

Deal with Your Narcissistic Traits

Definitions

Narcissist: Someone who has “buried his true self-expression in response to early injuries and replaced it with a highly developed, compensatory false self.”¹ “This alternate persona often comes across as grandiose, “above others”, self-absorbed, and highly conceited.”²

Gaslighting: “A form of persistent manipulation and brainwashing that causes the victim to doubt herself or himself, and to ultimately lose one’s own sense of perception, identity, and self-worth. A gaslighter’s statements and accusations are often based on deliberate falsehoods and calculated marginalization.”³

Common Traits

Are you narcissistic? I asked this question previously.⁴ Don’t think so? You may, however, have some of the common symptoms, so check out these ones I’ve collected from various sources:⁵

1. They often use gaslighting to control others
2. Feels grandiose and self-important
3. Frequent lies and exaggerations – Pathological liars
4. Rarely admit flaws and are highly aggressive when criticized
5. False image projection
6. Obsession with fantasies – e.g. unlimited success, fame, fearsome power or omnipotence, unequalled brilliance (the cerebral narcissist), bodily beauty or sexual performance (the somatic narcissist), or ideal, everlasting, all-conquering love or passion
7. Firm conviction of their uniqueness – Being special, can only be understood by, should only be treated by, or associate with, other special or unique, or high-status people (or institutions)
8. Feels entitled
9. Rule and contract breaking and boundary violation
10. Emotional invalidation and coercion
11. Requires excessive admiration, adulation, attention and affirmation
12. Manipulation: The use or control of others as an extension of oneself
13. Interpersonal exploitation – Uses others to achieve their own ends
14. Devoid of empathy
15. Constant envy of others
16. Arrogant, haughty behaviours or attitudes
17. Violent – Rage when frustrated, contradicted, or confronted
18. Never accepts responsibility
19. Plays the “soul mate” card
20. Quiet and isolated – Appears socially withdrawn, dirty, and unkempt
21. Saintliness – Proclaims high moral standing

1 – Psychologist Stephen Johnson

2 – www.psychologytoday.com/us/blog/communication-success/201707/6-common-traits-narcissists-and-gaslighters

3 – www.psychologytoday.com/us/blog/communication-success/201707/6-common-traits-narcissists-and-gaslighters

4 – “Are You Narcissistic?” canberraforerunners.org/wp-content/uploads/2018/05/Are-you-Narcissistic.pdf

5 – Preston Ni (M.S.B.A.) www.psychologytoday.com/us/blog/communication-success/201707/6-common-traits-narcissists-and-gaslighters
Alexander Burgemeester (Master in Neuropsychology) thenarcissisticlife.com/traits-of-the-narcissist

22. Emotionally Vacuous – Deceives by remarkable ability to mimic human emotions
23. Paranoid – Suspicious of everything, usually for no reason
24. (Numerous others)

Narcissists draw emotional ‘energy’ from everyone around them because they’re not emotionally whole themselves. This is known as “narcissistic supply” – i.e. others supply their emotional needs, rather than getting ‘fixed up’ themselves.

Jonathan Welton⁶ describes the need for emotional input as “a hole in your bucket”. That’s because narcissistic behaviour can’t maintain a healthy emotional state. Their emotional wellbeing sort of “leaks out” and disappears, so it needs to be constantly ‘poured in’ from others. The reason for this is that the person can’t manage their own emotions so they’re able to remain stable and satisfied.

He describes the narcissist’s dilemma like this:

“You feel like a loser, and so, you’re constantly trying to look good, perfect. [You] make yourself feel better inside emotionally by gaining attention and affection from other people.”⁷

Narcissism, in any and all of its symptoms, needs to be dealt with by the person exhibiting the traits so they can become emotionally whole. Help may be required to achieve complete and lasting recovery, but it has to be done internally by the person or it won’t work.

Jonathan describes how he narcissistically tried to fix his emotional problems using his religious activity:

“I can say for myself, I was trying to fix my emotional issues with spiritual answers, being in full-time international ministry, doing that all the time. I was trying to fix an emotional problem with a spiritual answer. Now some of you, you might be a Wall Street banker, an investor or something like that. You try to fix your emotional issues with financial success. I had financial success, but didn't really care about it that much. It wasn't a big deal to me. What really mattered to me, was looking good, looking perfect, looking like a hero. Someone that people could look up to that I could be praised for my brilliance and all of that stuff. And that's what I used to try to patch my emotional bucket.”⁸

Religious activity usually adds to narcissism, because being the focus of attention feeds into gaining emotional support from others.

On another point, if you really think about it, you’ll come to the conclusion that women can also be narcissistic, considering what I’ve covered so far. It’s not just a male problem, that’s just a female ‘punching bag’. Narcissistic women also ‘suck everyone dry’ seeking attention and manipulating, because they’re emotionally bankrupt or emotionally unwell.

Narcissism, however, has no place in the Kingdom. So, like fear, anger, rejection, and all those other soulish foibles, all narcissistic traits need to go. If they aren’t deal with, then emotional growth will be stunted and emotional healing won’t materialise – and that’s not what the King wants.

I’ve been able to get emotional stability and emotionally whole from my spiritual relationship with the Trinity. However, those who don’t have access to this (yet) will have to work in the realm of the soul to see changes. Jonathan Welton challenges us to do that:

“My challenge to you today is, don’t get defensive about the idea of your narcissistic supply. You’re going to take advantage of people, and all of that may be true up to this point [in time]. But, do the emotional work. Fix the hole in your bucket and it won't be true of you any more. You’ll move forward and you’ll move on with your life. People will still point their finger and say whatever they’re gonna

6 – www.youtube.com/watch?v=qxdzq3SCz74

7 – www.youtube.com/watch?v=qxdzq3SCz74 [5:43-5:57]

8 – www.youtube.com/watch?v=qxdzq3SCz74 [3:46-4:38]

say, but at the end of the day, you will be solid. And you will know, “Yeah, that’s where I was. That was true of me and I’ve moved on. And thankfully, I’ve taken ownership of that, cleaned up the mess as best I can.” And you can move forward as an emotionally, self-sufficient, healthy, solid, responsible man of integrity, that you’re proud of and your kids can be proud of. Whether people choose to be in your life or not, is totally up to them. At that point, it has nothing to do with you and your behaviour. It has to do with their choices.”⁹

IMPORTANT: In the near future we’ll be mentoring new Kingdom citizens and we’ll have the big job of assisting them to deal with their baggage. It will be our responsibility, so we’d better start dealing right now with our own baggage so we’re free to release others. We’ll be ineffective if we aren’t released from what controls us, and they’ll see us for hypocrites.

The Bulletproof Husband Program

In this program by Jonathan Welton, he presents information about narcissism from his personal experience. He admits he was a narcissist all his life and has only recently learnt to deal with it.

Episode 1: “Narcissism is Stunted Emotional Growth” – [LINK](#)

Episode 2: “Narcissistic Supply” – [LINK](#)

Episode 3: “The Narcissist’s Favorite Tool” – [LINK](#)

Episode 4: “Narcissists Are Unaccountable” – [LINK](#)

Episode 5: “Narcissists Have Incomplete Relationships With Their Parents” – [LINK](#)

Episode 6: “Narcissists Don’t Take Ownership” – [LINK](#)

Books on Narcissism

- Wendy T. Behary “Disarming the Narcissist” (3rd edition)
www.amazon.com.au/Disarming-Narcissist-Surviving-Thriving-Self-Absorbed-ebook/dp/B08WHRHCZH
- Wendy Powell “The Narcissist Survival Guide: Everything you need to know to deal with the narcissists in your life... without losing your mind.”
www.amazon.com.au/Narcissist-Survival-Guide-Everything-narcissists-ebook/dp/B00H17H0CG
- Don Barlow “Gaslighting & Narcissistic Abuse Recovery: Recover from Emotional Abuse, Recognize Narcissists & Manipulators and Break Free Once and for All”
www.amazon.com.au/Gaslighting-Narcissistic-Abuse-Recovery-Manipulators/dp/B091F1BDNK

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(Readers will need to look up for themselves any scriptures alluded to in this document)