NARCISSISTIC ABUSE AND RECOVERY

Richard Grannon, The Spartan Life Coach:  
Inside the Mind of a Narcissist

This free report will follow a bad news, good news format. Get through the dark reality tunnel and there is light at the end I promise!

1. Can a Narcissist love?

If you are dealing with a true narcissist, someone with malignant personality disorder then the answer to this question is “no”. A true narcissist cannot love in any meaningful sense that a normal person can understand. They do form emotional attachments to special, preferred sources of supply but this is certainly not love.

A narcissist is a junkie for what they crave in their targets: narcissistic supply. This supply is gained through subjugation, exploitation and domination. These things are not loving. These are things you can only do to someone you have completely de-humanised and objectified. Yes, it may have looked to us like love and may have felt like love and it is very, very painful to realise it was not love. That we have been tricked and manipulating to giving our love to someone who does not deserve it, but I assure you the consequences of not accepting this fact will be far more painful in the long run.

2. How do they view relationships?

If you are dealing with a true malignant narcissist it is very important that you understand how sick and dangerous this person is. Do not expect any mercy, compassion or shred of moral decency whatsoever. Do not make the mistake of projecting your kindness and humanity on to them.

Relationships to the narcissist simply serve a function: to garner supply. To make themselves look good, to make themselves feel good. The relationship serves a purpose. You serve a purpose in a relationship with them.

The narcissist is obsessed with competition, with being the best. To the narcissistically damaged personality love is a binary “black and white” game of winners and losers, of predator and of prey.

3. What makes the narcissist tick?

Power. They live to feel powerful and superior. Nothing creates “narcissistic elation” like expressing or exercising their power over others. Their specialness. Their strength. Their importance. When looking at any situation or scenario the warped personality of the narcissist is only interested in figuring out where the power lies, who wields it and how and if it can be exploited by them to get more of it.

They are driven by a neurotic competitive need to constantly prove their invulnerability and omnipotence. But like the wretched addicts they are every high of narcissistic supply and elation leads to an inevitable low afterwards and they will need MORE. This insatiable thirst for supply is what makes being around them so exhausting.
4. Are they aware of what they do?

This is a frequently asked and difficult question. It's also a question borne of the naivety so many co-dependents suffer from. They are not like normal people. They do not have a world view like you do, they do not have a moral structure or boundaries like you do. They are in a very functional sense absolute fantasists constantly running away from the terrifying emotional reality of their deep shame and rotten self-esteem towards the fantasy of who they wish they were. They deny reality. They suppress it. They shove their heads inside the fantasy and then bully, cajole, bribe and manipulate others to playing their roles to fulfil this bizarre game of hide and seek the narcissist insists on playing with themselves.

Yes they are somewhat “aware” of what they do. Sometimes their plans are so complex and long winded they can’t help but be aware of them, but they are not “looking at” that which they are aware of in a direct way. It is there, but denied.

And do NOT let this give you any hope at all. Awareness is not enough. Narcissists in their flight from emotional realities live as emotionally stunted infantile and poor functioning adults. They do not have the emotional intelligence to heal from the awareness of what they are doing.

5. Do they enjoy inflicting pain?

They enjoy dominating and exploiting others. As a generalisation, the narcissist is not a sadist but if hurting a person is what it takes to get to the “supply” of attention and admiration and power they are addicted to then so be it.

There is research that suggests narcissism may correlate with being a stimulus seeker or adrenaline junky and transgressing social or physical boundaries to cause another pain may be enough of a “taboo breaker” to give him an extra kick. But again this is incidental to his primary objective.

He wants to feel powerful and important. If hurting you, or even breaking you makes him feel that way he will do it.

“Let them hate, so long as they fear” could be the narcissist’s motto.

6. What does it mean that they have a personality disorder?

A personality disorder is permanent, pervasive and personal. Meaning it is NOT a phase or something the person does in a certain context or time in their life. It is not localised, meaning it doesn’t only manifest in conflict or in personal relationships or under the influence of alcohol or in times of crisis. The disorder is all pervasive means this person is a narcissist throughout their entire personality structure. It is personal. It is an intimate part of them. You can no more take away or cure the malignant NPD than you can remove their skin or swap their heart.

7. Why does he keep coming back?

This is a question I hear asked a lot. Because he needs to exploit you. Because you offer a type of supply he enjoys. Like a drug addict he finds different sources of the drug to be of different qualities. Perhaps he feels particularly powerful when he is using you as opposed to another source. Perhaps you particularly offer something he can’t get elsewhere. Money, fame, access, opportunity, resources?

You are not “special” to him in the way you want to be. He just likes the way you taste when he consumes you. For now. Until something more exciting comes along.
Leyla Loric, NAVS-Recovery:

There is light in the end of the tunnel.

The situation that you are in right now might feel like one of the hardest things you ever had to go through. You might be feeling so anxious, nervous, upset and helpless that you now only appear to be a shell of the person you used to be. One of the hardest things is the fact that you feel so isolated, because no one could possibly understand what you are going through.

I understand, and I want to tell you that there is a possibility to come out on the end of this storm, even stronger and healthier than before. It is hard to believe now, but by understanding what is actually happening to you, we will know where to focus to stop the pain, and to never allow this to happen again.

Narcissistic Abuse Victim Syndrome (NAVS) Recovery is a project that started with the victims of narcissistic abuse in focus. Around the internet, people have recognized the existence of narcissistic personality disorder (NPD) and other cluster B personality disorders, but there is a lack of information about the symptoms and path to healing for the victims of this abuse. Sadly, many counsellors and psychologist do not have the information on how to 1) recognize a victim of narcissistic abuse and 2) Help them. Instead, the symptoms that the victim has developed are treated from the surface. The truth is, most times that does not help, and the victim is left even more isolated than before, thinking that no one understands.

I was myself a victim of this horrible abuse, and I have personally gone through the frustration of trying to find help online and by visiting various psychologists, all which could not provide the help that I needed. That is why I started this project, you are no longer alone in this and I will show you the way to heal.

Let us start with defining what Narcissistic Abuse Victim Syndrome is: A person who, as a result of being in a relationship (family member, boss, friend or partner), has developed some or all of these symptoms:

- A skewed perception of reality
- Constant worry and anxiety about what will happen next
- Disassociation – daydreaming to avoid the reality
- Feeling paranoid
- Hysteria
- In case you are in a romantic relationship - Jealousy
- Insomnia
- Loss of appetite
- Low self-esteem and confidence
- Obsession with the abuser
- Self-neglect
- The need to collect evidence for the abuser’s behaviour
Depending on at what point in the abusive relationship you are, you might as a part of the self-neglect, have lost a lot of weight, become obsessed with reading about relationships, lost interest in your normal hobbies and started isolating yourself at home, to the point where you have become totally anti-social. Your normal behaviour is hence significantly different from how you used to be, before you met this person, and you have become a twitchy, nervous and confused shadow of your former self.

1. The word *acceptance* comes from the Latin word “acquiēscere” and means "to find rest in". Acceptance is to recognize and assent to the reality of a situation, process or condition (that is often negative) without protesting or attempting to change it. This acceptance does not mean that you in any way surrender or consider that the situation is ok. What is important is to recognize the situation for what it is. This is the first step in your healing process and you might find it harder than you think.

Here are some things that you need to consider and accept:

- You are/ have been living in a toxic environment.
- You are a victim of emotional abuse.
- This long-term emotional abuse has damaged your own sanity.
- The person in your life who keeps hurting you was never who you thought they were.
- They have a hidden agenda.
- You cannot save them.

2. People find it easier to accept that some kind of evil exist in the world, but are in denial when it comes to seeing the reality for what it is in their own life. It is like winning the lottery, “it will never happen to me, really”. However, NPD is probably more common than you think, a study made in 2008 on around 34 000 American people found that 6,2 % suffered this disorder during all their life. The truth is that NPD is hard to test, and its prevalence is masked due to the very characteristics of the disorder. Therefore, we need to open our eyes for who we let into our lives, objectively. From an outsider’s point of view, try to see the situation that you are in for what it really is.

3. There is a reason why this traumatic relationship happened to some of us, and not to others. It might feel hard to confess that, but once you have, it is another step to healing. Victims of narcissistic abuse are most often also victims of emotional abuse during their childhood, and the reactions and symptoms that you are feeling are reflections of what you used to feel as a child. Victims of emotional abuse do unconsciously make decisions in their lives that lead them back into the emotionally abusive environment in which they grew up in. There are certain things that we as victims of narcissistic abuse are blind to, that other people not only would have taken as a red flag, but also acted on it. We lack the defence against toxic people. This is another important point on your way to healing, because you need to realize that we have some work to do to make ourselves safe and strong.

The good news is that there are ways of doing this, and it is proven to work. I am a living proof, and many others can witness. Another encouraging thought is; that it is not that complicated, and it does not have to take a lot of time. All you need is discipline and the wish to make some small changes in your way of thinking, starting from today.
4. The hard truth is that no one can save you from your situation, besides yourself. If you want things to change in your life, and to make yourself independent and strong again, YOU CAN. I can give you the tools and support that you need to start your way back to yourself, all you need to do is to make a decision. Even though you might feel very hopeless now, by taking small steps, your confidence and strength will build up and it will get easier and easier. There will be losses, we cannot deny them, but the long term gain is more beneficial than you can ever imagine. If you feel angry for the unfair situation you are in, use it to fuel your recovery. One day you will look back on this day and be grateful for the decisions you made.

5. If you have taken the decision to build yourself up again and make some changes in your life, but need the tools and support to do so, you are welcome to contact me on info@navs-recovery.com or visit my website on www.navs-recovery.com I provide email support and tailor the help to your specific situation and background. If you really want, you can reach the light in the end of this tunnel.

“The soul always knows what to do to heal itself, the challenge is to silence the mind”
- Caroline Myss