IS A NARCISSIST?**

**“**Narcissism” has become the go-to word when describing the personality types that are characterized by selfishness, entitlement, validation-seeking, and lack of empathy. In today’s society, we hear the words ‘Narcissist’ or ‘Narcissism’ tossed around casually to describe the people whom we find obnoxiously pompous and arrogant. Although these descriptions may be accurate, these individuals might actually be living with, what clinicians call, Narcissistic Personality Disorder.

In order for an individual to be diagnosed with Narcissistic Personality Disorder as defined by the DSM-5, he or she must meet the following criterion:

1. One must have a significant impairment in personality functioning:
	1. Identity Functioning

OR

1. Self Direction Functioning

AND

1. One must have a significant impairment in interpersonal functioning:
	1. Empathy

 OR

* 1. Intimacy

In addition to the above traits, one must also exhibit:

1. Antagonizm through either:
	1. Grandiosity

OR

* 1. Attention seeking

Not only must these traits remain stable throughout time but also across various environments

This individual’s behavior mustn’t be understood as normal by his or her surrounding community and/or culture and mustn’t be caused by a medical condition and/or drug use/abuse.

Although most Narcissists never actually get diagnosed by a mental health professional with Narcissistic Personality Disorder, one can usually figure out if someone they know is a narcissist if the individual exhibits at least a few of these characteristics:

1. Delusions of grandeur
2. The need for constant praise and admiration
3. Sense of entitlement leading to arrogance and haughty behaviors/attitudes
4. Exploits others without feeling shame and/or guilt
5. Devalues others in a plethora of ways
6. Lacks Empathy
7. Envies others

Now, you’re probably thinking how awful it must be to be in direct contact with someone that exhibits the above characteristics; however, the worst is yet to come.

There are those too who exhibit displays of both Narcissism and Antisocial Personality Disorder. We call these individuals Narcissistic Sociopaths.

Clinically, one must meet all the DSM-5 criteria for Narcissistic Personality Disorder in addition to all of the criteria for Antisocial Personality Disorder in order to be diagnosed as a Narcissistic Sociopath.

The DSM-5 criteria for AntiSocial Personality is as follows:

1. An individual must exhibit a pervasive pattern of disregard for and violation of the rights of others.

AND

1. Must show at least 3 of the of the following behaviors/traits:
	1. Repeated failure to follow social norms resulting in grounds for arrest
	2. Engaging in deceitfulness (lying, using aliases, etc)
	3. Impulsivity and not planning ahead; moving around constantly
	4. Irritability & Aggressiveness
	5. Reckless disregard/concern for the safety of other people
	6. Chronic irresponsibility reflected by a continued failure to maintain a job, finish school, stay on top of financial commitments
	7. Lack of remorse about hurting others (indifferent/rationalizes)

AND

1. One must be 18 years or older and have had evidence of conduct disorder by age 15.

Similarly to Narcissists, most Narcissistic Sociopaths never actually get diagnosed with either of the above disorders. So, we have gathered a list of characteristics that compile the Prototypical Narcissistic Sociopath so that you can steer clear of them:

* They often have criminal records or have engaged in criminal activity yet believe they are exempt from the moral code
* They are often climbing the corporate ladder
* They are nearly always on the quest for acquiring positions of power
* They are often hard to spot because they are often:
	+ Polished, Well-dressed, Charming, & Successful
	+ Taking part in philanthropy/charity (solely for the validation it gives them)
* They can be physically and/or emotionally aggressive/abusive
* They nearly always exhibit validation seeking behaviors
* They rarely apologize and even more rarely feel guilty or remorseful
* They believe they are invincible and behave accordingly
* They are always self-serving
* They try to control everything and everyone around them

**SIGNS OF NARCISSISM: HOW TO TELL IF SOMEONE IS NARCISSISTIC**

In addition to meeting some or all of the above characteristics that make up Narcissists and/or Narcissistic Sociopaths, common Narcissistic behaviors are as follows:

* Love Bombing
	+ Gift-giving
	+ Excessive verbal affirmation
* Devaluing
	+ Name-Calling
	+ Withdrawing
	+ Stone-walling
	+ Gaslighting
	+ Emotional Appeals
	+ Empty Promises
	+ False Flattery
	+ Flying Monkeys/Triangulation
	+ Dehumanizing
* Conversation Hogs, Talking about all of their achievements, etc.
* They don’t have any/many long term friends
* They think they are right about everything
* They panic if you try to leave/break up with them
* They lash out if you do leave/break up with them

If someone you know exhibits some or all of these behaviors, you are more likely than not dealing with a narcissist.

Often, the above behaviors evolve into what we call Narcissistic Abuse. Most narcissists actually end up abusing the people in their lives as they continue their never-ending quest for what we call narcissistic supply.

The most common forms of narcissistic abuse are:

1. Devaluing: Common devaluing tactics listed above
2. Sexual Abuse (typically found in stages)
	1. Early Stage: Characterized by Narcissist testing his or her partner’s limits and gaining control of partner
		1. Verbal Assaults
		2. Jealousy Rages
		3. Coercion Tactics
		4. Threatening Infidelity
	2. Pushy Stage: Where you begin to see how nothing is ever enough for the Narcissist
		1. Inciting Fear
		2. Selfish Appeals
		3. Sexual Withdrawal as a form of manipulation
		4. Destroying partner’s principles and boundaries
	3. Violent Stage
		1. Rape
		2. Degrading Acts
		3. Sadistic Sex
	4. Exit/Discard Stage
3. Financial Abuse
	1. Withhold access to funds
	2. Stealing from you and your family/friends
	3. Fraud
	4. Prevent you from acquiring assets
	5. Coerce you into selling/signing over financial assets
	6. Cancelling insurance without your knowledge
	7. Forcing you to give them access to your personal funds
	8. Put all bills/credit in your name
	9. Max out credit cards and ruin your credit rating
	10. Shame you for how you spend your money

The above examples of narcissistic abuse are just a peek into the types of behaviors that one night use when abusing the people in his or her life. Narcissists will find every possible way to use and abuse their victims.

Outside of the DSM-V, there are other diagnostic tests one can take in order to see where on the spectrum one might fall in regards to narcissism. Some of these tests might be given by a mental health professional in order to properly diagnose while others are less clinical and more readily accessible to the public. In addition to spotting the behaviors and characteristics of a Narcissist, there are several Narcissistic Personality Tests out there so that you can see where on that spectrum an individual might fall. Here are just some of them:

* Narcissistic Spectrum Scale
* Narcissistic Personality Inventory
* Personality Diagnostic Questionnaire-4
* International Personality Disorder Examination

**NARCISSISTIC PARENTS**

A larger part of the global conversation happening surrounding Narcissism, is how they act in romantic relationships; however, narcissistic family members can do just as much damage as romantic partners- especially since they are often harder to escape from!

The below characteristics are often exhibit by Narcissistic Parents:

1. Parents use children to live vicariously through: parents might use children to make own hopes dreams come true
2. Marginalization
3. Grandiosity & Superiority
4. Superficial Image
5. Manipulation
6. Inflexible/Touchy
7. Lack of Empathy
8. Dependency/Codependency
9. Jealousy/Possessiveness
10. Neglect

**NARCISSISTIC SIBLINGS**

Narcissists come in all shapes and sizes. If a parent can be a Narcissist, then surely a child can as well. Due to the close proximity, siblings often find themselves being the target of their narcissistic brother or sister. The behavior in this dynamic looks no different than in other relationships, as Narcissists exhibit similar behaviors across their different environments. Siblings of narcissists often find themselves being subjected to emotional, verbal, physical, and sometimes even sexul abuse. Due to the Narcissist’s need for validation and admiration, parents are often manipulated by the narcissist so that their abusive behavior is never caught on to - leaving the sibling victim even further isolated and devalued.

Due to the complexity of family dynamics to begin with, having a Narcissist as a family member can often create a deeper sense of trauma to the individual that is being exploited by the Narcissist.

**NARCISSISM IN RELATIONSHIPS**

A large aspect of the conversation about Narcissism is in response to the consequences caused by involving oneself in a romantic relationship with a Narcissist. Although most Narcissists exhibit similar qualities, there are some gender differences when it comes to Narcissism in relationships.

Excessive care for one’s **physical appearance** is found in nearly all narcissists; however, narcissistic women usually use their appearance to gain superiority and often adjust their physicality through plastic surgery to do this. Although, to an extent, this is true for men as well, males usually use their appearance as a way to manipulate a situation to gain a specific desired outcome. Both men and women will use their appearance to threaten infidelity in relationships.

While both men and women use seduction tactics as a means of obtaining control and narcissistic supply, narcissistic men typically use charm to seduce a potential partner while women use their bodies and sexualites to do so. Women often use sex and withholding sex in relationships as a way to devalue their partners while men are seen engaging in sexually abusive behaviors (as listed above) more often.

Another difference you might find between narcissistic men and women in relationships is when dealing with money. While narcissistic men are often found striving to gain and keep an endless amount of money and power, narcissistic women will be found enjoying excessive spending. In relationships, narcissistic men are more often found controlling their partner’s access to money while narcissistic women might be found financially abusing their partner through maxing out credit cards, depleting funds, etc.

You will usually find narcissistic men exhibiting more aggressive behaviors in relationships while women are found using more covert devaluing tactics. Of course, there are exceptions to this rule.

**NARCISSISM IN MARRIAGES**

Narcissism in marriage is no different than narcissism in any other relationship; however, you will usually find narcissistic behaviors to be exhibited in a more dramatic and intense way. Due to the legalities of marriage, you will often find both narcissistic wives and husbands using the court system as a weapon to obtain narcissistic supply- especially in divorce and co-parenting settings.

**Living with a Narcissist? Tips for Dealing with a Narcissist**

Living with a narcissist, whether it be a family member, romantic partner, or roommate, is incredibly exhausting and painful. Narcissists do not change so the best way to free yourself from the pain associated with dealing with one is to get out. For good. If you are unable to do so at the moment, here are some tips to hopefully help ease your pain when dealing with a narcissist on an intimate, daily basis:

* Remain calm and unemotional in front of the narcissist
* Communicate with them as little as possible
* Feed their ego (even if it’s the last thing you want to do), this will keep them calm and hopefully will keep them from acting out
* Establish boundaries
* Avoid the blame game
* Reset your expectations

**Narcissistic Victim Syndrome: X Signs you’re a victim of narcissistic abuse**

If you have or are still experiencing any of the below symptoms, there’s a good chance you have been a victim of narcissistic abuse.

1. Dissociation
2. Walking on eggshells
3. Sacrificing own basic needs to satisfy the narcissist’s
4. Health Issues/Chronic Pain
5. Feeling like you can’t trust anyone or anything
6. Depression and Isolation
7. Self-Sabotaging Behaviors
8. You protect the narcissist’s image

If you think you might have Narcissistic Victim Syndrome, it is important that you seek legal and psychological help as soon as possible. You are not alone.

**Narcissism in Divorce**

Are you getting ready to divorce a narcissist?  Divorcing is difficult regardless of the situation, but when you are divorcing a narcissist or any high conflict personality, you are in for an all out war.   When you’re dealing with a narcissist, you are either for them or against, so once the divorce starts, you are the enemy.

The narcissist will have a plan and it’s not what your plan will be.  Your plan will be a reasonable outcome that takes as little time as possible, where you’ve spent as little on attorneys as possible.   Their plan is to smear you, make you squirm, use the court system as a sword, and take you down.

When you are ready to divorce the narcissist, you will want to be sure you have all your ducks in a row before telling them you want the divorce.   Have a plan for where you want to live, have a stash of cash at the ready, have a lawyer ready, and decide what the parenting plan will be if you have children.  Then you will either want to tell them in person as you are walking out the door, or pack up your stuff in the middle of the night, get out and then have them served the next day.  You don’t want to give them the chance to manipulate you.

If you want to divorce a narcissist and win, I highly suggest you check out the course, SLAY Your Negotiation™ With a NARCISSIST with Rebecca Zung.  It is the only course designed and delivered by a top attorney who has dealt with and beat thousands of narcissists.   It’s a 4 hour crash course that is delivered to you in the form of a membership area.  All the videos, bonus materials are there for you so that you can actually shift the dynamic and finally feel like you are the one in control.   SLAY is the method for winning.  S stands for developing a super strong STRATEGY.  L stands for the invincible LEVERAGE you will need to create which will ultimately motivate and incentivize the narcissist to want to resolve the case.  A stands for how you will ANTICIPATE what the narcissist is going to do and be two steps ahead of them, and Y stands for focussing on YOU and your case.   There’s nothing else like this out there.  If you want to divorce a narcissist and win, this course is an absolute must.

**BONUS: How to Negotiate with a Narcissist**

 

If you feel like you’ve fallen victim to one of the above personalities and are ready to take back your life, I highly recommend the [**SLAY Your Negotiation with a Narcissist Course**](https://www.slayyournegotiation.com/slayyournegotiationwithnarcissist?affiliate_id=2422488)[.](https://www.slayyournegotiation.com/) It’s your step-by-step guide on how to take back your power and start controlling your life again. In this incredible master class, [**top 1% divorce attorney Rebecca Zung**](https://www.rebeccazung.com) will teach you:

* Everything you need to know about Narcissism and Narcissists including what manipulation tactics they use and how to shut them down
* How to develop a bulletproof strategy to attain the outcome you want and deserve
* How to create leverage to motivate and incentivize the Narcissist to meet you at the table
* How to anticipate exactly what the narcissist will do and how to stay two steps ahead of them at all times
* How to focus on YOU and your case through developing a winning mindset

**Plus, you get awesome bonuses!  Here are a few of my favorites**:

* 50 Key Phrases to Disarm a Narcissist
* Questions for Vetting an Attorney when Dealing with a Narcissist
* Sample emails and texts to help ease the pain in communicating with a narcissist
* 45 page workbook to help you stay on track

Pus you get to be part of an exclusive Facebook group so that you and other NarcSlayers can support each other every step of the way.



Do yourself a favor and [get this course](https://www.slayyournegotiation.com/slayyournegotiationwithnarcissist?affiliate_id=2422488).  You can thank me later.

[**=>Get $200 OFF How to Negotiate with a Narcissist with code WSM200 <=**](https://www.slayyournegotiation.com/slayyournegotiationwithnarcissist?affiliate_id=2422488)