

# Understanding And Healing From Narcissistic Abuse

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## Narcissism

Narcissistic Personality Disorder is a psychiatric disorder, which develops from early childhood trauma.

Narcissists lack the ability to see past your own needs, wants, desires and display empathy for others.

## The Narcissistic Relationship

It can be hard to spot a Narcissist, especially early on in a relationship because there is something about them that is powerful, intriguing and captivating but also wounded, helpless and vulnerable at the same time.

The moment that they feel they are safe in a relationship and know that they have been unconditionally accepted, their true character begins to show. Suddenly, they become critical, selfish and demanding. Spinning things to make you feel crazy and demanding that everything is on their terms.

They are wounded children deep in their soul- going through life longing for acceptance and love. While at the same time destroying everything and everyone around them, causing havoc and breaking heart after heart.



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# TAKE BACK YOUR POWER!

**Here are some signs that you may be involved with a narcissist:**

**Story Telling:** Narcissists LOVE to tell stories, especially stories about themselves, their lives and their conquests. Often they will dominate conversations and exaggerate their accomplishments.

To the narcissist, there is nothing more externally validating than having a great story to tell that makes them feel "special" or "better" than everyone else. That is why narcissist often seek out adventure, travel, care about their external appearance and want to have "the best" of everything.

However, at the same time, they feel inadequate and lonely if their story gets old or someone has a better one. Because of this, the narcissist will resort to putting down others to defend against feeling less superior.

**Idealizing and Devaluing:** During the initial stages of a relationship narcissists can come across as being extremely charismatic, flattering and seductive. They can make you feel extremely special in their quest to win you over.

However, narcissists are not able to love others in a normal way. For them, people and relationships serve a purpose: to feed their ego and validate their "false self." Narcissist use love to fill their internal void and temporarily fulfill their need for intimacy. However, once they get what they need... They will begin to devalue you and eventually drop you without looking back.

This leaves many people feeling confused, traumatized and guilty. How can someone pursue you so much and then be so hurtful?!

It's because to a narcissist- people and relationships do not matter. They only serve a purpose to get validation. You are essentially just a character in the play that they have created to uphold their "false self" and validate their image. Just like an actress- once you have played out your role in the story, you will be replaced by "the next best thing." But only after he criticizes, ridicules and devalues you to the point of feeling like YOU are the problem (it's never him.)

This is extremely painful, especially if the narcissist moves on quickly to another relationship and is "charming" the new person.

Remember one thing- narcissist can't change how they relate to people- the new actress is only a temporary stand-in and her faith within the relationship is no different than your own.

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*"Break Free..."*



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**Avoiding Responsibility:** A Narcissist is unable to face their own flaws or acknowledge any mistakes they have made or shortcomings that they may have. What can be more threatening to the "false self" than admitting that you may not be perfect?!

The narcissist will blame everyone other than themselves. If you get out of the relationship- be prepared that family and friends who are close with the narcissist will hear stories that paint you as the one who ruined the relationship and makes them look like the victim. When things don't go the way the narcissist wants they can become easily angered, tantrum, negative comments, ridicule, withdraw love and play an unavoidable "blame game."

This is called **Gas lighting** and is a form of emotional abuse, common in relationships with narcissistic partners. You may notice that they also blame others for conflict at work, friendships or inter-personal problems; this is because the narcissist doesn't have the ability or insight to take accountability for their own negative actions and behaviors.

**Lack of Follow Through:** Another way to spot a narcissist is to measure her or his actions against their words. Many narcissists lack reliability and follow through. This can range from regularly breaking appointments, to habitually falling through on promises and agreements. The lack of dependability can be emotional as well - being there for you one minute and gone the next. When you observe a pattern of inconsistency between what your partner says, versus what she or he actually does, you may be dealing with a narcissist who is on their own timeline.

**A Sense of Entitlement:** Narcissist expects special treatment from others. In their world, they deserve to have the "best" even if they didn't put in the work or effort to get it. Whether that's a job, partner, food or accommodations, they want the preferential treatment. They are master manipulators and are very good at getting what they want out of others, without much effort on their part- notice how they treat people who are able to get them what they want in the moment. Then notice if they say something negative about that same person later on- because a duh, why would that person deserve something that the narcissist thinks they deserve?!

***"Someone who truly values and loves you wouldn't make you feel alone, worthless or break you down." -Sandra***

## **OTHER SIGNS**

- ◆ **Self-Centered**
- ◆ **Lacks Remorse**
- ◆ **Insensitive**
- ◆ **Easily Angered**
- ◆ **Lies Frequently**
- ◆ **Mood Swings**
- ◆ **Grandiose Self-Perception**
- ◆ **Doesn't Have Empathy**
- ◆ **Likes To Be In Control**
- ◆ **Manipulates**
- ◆ **Twists Conversations**
- ◆ **Takes a "Victim" Stance**
- ◆ **Slow To Forgive Others**
- ◆ **Holds Onto Resentment**
- ◆ **Highly Contradicting**
- ◆ **Needs Constant Validation**
- ◆ **Inauthentic**
- ◆ **Takes Advantage**



# NARCISSISTIC ABUSE

The first step towards healing after dealing with a narcissist is identifying if you are a victim of narcissistic abuse. You have developed a **trauma bond** in the relationship with the narcissist.

**Trauma Bonding:** Similar in nature to Stockholm syndrome (when victims of abduction or hostages become attached to their kidnappers), the trauma bond is a powerful attachment between a victim of abuse and towards the abuser. The bond develops through the pattern of "seduction and disregard." Examples: (silent treatment, hoovering, gas lighting, love bombing). The narcissist uses this bond to manipulate and control the victim by making them feel dependent fully on the narcissist for love, validation, security and survival- while also destroying any other pillars of support in the victim's life.

## **Identifying Narcissistic Abuse:**

**Gas Lighting:** The narcissist begins to spin information, manipulates facts, lies and omits information to make the victim doubt their own sanity, experience and perception of things.

The purpose of this is to make the victim doubt themselves and put the narcissist in a power position in the relationship.

**Punishment:** There is nothing a narcissist loves more than "punishing" their victims. Why?! Because it feeds their ego to feel like they have that type of power over another person. One of the ways that a narcissist may try to "punish" is by using the silent treatment. The narcissist will vanish, avoid and ignore the victim for days, weeks and even months without any explanation. This is done to make the victim feel helpless, like they aren't even worth and explanation. Let alone the narcissists time. The silence is meant to torture the victim and teach them a "lesson," usually for challenging the narcissist or threatening their ego in some way.

**Hoovering:** This term defines how a narcissist always keeps a "string attached" to the victim. The abusive tactic involves the narcissist coming back into the victim's life and either 1. "Love Bombing" the: (i.e. intense and often lavish acts of love, attention or affection) or 2. Hinting at a possible reconciliation within the near future. Be warned... This is the simply the abusers way to get validation and the next time they "punish" the victim after this honeymoon phase. The punishment will be even worse the before.

The only reason that a narcissist returns to a relationship is to feed their own ego, meet their own needs and make sure that the victim hasn't moved past their ability to control them.

Narcissists do not have the capacity to love and be in healthy, balanced and nurturing relationships like most people. They view other people solely as an object that serves as a source of supply for their fragile ego.

**Narcissistic Supply:** The primary victim in narcissistic relationships tends to also be the main source of "supply" for the narcissist. What this means is that the victim serves a purpose of supplying the narcissist with feelings of admiration, love, appreciation, approval, attention and respect. Without external validation- the narcissist fears that they will be exposed and seen for the fragile, wounded and weak people that they actually are beneath their projected superior "false self."

The narcissist will always surround themselves with people who they can manipulate, tear down and

exploit. Once the narcissist has devalued, humiliated and broken them down, they will discharge the victim and move on to their next source of supply instantly.

*If any of this has struck a chord or resonated with you, it is very important to seek help. Often, being in a relationship with someone who has this personality disorder can lead to emotional and psychological abuse, which can be extremely traumatic.*



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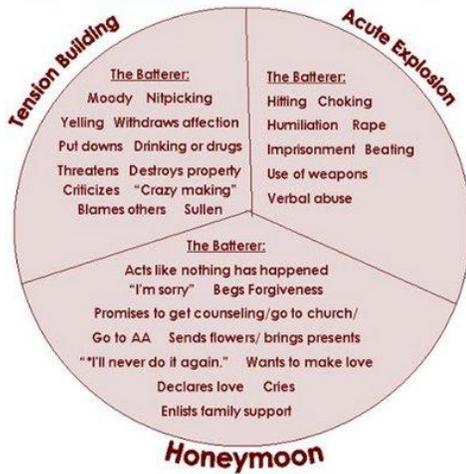
**Contact me today and begin  
your road to recovery!**

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## THE CYCLE OF VIOLENCE



If you or someone that you know is in an emotionally abusive relationship, it is very important to bring awareness, educate yourself and begin the process of healing.

### Meridian Counseling

Santa Monica, CA  
801-634-6057

[www.meridian-counseling.com](http://www.meridian-counseling.com)

## Resources

**Therapy:** Being in a physically or emotionally abusive relationship can lead to post traumatic stress disorder, depression, anxiety and other mental health issues. Individual and group therapy is a vital aspect of your healing process. You can find a therapist and support groups for victims in your areas on:

[www.psychologytoday.com](http://www.psychologytoday.com)

**Online Support:** There are many free resources online available for victims of narcissistic abuse. Facebook has opened and closed support groups, Reddit and even YouTube both also have great resources available, as well.

\*\*\* Be careful and make sure you are protecting yourself online from potential stalking and abuse by the narcissist.

### Books:

- "Help! I Am In Love with a Narcissist."
- "Will I ever be free of you?"
- "Healing from a narcissistic relationship"

