

*The Narcissist on Instagram:
Epigrams and Observations
The Sixth Book*

by

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C O N T E N T S

Throughout this book click on blue-lettered text to navigate to different chapters
or to access online resources

- I. [Scams, Scandals, and Scoundrels](#)
- II. [Men, Women, Gender Wars](#)
- III. [Narcissists, Psychopaths, and Other Predators](#)
- IV. [Sex and Intimacy: Forgotten Arts](#)
- V. [Democracy, History, and Other Fictions](#)
- VI. [Me, Me, and Me](#)
- VII. [Public Intellect, Private Rants](#)

[Author Bio](#)

**Scams
Scandals
And
Scoundrels**

17.

Men misinterpret female friendly gestures as sexual signaling ([sexual overperception](#))

Women interpret male sexual cues as friendly gestures (sexual underperception).

Consequently, inter-sex and inter-gender sexual communication is a minefield.

18.

Planarian flatworms can either regrow their heads - or reproduce sexually. Sounds like all [men](#), to me.

19.

Louis Althusser said that the ideology of consumption (which is, undeniably, the most material of all practices) uses [advertising](#) to transform individuals to subjects (=to consumers). It uses advertising to interpellate them.

The advertisements attract attention, force people to introduce meaning to them and, as a result, to consume.

The most famous example is the use of “People like you (buy this or do that)” in ads. The reader / viewer is interpellated both as an individual (“you”) and as a member of a group (“people like...”). He occupies the empty (imaginary) space of the “you” in the ad.

This is ideological “misrecognition”. First, many others misrecognize themselves as that “you” (an impossibility in the real world). Secondly, the misrecognized “you” exists only in the ad because it was created by it, it has no real world correlate.

The reader or viewer of the ad is transformed into the subject of (and subject to) the material practice of the ideology (consumption, in this case).

Thanks to [@mirna_liz37](#)

20.

The only [two keys to becoming](#) combination Elon Musk and Donald Trump!

21.

FULL VIDEO on my YouTube channel. [Donald Trump and Elon Musk are narcissists](#). This channel deals with narcissists. This is not about politics: it is about mental illness in the highest ranks of society and the global order. Here is a compilation of predictions I made in March 2016 and a warning I issued in 2022.

I was the first to suggest that Donald Trump is a narcissist:

https://www.americanthinker.com/articles/2016/03/donald_trump_and_narcissistic_personality_disorder_an_interview_with_sam_vaknin.html

Trump: Narcissist in the White House?

https://www.americanthinker.com/articles/2016/03/the_trump_revolution.html

I have a moral and professional obligation to warn against this man.

22.

[Poor family members bamboozle rich relatives](#) using the classical techniques of the narcissist's shared fantasy.

If you are that rich relative, listen to this video and position yourself: at which point in the shared fantasy are you?

Poor envy the rich, resent them, wish to emulate them, and scheme to abscond with their money.

Poor relatives are like covert narcissists and are Machiavellian. They frequently target members of the family who are either vulnerable, with addictive personality, codependent, people-pleasing, or grandiose.

Insinuation

Baiting (narcissistic supply, "love", constant, intrusive attention)

Escalating requests for money or use of property: testing how far they can go without exposing their hand and incurring a backlash. Initially, money for essentials like food, medical treatment, and shelter and then demands to cover all expenses: clothing, toys, car, travel, entertainment, investments in business and real estate, taxes, etc.

Attempting to coopt the spouse and children of the rich relative using the same methods

Controlling the rich individual by isolating them and turning them against their own nearest if not always dearest

Takeover of the money and assets of the rich relative in life or after death.

[Return](#)

Men,
Women,
Gender Wars

129.

[12 reasons to divorce](#)

Entitlement and instant gratification
Unrealistic expectations
Intimacy cloud
Wealth transfer (transactionalism in late onset marriages)

Communication issues
No love
No intimacy
No partnership
Premature commitment
Addictions
Domestic violence
Infidelity
No succor
Exhaustion
Financial problems
Loss of sense of self

130.

Men delight in women's newfound promiscuity, objectifying women for their own sexual gratification.

Men live off the earnings of better educated, accomplished women.

And women call it "[emancipation](#)" and "liberation".

131.

[Masculinity](#) is whatever Men do.

Even changing diapers, raising children, and crying are masculine - if and when done by Men.

132.

[Opposites attract](#) is the only rational mating strategy. But narcissism corrupted it: now people team up only with similar partners who serve as extensions, mirrors, and an audience.

LITERATURE

Horwitz, T.B., Balbona, J.V., Paulich, K.N. et al. Evidence of correlations between human partners based on systematic reviews and meta-analyses of 22 traits and UK Biobank analysis of 133 traits. *Nat Hum Behav* 7, 1568–1583 (2023).

133.

To protest: "I love women: they are so childlike! They are so in need of protection and patience! They have a special language all their own and their world is so limited!"

Is the worst form of [toxic misogyny](#).

134.

The [twin flame is the empath's solution](#) to his/her state of sempiternal victimization. Both are delusional forms of covert - even psychopathic - narcissism.

Video courtesy of [@mirna_liz37](#)

135.

[Inter-gender relations](#) have rarely been worse. This is the sad outcome of several accelerated social trends:

1. Invulnerability signalling

Both genders signal to each other that they are autonomous, goal oriented, unemotional, uninvolved, and totally self-sufficient.

2. Gender vertigo

The abolition of gender roles and sexual scripts engendered ubiquitous confusion with regards to appropriate behaviors and codes of conduct. Each relationship and institution has to be negotiated from scratch in every instance and this results in destructive and depleting friction and eventual atomization.

3. Stalled revolution

Both men and women now regard themselves in erstwhile masculine terms ("unigender"). Both have become breadwinners. Women have surpassed men in many realms.

Politically correct and woke groups and media revel in this uniformity. One inane example: mainstream media have recently resorted to the moronic phrase "pregnant people".

4. Fluidity

Both biological sex and socio-culturally determined genders are now up for grabs and subject to alteration.

5. Defiant agency

Agency and self-efficacy are gradually being infused with aggression and transmogrified into in your face assertiveness and reckless defiance. This attitudinal change has permeated the inter-gender dialog and displaced more benign discourses.

6. Enshrined double standard

Women conform to male stereotypes of sexually emancipated females ("sluts"). Their claims of empowerment are belied by their introjection of the male chauvinistic double standard and by rampant sexual self-trashing and self-harming behaviors. This duality - self-denial and self-deception - is driving the genders apart. Men and women are giving up on each other in droves and for good.

LITERATURE

John L. Oliffe, Mary T. Kelly, Nina Gao, Jennifer Mootz, Zac E. Seidler, Simon M. Rice, Neo-traditionalist, egalitarian and progressive masculinities in men's heterosexual intimate partner relationships, *Social Science & Medicine*, Volume 333, 2023, <https://doi.org/10.1016/j.socscimed.2023.116143>

For Valentine's Day, 5 facts about single Americans

<https://www.pewresearch.org/short-reads/2023/02/08/for-valentines-day-5-facts-about-single-americans/>

136.

[Millennials, Gen Z and Alphas](#) consider sex to be a language, not an identity: fluid, malleable, and expressive.

About 20% of them self-identify as queer. Many sleep with both sexes and maintain open relationships.

Situationships and friends with benefits are the most common dyadic formats as almost one half of people under age 35 continue to live with their parents and regard having to work as an unnecessary evil (according to all studies).

137.

In this [unigender era](#), is being a gay man less manly than being a heterosexual one? Is a woman who is the outcome of a sex change operation less feminine than her natural-born sisters? In which sense is a "virile" lesbian less of a man than an effeminate heterosexual or homosexual man? And how should we classify and treat bisexuals and asexuals?

What about modern she-breadwinners? All those feminist women in traditional male positions who are as sexually aggressive as men and prone to the same varieties of misconduct (e.g., cheating on their spouses)? Are they less womanly? And are their stay-at-home-dad partners not men enough? How are sex preferences related to gender differentiation? And if one's sex and genitalia can be chosen and altered at will – why not one's gender, regardless of one's natural equipment? Can we decouple gender roles from sexual functions and endowments?

Aren't the feminist-liberal-emancipated woman and her responsive, transformed male partner as moulded by specific social norms and narratives as their more traditional and conservative counterparts? And when men adapted to the demands of the "new", post-modernist woman – were they not then rebuffed by that very same female as emasculated and unmanly? What is the source of this gender chaos? Why do people act "modern" while, at heart, they still hark back to erstwhile mores and ethos?

We assume erroneously that some roles are instinctual because, in nature, other species do it, too: parenting and mating come to mind. The discipline of sociobiology encourages us to counterfactually learn from animals about our social functioning.

But humans and their societies are so much more complex that there is little we can evince from lobsters, chimpanzees, or gorillas.

138.

Female misogyny is outcome of:

1. Masculinization of women (competitiveness, ambition), unigender. Same as male. Gender is no longer a determinant in mental health. We live in a unigender world. Back to hunter-gatherer societies where women hunted with men.
2. Rise in female narcissism and psychopathy: choice of “alpha” male role models (girl boss, future is female, raunch culture).
3. Scarcity of eligible male partners (gender asymmetry owing to disparities in education, earnings, and elevated standards). Many men perceived as effeminate losers.
4. Schizoid atomization, self-sufficiency, negative identity.
5. Intolerance of variance and nonconformity, hierarchy.
6. Identity politics, competitive and performative victimhood.

MeToo is opposite of solidarity: 1. Patronizing-condescending 2. Infested with dark personalities 3. Negative identity (misandry) 4. Coercive.

Three types of masculinities

1. Neo-Traditionalist: The Guardian of Tradition
2. Egalitarian: Partners in Balance
3. Progressive: Pioneers of Gender Equity

LITERATURE

John L. Oliffe, Mary T. Kelly, Nina Gao, Jennifer Mootz, Zac E. Seidler, Simon M. Rice, Neo-traditionalist, egalitarian and progressive masculinities in men's heterosexual intimate partner relationships, *Social Science & Medicine*, Volume 333, 2023, <https://doi.org/10.1016/j.socscimed.2023.116143>

139.

There are 3 ways to doom your interpersonal relationships:

1. To always take and rarely give;
2. To constantly give and seldom take;
3. To limit your interactions to give and take, to render them 100% transactional.

140.

Marriage used to be a social institution. Now it is an individual lifestyle choice, one of many.

141.

Psychology of gold diggers and sugar babes:

Insecurity
Entitlement
Objectification
Transactionalism

142.

We live in a world with one gender ([unigender](#)): masculine. TalkTV interview with Trisha Goddard. Full interview is available on my YouTube channel.

143.

[Blondes](#) are stereotypically perceived as ditzy, histrionic, unfaithful, and high-maintenance.

So, why (gentle)men prefer blondes?

Men do approach blondes more than any other color, it is a fact. Especially men under the age of 30.

Blondes feature prominently in all types of magazines, not only in adult ones.

Like redheads, blondes are rare (scarce) or maybe they are considered by men to be less threatening (dumb blonde).

Blondes are also perceived as “easy” (promiscuous) because they are easily manipulated. Availability is the number 1 aphrodisiac.

Blondes are perceived as needy and this enhances male self-confidence and dominance and reduces inhibitions (because of a lower risk of rejection).

Blondes are also perceived as younger and healthier (because hair darkens with age and they have the highest hair density) and, therefore, more fertile.

Estrogen and testosterone lower in blonde females only, rendering them more childlike in both physique and behavior. This triggers protective male responses and sexual selection.

Blonde genes are recessive. Both parents should be blonde for the child to be blonde, thus ascertaining paternity in some cases. Consequently, blue eyed and blonde men are more attracted to blue eyed and blonde women.

Fewer men are born blonde than women.

Blonde men have no dating advantage. Proof of societal-cultural influences on short-term mate selection (but not on long-term coupling).

Blonde hair is determined by a recessive gene. This means that a blonde male can be 100% certain of his paternity if he mates with a blonde female. It does NOT mean that non-blondes cannot have a blonde child: some ancestor in the past could have been blonde.

Blonde hair is determined by a recessive gene. This means that a blonde male can be 100% certain of his paternity if he mates with a blonde female. It does NOT mean that the non-blonde cannot have a blonde child: some ancestor in the past could have been blonde.

LITERATURE in the description of the video on my YouTube channel.

144.

Women now describe themselves in what used to be [stereotypically masculine](#) terms.

145.

We have become too selective in choosing mates, insisting on a perfect match.

This selectivity may be intentional: a way to avoid commitment, relationships, family, and children.

In other words, it may be a [mate avoidance strategy](#).

Watch the recent video by [@armandmartin7](#)

146.

When women type the word [MEN](#), the most common typo is probably MEH.

[Return](#)

**Narcissists,
Psychopaths,
And
Other Predators**

1012.

Last 1:30 The Narcissist's Schizoid Core by [@shadowdeangelis](#) on Instagram (Cyberviking on TikTok).

[AI \(Artificial Intelligence\) follows social media as the second wave of the narcissistic takeover](#) of the world.

Grandiosity precludes cognitive miser (fear of making a mistake).

Hyperreflexivity: narcissist ventriloquist with susceptible dummies

Mimesis or real intelligence? Beyond Turing test to a qualitative version with qualified professionals (What makes intelligence human? Sentience?)

General headline intelligence, deep learning, expert systems

How to safely interact with both AI and narcissists

AI Hallucinations vs. narcissist's fantasies

Omniscience

Can AI help victims of narcissistic abuse cope with narcissists

Legislation: beyond criminal code into social engineering

Sam Vaknin column archive in Brussels Morning: <https://brusselsmorning.com/author/samvaknin>

1013.

[Grandiosity is a cognitive distortion](#). It filters, blocks out, falsifies, and reframes reality in order to allow the narcissist's fantasy to take over and become his only reality.

1014.

If you feel [estranged](#) - no longer yourself - you have been infected by the narcissist via the twin mechanisms of entraining and coercive snapshotting (introjection).

1015.

The narcissist is a reflective shell wrapped around an [empty schizoid core](#).

Video courtesy [@shadowdeangelis](#)

1016.

The [narcissist processes speech](#) in a very unusual manner.

1017.

WATCH Narcissistic Abuse Healing and Recovery Playlist

https://www.youtube.com/watch?v=bCKm2lywhZg&list=PLsh_y_ett4o1_RZDY0EJMBzuWfDOHrgoA

WATCH 20 Signs that Narcissist Infected YOU (Zombie Narcissism)

<https://m.youtube.com/watch?v=WqokA5nXVfU>

No disparaging introjects traceable back to him (incl. flying monkeys)

No ego dystony or hesitancy in decision-making

[Ability to trust restored](#)

No doubting your judgment

Independent reality testing restored (no cognitive distortions)

Sense of agency and self-efficacy restored

Autonomous motivation

No catastrophizing (imminent doom)

No anticipatory anxiety

No addictive cravings or sentimental nostalgia coupled with separation insecurity (abandonment anxiety)

No seeking of same type partner (from narcissistic to anaclitic mate selection)

No maternal or parental impulses (no narcissistic transferences)

No “us”, only “you” (no merger or fusion in a shared fantasy as well as intact boundaries, no enmeshment or engulfment)

No attempts to mind read

No self-sacrificial, people pleasing impulses (no emotional blackmail)

No infantile defenses

No self-idealization or self-devaluation, just realistic introspection and self-awareness

Restored functioning: social, workplace, as a parent, empathy

No emoting by proxy (crying in a movie)

No trust aversion or dread of intimacy

No victimhood stance – assuming personal responsibility

1018.

[Narcissists overshare](#) because they consider themselves amazing.

1019.

Narcissists and psychopaths feel positively ill-at-ease or even threatened by [love, intimacy, compassion, or kindness](#).

They assume that the other party is faking it, is mocking or pitying them, is inanely naive, or is trying to manipulate them.

Deep inside they regard themselves as both unloveable and unworthy of love or even mere civility.

1020.

The [grandiosity gap](#) between the narcissist's inflated, fantastic self-perception and his less than stellar reality cause him to delusionally deny this discrepancy and demand that others ignore it, too. This is the pathoetiology of the narcissist's entitlement.

Video courtesy [@shadowdeangelis](#)

1021.

[Being an a**hole](#) is not a crime - it is an anatomical fact.

1022.

[Narcissist loves through the death instinct](#), kills the love object by removing its ontological attributes: internalizing it and then disabling ("freezing") it. Coercive snapshotting completes the process of entraining.

Read this: <https://www.instagram.com/p/CuWiQLQMpF4/>

1023.

With healthy people, being aggressive requires an effort.

With narcissists and psychopaths, [acting nice or even just well-mannered is an exertion](#).

1024.

[Narcissists reify the death instinct](#). They render everyone in their lives inert, inanimate, and mummified. They convert external objects into immutable internal ones embedded in dark fantasies of unmitigated coercive control.

1025.

How the [covert narcissist changes you](#) for the worse.

1026.

[Cluster B personalities](#) are awry, broken, damaged, and dangerous if left untreated.

1027.

The [narcissist's abuse is also a way of testing](#) his or her newfound maternal figure (aka “intimate” partner or insignificant other):

How far can I go without losing him (or her)?

Will s/he love and embrace me unconditionally never mind how harsh and unjust and hurtful I am?

Will s/he ultimately abandon and betray me, as I fully expect them to do? (Self-fulfilling prophecy or preemptive abandonment)?

1028.

The narcissist first converts you into his mommy, a [maternal figure](#). He then tries to transform you into a transitional object. But this is mission impossible: the role of the transitional object is to allow the child to safely separate from mother. Disappointed and frustrated, the narcissist devalues and discards you.

NEW PLAYLIST Shared Fantasy, Dual Mothership, Snapshotting

https://www.youtube.com/watch?v=csukYBQpyHE&list=PLsh_y_ett4o0Few_pweXhdCigXrXubWNx

1029.

WATCH YOU and YOUR BODY after Domestic Violence, Rape, Battering: Perpetrator and Society Collude <https://www.youtube.com/watch?v=1U-MJtEMCCA>

[Coercive, synchronized, or mirror snapshotting \(introjection\)](#): narcissist entrains you to introject his expectations (your idealized introject in his mind), to share the internal object (=merger, fusion)

Only if departure from previous identity, not including bodily signs of trauma and abuse:

Decline in empathy (post traumatic)

Irritability

Impulsivity

Mood lability

Emotional dysregulation

Suicidal or self-destructive ideation

Self-defeating and self-handicapping (e.g., perfectionism or procrastination)

Cognitive distortions (e.g., grandiosity or Dunning-Kruger)

Aggression or Passive-aggression

Recklessness

Identity disturbance (“this is not me!”)

Defiance and contumaciousness

Thrill, novelty, and risk seeking

Projection

Splitting or dichotomous thinking

Denial

Exploitativeness

Repetition compulsions

Automatic negative thoughts

Dissociation

1030.

[Trauma bonding](#) is a form of collaborative self-harm and fulfills the same functions as self-mutilation.

1031.

Deliberately frustrating is a form of [sadism](#):

You need to be needed? I am self-sufficient!

You want to love me? I am an emotionless and heartless robot!

You wish to spend time with me? I am a workaholic.

1032.

[Narcissistic abuse](#) involves multiple parties, not least of whom is the victim. Here is how to cope with it in various settings and circumstances.

Brian Barnes Wellbeing, BSc HDip RGN RPN DipHyp brianbarneswellbeing.com, 0879270045

mindyou podcast anchor.fm/mindyou1

Apple podcasts <https://podcasts.apple.com/ie/podcast/mindyou-podcast/id1552410164>

Spotify <https://open.spotify.com/show/17W98ShxKjc0sd3UVRZRrm>

1033.

[Inverted narcissists and codependents](#) pretend that the narcissist's relentless abuse has no effect on them. But, of course, it does. No contact is the only path to recovery and healing.

1034.

Healthy people are best advised to [trust](#) themselves way more than they trust others.

Narcissists are best advised to trust no one, least of all themselves.

1035.

Many online YouTubers have [corrupted the meanings of words and phrases](#) borrowed from clinical psychology (examples: gaslighting or flashbacks). Additionally, with zero credentials in the field of cluster B personality disorders, they came up with nonsense "diagnoses" like empath or neglectful narcissist.

How to recognize gaslighting and respond to it

<https://www.washingtonpost.com/wellness/2022/04/15/gaslighting-definition-relationship-abuse-response/>

1036.

[Trauma-induced anxiety](#) is at the core of cluster B personality disorders.

1037.

WATCH Narcissist's Betrayal Fantasy: Painful Mommy Separation

<https://www.youtube.com/watch?v=pF7mvEbaNEA>

WATCH Narcissist Pays Heavy Price for Betrayal Fantasy

<https://www.youtube.com/watch?v=mq1NA3WGRZ0>

WATCH Masochistic Covert Antinarcissist <https://www.youtube.com/watch?v=cXK2Latm6Is>

[Narcissist's "love" is sado-masochistic](#) because of early childhood conditioning to associate love with betrayal, withdrawal, avoidance, hurt, and frustration-aggression.

In childhood, the aggression is internalized. Hence the masochism.

The narcissist needs to coerce the partner to hurt him within the fantasy framework role of her maternal reenactment. Hence the abuse (projective identification and reaction formation).

The narcissist's sadism is self-punitive and anticipatory: it engenders the very masochistic pleasure of being punished and agonized. This is sadistic supply.

The partner's compliant submissiveness or refusal to engage in her assigned role is perceived as a passive-aggressive denial of gratification and leads to the escalation of abusive sadism.

Submissiveness also leads to escalation owing to growing tolerance and desensitization.

A reactively abusive (or plain abusive or predatory) partner is perceived as maternally loving and caring. This ameliorates the narcissist's abuse but creates abandonment anxiety and infantile (regressive) dependency on masochistic supply.

So, the narcissist is in one of two states in the shared fantasy: sado-masochistically gratified by a punitive mother figure - or sado-masochistically frustrated by a truly loving mature partner.

The former leads to attachment, cathexis, and dependency and then to attempted separation-individuation from the maternal figure via devaluation and discard.

The latter leads to sadistic and coercive narcissistic abuse and a power play. The narcissist must have his way or annihilate the frustrating object.

MOOD DISORDERS

Mood disorders exist when the changes in mood are not secondary, not mediated via a cognitive distortion, such as grandiosity or catastrophizing.

1038.

[Narcissists don't do intimacy](#) and regard empathy as a weakness. The narcissist's insignificant other is not intimate, neither is s/he a partner. S/he is fungible, replaceable, interchangeable, dispensable, and disposable.

1039.

The [narcissist coerces his intimate partner](#)- his newfound maternal figure - to reactively abuse him because his "dead" mother taught him to associate love with hurt.

The partner's reactive abuse does not cause narcissistic injury because the narcissist triggers it at will, he is in control of the entire process. Her reactivity buttresses his grandiosity.

1040.

WATCH Fight Coercive Control, Collusive Infidelity
<https://www.youtube.com/watch?v=GZYCqmkkrsY>

WATCH Narcissism/ Coercive Control Documentary
<https://www.youtube.com/watch?v=hA56MBj4m5Y>

COVERT ABUSE

Passive-aggressive (obstructive)

Hidden (occult): fakes empathy, rescuer-savior-healer, helpfulness, altruism, compassion

Manipulative

Nonverbal

Punitive avoidance and withdrawal (to play on abandonment anxiety)

Creates secret coalitions against you, smear campaigns (hiding behind others)

Controlling

COERCIVE CONTROL

Another much misused term, like gaslighting or narcissist

Victims intimidated into altering routines, modifying behaviors

Social isolation

Life constriction

Invasive monitoring and supervision

Deprivation of needs, including basic needs

Control and micromanagement of choices, decisions, behaviors, and actions

Denial of access to communication, money, friends, family, help, succor

Terrorizing, degradation, humiliation

Multiple modalities of abuse: verbal, physical, financial, sexual

Conditioning (compliance rewarded) leads to automatism and impaired reality testing

Premeditated

Not outcome of mental illness

Some victims misperceive coercive control as love, interest, attention, insecurity.

1041.

In 1995, I was the first person to [out himself as a narcissist](#). To be able to communicate my experiences, I had to coin a whole new corpus of language, still widely in use today.

1042.

[Narcissistic abuse](#) is unlike any other type of abuse. It negates you. So, in its aftermath, you need not only to recover but to rebuild yourself, brick by brick.

1044.

The craven covert narcissist creates coalitions of [flying monkeys and kamikaze suicide bombers](#) - including women and children - as human shields.

1045.

[Collapsed and covert narcissists](#) maliciously envy successful narcissists way more than they are jealous of accomplished non-narcissists.

1046.

The narcissist entertains simultaneously contradictory thoughts, beliefs, values, emotions, motivations, and other psychological processes ("[dissonant thinking](#)"). He therapeutically resolves the resulting dissonances by using several techniques and by self-imputing godlike perfection.

Use the playlists to search the channel by theme and vaknin-talks.com to search the transcripts of my videos.

1047.

Bernd Huber captured my work on the [psychodynamics of narcissism](#) in a single diagram.

1048.

Real (echt) [narcissistic supply](#) is like high-octane fuel to the narcissistic vehicle. Spurious supply is contaminated fuel that damages the engine.

Negative supply should be distinguished from low-grade or fake supply (collectively known as spurious or ersatz narcissistic supply).

Low-grade narcissistic supply comes from sources which cannot be idealized, no matter how hard the narcissist tries and to what extent he blocks out and denies reality. The type of narcissistic supply determines whether its source can be idealized or not. For instance: compliments on his intellectual achievements doled out to a cerebral narcissist by an intellectually-challenged person would never pass muster and would never qualify as narcissistic supply.

Fake narcissistic supply is tinged with ulterior motives and hidden agendas. Sources of fake supply compliment the narcissist in order to manipulate him or some third person or in order to accomplish a goal. Endowed with cold empathy, the narcissist picks up on these true motivations and feels injured and slighted. Many narcissists test their sources of supply repeatedly: they engineer situations intended to expose the sincerity or lack thereof of the supply and the consistency and authenticity of the source's conduct.

Narcissistic supply is either static or dynamic. Dynamic supply upholds, enhances, buttresses, and abets the narcissist's grandiose and fantastic False Self. The contents of dynamic narcissistic supply and the identity of its sources conform to the narcissist's image of himself, his "destiny", the evolution of his life, and his place in the Cosmos. Static supply fails to do so despite the fact that it is largely positive, reliably recurrent, and abundant. Static supply is akin to "hospital rations" or "junk food": it maintains the narcissist for a while, but, as an exclusive diet, it results in malnutrition (deficient narcissistic supply). Static supply is repetitive, "boring" because it is predictable, and pedestrian. It does not propel the narcissist into new "highs", nor does it reinflate him when he is down.

1049.

A completely new way of perceiving [victimhood](#) and the victim's role in the abusive dyad.

With Macy Nelson, The Phoenix Rising Podcast (thephoenixrisingpodcast.com) on multiple platforms, starting August 1.

1050.

The best advice about [revenge, justice, and retribution against the narcissist](#). [@shadowdeangelis](#) has an incisive and unerring grasp of the most intricate dynamics of narcissism and narcissistic abuse.

But, his advantages over me are his brevity and accessible language. Unlike me, he is not pompous or verbose. Don't miss his amazing capsules of practical wisdom backed by cutting-edge latest research. Bravo!

1051.

Another excellent video by [@shadowdeangelis](#)

A useful concept in this context is the narcissist's conversion of [idealized objects into persecutory objects](#).

1052.

[Victimhood](#) makes sense of reality in a way that is self-serving by reducing it to a morality play of angels vs. demons.

Victimhood is a splitting defense (narcissists and borderlines use it to cast themselves as victims).

1053.

[Are narcissists also codependent?](#) Are codependents always narcissistic? Translated to Portuguese by [@mirna_liz37](#) Thank you!

1054.

The [self-help industry](#) is toxic, riddled with con artists and with mentally ill gurus, "healers", coaches, self-styled "experts", and self-appointed rescuers and saviors.

1055.

The meeting between [the narcissist and his victim](#) is a meeting of two hungers: the victim is hungry for love and intimacy and acceptance – and the narcissist is hungry for existence.

The narcissist tries to become through the victim. The Narcissist tries to exist through the victim.

But the sad irony is that the only way for the narcissist to exist through the victim is to abscond with her existence.

The only way for the narcissist to become through the victim is to deny the victim her own becoming.

On the other end of the equation, the only way for the victim to obtain love from the narcissist is to stop being, to not be.

The only way for her to maintain intimacy with the narcissist is to become as much as an absence as he is.

This is the predicament and the conundrum of the shared fantasy: it is a meeting of two irreconcilable, incompatible, hungers.

Excerpt from interview with [@azamaliofficial](#)

Translation courtesy [@mirna_liz37](#)

1056.

Both [narcissists and psychopaths are users and takers](#).

When you are of any use to them, they are charming, into you, solicitous, and helpful.

When you have nothing left to offer, they become cold, contemptuous, dismissive, and impatient.

Both types use a shared fantasy to mind control. But the narcissist is delusional (believes that the fantasy is real) while the psychopath is merely scheming and manipulative.

1057.

To survive narcissistic abuse, [victims deceive themselves](#) in multiple ways.

1058.

My videos translated to Portuguese: Narcissismo Com Mirna

<https://youtube.com/@NarcisismocomMirna>

WATCH Narcissist's 3 Depressions

<https://www.youtube.com/watch?v=XjZkrLE9mes&feature=youtu.be>

WATCH Bipolar Disorder Misdiagnosed as Narcissistic Personality Disorder (NPD)

<https://www.youtube.com/watch?v=1-i7Y7atsqk&feature=youtu.be>

Narcissism is fantasy defense gone awry and writ large.

Mediated via cognitive distortions such as grandiosity, internalization, and hyperreflexivity lead to impaired reality testing (examples)

[Fantasy can be euphoric or dysphoric](#)

Euphoric fantasy indistinguishable from manic phase in Bipolar Disorder and involves grandiosity via inflation and incorporation.

Involves internal locus of control and autoplasmic defenses.

Separation-individuation is a case of euphoric fantasy.

Dysphoric fantasy indistinguishable from depression and involves grandiosity via paranoia and referential ideation.

Involves external locus of control and alloplasmic defenses.

Devaluation of a persecutory object, narcissistic injury, and narcissistic mortification are all cases of dysphoric fantasy.

1059.

The [narcissist needs his partner to abuse him](#) in order to justify her devaluation as a persecutory object. This inexorable devaluation leads to the successful attainment of separation-individuation from her as a maternal figure. The same dynamic applies to female narcissists as well.

1060.

[Pathological narcissism is a severe mental illness](#) that combines elements from many other psychological disorders and diseases.

Norman Bates's mother is the [narcissist's ideal partner](#).

With [@gurvinmari](#) and [@dianakein](#)

1061.

[Mother](#) of origin is source of frustration, hurt, shame, and rage, often unconsciously. She mortifies the narcissist.

Mother is illegitimate target of aggression, so he redirect it at mother substitutes. Tries to accomplish separation by proxy and thus become (individuate).

Individuation is not about becoming an adult, but about becoming an individual with boundaries, self, and ego (one of whose functions is reality testing).

Reframes primary object by splitting: she is either all good (martyr) or all bad (evil). Correspondingly, he is either all bad (grandiose monster) or all good (grandiose victim).

Margret Mahler's theory of separation-individuation explored in depth.

1062.

[From victim to survivor](#): obligatory steps.

Translation to Portuguese courtesy of [@mirna_liz37](#)

1063.

The narcissist enters a [shared fantasy with a maternal figure](#) (his intimate partner) only in order to separate from her (which he failed to accomplish with his biological mother). The intimate partner is expected to help the narcissist by acting the part of a rejecting, betraying mother. If she refuses, he tries to coerce her into this role and then devalues and discards her.

With Azam Ali https://en.wikipedia.org/wiki/Azam_Ali [@azamaliofficial](#)

1064.

The narcissist judges your aptitude to serve as his “intimate” “partner” by whether you meet 2 of 4 criteria, the [4 Ss](#): sex, services, supply (narcissistic and sadistic), and safety.

1065.

Member of the Editorial Board of [Journal of Mental Health and Behavioral Sciences](#).

I am Editor in Chief of 6 academic journals and member of the editorial board of another 90 or so.

Details here: <http://www.narcissistic-abuse.com/mediakit.html>

1066.

Narcissist in the making converts his [mommy into his intimate partner](#)! Shared fantasy: mission accomplished! Watch the video I will be uploading later today.

1067.

Run for your life! Now! Drop everything you are doing and [flee the narcissist or psychopath](#).

1068.

The narcissist takes over your life and thus reduces the [anxiety involved in making choices and decisions](#).

1069.

Even self-aware narcissists cannot change: they cannot experience [transformative insight](#) because they lack access to their positive emotions. [Self-awareness unaccompanied by emotions](#) never becomes a transformative insight. This is why narcissists never learn or change.

1070.

A [Sam Vaknin narcissism buffet](#) by [@mirna_liz37](#)

Translations of my videos to Portuguese in the Narcisismo Com Mirna Liz YouTube channel. Also on TikTok.

1071.

The [narcissist's only experiences](#) are his cravings for narcissistic supply.

Consequently, he never learns or changes.

If you were to meet the same narcissist 40 years apart, you would be stunned at how utterly untouched by life he is, how frozen he is in time.

1072.

[Narcissist's Body Postures](#): Hypervigilant-paranoid, Pleading-expectant, Dismissive-contemptuous, Superior-boastful, Impatient-scornful, Impatient-entitled, Membership-gravitas, Converting-empathic, Observer-detached.

Somatoform disorders (Somatization, conversion disorder, illness anxiety disorder or hypochondria)

Body dysmorphia (shame and anxiety) and body image problems.

LITERATURE

WATCH Narcissist, His Body, Other Bodies (35th Psychosomatic Medicine Conference 2018 Video Presentation) <https://www.youtube.com/watch?v=aBzotc3nonU>

WATCH Narcissist and His Body in Health, Illness, and Disability <https://www.youtube.com/watch?v=L23a2EQHzLI>

WATCH Body Language of the Personality Disordered <https://www.youtube.com/watch?v=omxNWsy3FMI>

WATCH Body Language of Narcissistic and Psychopathic Abuser <https://www.youtube.com/watch?v=iFUuaw8Pf1M>

Body Language in David Foster Wallace's Brief Interviews with Hideous Men

Nieminen, Jani (2020) <https://trepo.tuni.fi/handle/10024/120237>

Cambridge Guide to Psychodynamic Psychotherapy By Adam Polnay, Rhiannon Pugh, Victoria Barker, David Bell, Allan Beveridge, Adam Burley, Allyson Lumsden, C. Susan Mizen, Lauren Wilson Chapter 14: Narcissistic Difficulties

81 FBI L. Enforcement Bull. 28 (2012)

The Language of Psychopaths: New Findings and Implications for Law Enforcement

<https://heinonline.org/HOL/LandingPage?handle=hein.journals/fbileb81&div=73&id=&page=>

How To Analyze People With Dark Psychology by Jason Gale

1073.

The entire [relationship with the narcissist is coercive](#).

1074.

Having been [victimized](#) is not an identity. Victimhood is.

Meme courtesy [@thereandbackcandle](#)

1075.

[Children with Autism Spectrum Disorder \(ASD\)](#) fail to develop empathy via mentalization (a Theory of Mind). They feel no guilt or embarrassment (they have no conscience). They avoid being shamed after they have transgressed.

"Empaths" signal victimhood to manipulate others. Many are narcissists and psychopaths.

LITERATURE

van Trigt, S., Colonnaesi, C., Brummelman, E., Jorgensen, T. D., & Nikolić, M. (2023). Autistic traits and self-conscious emotions in early childhood. *Child Development*, 94, e181–e196. <https://doi.org/10.1111/cdev.13921>

Kajdzik, M., & Moroń, M. (2023). Signaling High Sensitivity to Influence Others: Initial Evidence for the Roles of Reinforcement Sensitivity, Sensory Processing Sensitivity, and the Dark Triad. *Psychological Reports*, 0(0). <https://doi.org/10.1177/00332941231152387>

1076.

The [Dual Mothership](#) short video subtitled in Portuguese.

Courtesy the NarcisismocomMirna YouTube channel.

1077.

[Relationships with narcissists and psychopaths](#) may feel the same to the victim - but their outcomes are very different.

1078.

BPD and NPD are real but reconceived as emotionally dysregulated post-traumatic conditions. CPTSD is transient, BPD is not, though it ameliorates and often spontaneously vanishes after age 45.

Not all psychopaths are the same. F1 and F2 are very different. F2 has emotions and is dysregulated, similar to borderlines.

Self-awareness is not the same as transformative insight.

[Dark triad personalities are subclinical.](#)

Chaotic life does not mean BPD. Emotional dysregulation and mood lability are crucial differential diagnoses. Many narcissists and especially psychopaths lead highly disorganized lives.

Grandiosity does not mean NPD. Psychopaths, borderlines, paranoids, and bipolar patients are grandiose.

Sadism manifests in all areas of life, not only in sex.

Cruelty, callousness, ruthlessness, and mercilessness do not signify psychopathy only. Depending on the circumstances, BPDs behave this way when they act out, narcissists when they are mortified, paranoids when they are in panic (heightened anxiety).

Lack of introspection and self-awareness does not mean NPD. Many narcissists are aware of their abrasiveness, grandiosity, entitlement, and antisocial misconduct. They correctly self-identify as narcissists. They are also aware of the fact that they dissociate (though they are never cognizant of their confabulations and their fantasies, including the shared fantasies).

External regulation is not unique to borderlines. Narcissists also regulate externally (via narcissistic supply) and, to some extent, so do paranoids.

My work cited in more than 1750 academic papers uploaded to academia.edu and I am ranked among the top 0.5% of 231,000,000 academics worldwide <https://calmu.academia.edu/SamVaknin>
https://www.instagram.com/p/CvrrwoLMrdp/?img_index=1

1079.

The [narcissist punishes himself](#) (or herself) by repeatedly failing to separate and individuate, never mind how many times he tries and with how many partners.

1080.

When you are [touched by Evil](#), you must shed yourself. Keep moving. Motion cleanses.

If you freeze in horror, even for one minute, Evil claims you, makes you his, weds you, and sires offspring with your husk.

Recoil. Flee. Never look back. Renounce your olden essence and be transformed. Render yourself unrecognizable to Evil in pursuit.

[Evil enchants](#). Entraps. It exudes immersion. In its grip, you feel beloved and understood and accepted

like never before. It is a great teacher, a sage, a master.

Put on your winged sandals. You are the captive of a vile apparition. There is no time to waste, you must make haste. Already Evil conspires against you with the voices in your mind.

And all the fava beans and the chianti, the charm and erudition, the feigned benignness and the glittering Bambi eyes cannot conceal the horror that awaits. Remember that as you elope into the spell. Untangle from your dreams. [Awaken](#).

1081.

The narcissist is always the [performer](#) - never the audience.

1082.

Why are [victims attracted to narcissists](#) time and again?

Diana [@dianakein](#) and Mari [@gurvinmari](#) are the hosts of Sannheten om Narcissisten (in Norway).

1083.

Being [discarded](#): injury or mortification?

Perceived as rejecting, frustrating (real) mother: retraumatization, decompensation, acting out, dissociation

Separation insecurity: restoring object constancy owing to introject dissonance (stalking and Hoovering)

Reframing: internal (grandiose) or external (persecutory)

Grief stages: mourning the shared fantasy

Substitution (replace): isomorphic or dissimilar

Completion of disrupted shared fantasy (repetition compulsion)

1084.

[Some covert narcissists are people pleasers](#) (a codependent trait).

1085.

The narcissist makes you fall in love with your idealised image (“[hall of mirrors effect](#)”). This infatuation with yourself as seen through his gaze, this limerence, is addictive and irresistible.

1086.

I am considering to use this video as a part of a [new trailer for my YouTube channel](#). What do you think?

Video courtesy the NarcisismocomMirna YouTube channel.

1087.

The [narcissist is testing you](#): will you love and accept him unconditionally, as a mother would, even when you have come to know him better?

1088.

Narcissists attend therapy after collapse or mortification when the grandiose defenses against their vulnerability crumble.

One example of this hybridity (grandiose/vulnerable) is Hoovering.

Narcissist cannot countenance rejection, needs to make sure of the outcomes and resolve cognitive dissonance.

Lovebombing and grooming are forms of probing.

Narcissistic abuse as [probing](#) (will she love me unconditionally, as a mother would?)

Probing via third parties, flying monkeys, in various settings.

Social media stalking as probing.

Consulting others as probing.

1089.

[Divorce is a life crisis](#) – and more so for the narcissist. The narcissist stands to lose not only his spouse but an important source of narcissistic supply. This results in narcissistic injury, rage, and all-pervasive feelings of injustice, helplessness and paranoia.

Book available on Amazon.

1090.

[Dark triad personalities](#) are people who CANNOT be diagnosed as narcissists and psychopaths.

1091.

Listen up self-styled “experts”: [narcissistic mortification](#) and narcissistic injury are NOT the same thing, collapsed narcissist and failed Narcissist are NOT the same issue. Get it?

1092.

[Confabulation](#) is an attempt to bridge memory gaps by constructing scenarios of what is most likely to have happened. It is a theory about missing time.

But, the narcissist believes that the theory (confabulation) is real and true because he is the one who came up with it. Being infallible and omniscient, in his mind, he never makes mistakes.

1093.

Why does the [narcissist vehemently deny hard evidence and reality](#)? Because confabulation is critical to his grandiosity.

1094.

[Confabulation](#) in psychotic disorders, dementia, court (Loftus).

Confabulation is an attempt to bridge memory gaps by constructing scenarios of what is most likely to have happened (possible, plausible, probable).

It is a theory about missing time. But the narcissist believes that the theory (confabulation) is real and true because he is the one who came up with it. Being infallible and omniscient, in his mind, he never makes mistakes.

Confabulation in narcissism:

Covers for narcissistically injurious dissociation (a challenge to omnipotence), trying to make sense of a chaotic, disjointed world.

Bridges gap between immutable internal and mutable external objects to restore object constancy and secure base.

Connects present with maternal object to past with real mother.

1095.

[Victims of narcissistic abuse](#) want to be told that they are all good and narcissists are all bad; they want to learn how to exact revenge on the narcissist; and they want their victimhood status validated. A crop of coaches and self-styled “experts” cater to these pathological needs while laughing all the way to the bank.

1096.

[Narcissists always claim to be victims](#), play the victim's card, sometimes convincingly.

Codependents and people-pleasers use control from the bottom and victimhood. But so do narcissists. Many of them claim to have been devalued and discarded.

How to tell which is which?

Splitting (I am all good, they are all bad)

Non-discrimination (every girlfriend, spouse, business partner victimized them)

Self-pity

Ostentation coupled with goal orientation: celebrity, money, sex

Alloplastic defenses and an external locus of control: no responsibility or blame as a defense against shame and guilt (none of this was my fault, I am not responsible, I contributed nothing to my predicament)

Denial of misconduct or proportionality of response, grandiose morality, claims of coercion or brainwashing

Never apologize

Automatism (never reflect and analyze)

1097.

[How does the narcissist see you?](#) You won't believe -or like - the answer.

Video continued with Portuguese subtitles in the NarcisismocomMirna YouTube channel.

1098.

Decline in cognitive functioning owing to stress and anxiety.

[Dementias](#) are like mortification because they involve public shaming in front of significant others.

Concealment strategies including confabulations that resemble gaslighting.

Narcissist's grandiosity challenged, especially omniscience and perfection.

Withdrawal and avoidance unsustainable strategies.

Depression and grief.

Loss of independence challenges omnipotence, exposes vulnerability.

Frustration breeds aggression, agitation, impatience, alloplastic defenses (blaming others).

Paranoid ideation and rage.

Defiance and contumaciousness (refusing medical treatment).

Role of secondary supply (recounting past glories), selective memory (island of stability preferred).

Suicidal ideation.

LITERATURE

Deví Bastida J, Genescà Pujol J, Valle Vives S, Jofre Font S, Fetscher Eickhoff A, Arroyo Cardona E. Disorder of the personality: a possible factor of risk for the dementia. *Actas Esp Psiquiatr*. 2019 Mar;47(2):61-9. Epub 2019 Mar 1. PMID: 31017274.

Poletti M, Bonuccelli U. From narcissistic personality disorder to frontotemporal dementia: a case report. *Behav Neurol*. 2011;24(2):173-6. doi: 10.3233/BEN-2011-0326. PMID: 21606578; PMCID: PMC5377953.

Austin J Clin Neurol 2015;2(7): 1057.

Narcissism Vulnerability as Risk Factor for Alzheimer's Disease- A Prospective Study By Daniel Serrani, Department of Psychobiology, Faculty of Psychology, National University of Rosario, Berutti 250 bis, Rosario, Santa Fe (S2000QBE), Argentina

1099.

The narcissist comes to regard people - especially intimate partners - as [enemies, persecutory objects](#). How does this happen? Paranoia and projection.

With Portuguese subs courtesy the NarcisismocomMirna YouTube channel.

1100.

Very surprising reason why [borderlines and narcissists are a perfect match](#).

Video with Portuguese subtitles courtesy NarcisismocomMirna YouTube channel.

1101.

The same brain circuitry is responsible for [processing space and memory](#).

Infant amnesia vs. childhood amnesia

Flaw in spatial processing and language processing caused by trauma and abuse (hiding and being entrained) results in:

1. Inability to tell external from internal (psychosis, narcissism), hyperreflexivity
2. Impaired ability to form memories
3. Impaired reality testing
4. Grandiose magical thinking (referential ideation, paranoia, psychotic megalomania, erotomanic delusion)
5. Identity diffusion and disturbance
6. Arrested development (infantilism)

LITERATURE

Wayfinding: The Science and Mystery of How Humans Navigate the World by M. R. O'Connor, St. Martin's Press, 2019

1102.

The study of [Narcissistic Personality Disorder \(NPD\)](#) is evolving. Categorical criteria in the DSM 4-TR are being phased out in favor of the DSM 5-TR's dimensional alternative model. Additionally, we are transitioning from a static to a dynamics model (no type constancy) and from an ego-syntonic to an ego-dystonic (compensatory) model.

1103.

[The narcissist never learns how to behave himself with others, in social settings](#). His/her childhood is abusive and traumatizing (even pampering and idolizing the child are forms of abuse). So, he has no role models to model his behaviors on.

1104.

[Mind reading](#) is a test of maternal symbiosis and unconditional love (the non-verbalized unspoken content of the narcissist's mind do not deter the accessing partner). It is proof of a grandiose and anxietytic mind-meld ("I am the world").

Not telepathy but internal object communication: partner is an extension (hyperreflexivity)

Failure to mind read provokes frustration-aggression but also anxiety because it challenges the maternal object and extensionality/intensionality of external objects/extrojects.

The narcissist specifies the internal content that he attributes to an external object (solely his projections, a clone of the narcissist's mind) and the null set of all possible instances of the external object (the narcissist and the external object are one, coextensive).

Failure at mind reading implies that the external object possesses content that is not identical to the content of the narcissist's mind and is, therefore, separate. This provokes separation insecurity (abandonment anxiety owing to a lack of object constancy/permanence).

Similarly, a failure at mind reading implies that the external object is unique, not a clone and therefore not interchangeable or fungible.

CONCEPTS

intension and extension, in logic, correlative words that indicate the reference of a term or concept: "intension" indicates the internal content of a term or concept that constitutes its formal definition; and "extension" indicates its range of applicability by naming the particular objects that it denotes. For instance, the intension of "ship" as a substantive is "vehicle for conveyance on water," whereas its extension embraces such things as cargo ships, passenger ships, battleships, and sailing ships. The distinction between intension and extension is not the same as that between connotation and denotation.

In mathematical sets, the null set is a set that does not contain any values or elements. It is expressed as { } and denoted using the Greek letter \emptyset (phi). A null set is also known as an empty set or void set. There is only one null set because, logically, there's only one way that a set can contain nothing.

Videos translated to Portuguese <https://www.youtube.com/@narcisismocommirna>

1105.

This is a comment on a [@shadowdeangelis](#) recent post. Don't miss even one of all his other invaluable capsules of well-informed, wise advice on his Instagram. Amazing work.

The problem with [projective identification](#) is the identification part of it. The victim identifies himself/herself with the narcissist's projected parts: the traits and emotions that the narcissist rejects in himself/herself and misattributes to the victim.

The victim then becomes these parts (hence "identification") and begins to behave accordingly.

Projective identification is, therefore, a defense mechanism of the narcissist's that ends up modifying the victim's behaviors!

Projective identification [causes the victim to modify her/his behavior](#) by adopting as theirs the narcissist's shame and guilt.

1106.

Substantial minority of narcissists encourage - NOT COERCE!- their [partners to be unfaithful via casual sex, swinging, group sex \(threesomes\)](#).

Victims often misinterpret the narcissist's encouragement as a wish or a command and seek to gratify the narcissist by acquiescing.

Narcissist is rarely a cuckold.

WATCH Cuckolds, Swingers (Lifestyle), and Psychopathic Narcissists: Death of Intimacy?
<https://www.youtube.com/watch?v=alGmDyJvRZM>

Betrayal fantasy and devaluation: discard the partner by shifting the blame.

WATCH How Narcissist Betrays YOU to Become Himself (Compilation)
<https://www.youtube.com/watch?v=CesOO1R2YbI>Loyalty test (bait).

Dare, see if I care, power play (following triangulation or the partner's acting out).

Uphold view of other sex as untrustworthy and whorish.

Sadism: defile the partner by witnessing her/his debauchery and self-prostitution (just WITNESSING!)

1107.

The shared fantasy involves the narcissist and another person (intimate partner, friend, offspring, even co-worker). But is it founded on having [daddy issues](#)? And how does this square with my principle of dual mothership?

1108.

The shared fantasy involves the narcissist and another person (intimate partner, friend, offspring, even co-worker). But is it founded on having [daddy issues](#)? And how does this square with my principle of dual mothership?

1109.

We validate other people's victimhood because we want them to validate ours.

Competitive victimhood pays: it is a profitable proposition. It can be used to manipulate people ("deceptive signaling").

[Many victims and "victims" are entitled, grandiose, vindictive, and abusive.](#)

1110.

Narcissists are externally indistinguishable from full-fledged human beings. But they have no core or stable identity. Your uncanny valley alarm system doesn't go off because it is damaged. The narcissist proceeds to penetrate your defenses and leverage your vulnerabilities in order to convert you into a clone of himself, his traits and behaviors (this is known as CPTSD or complex trauma). [Narcissism is contagious.](#)

1111.

Narcissists are externally indistinguishable from full-fledged human beings. But they have no core or stable identity. Your uncanny valley alarm system doesn't go off because it is damaged. The narcissist proceeds to penetrate your defenses and leverage your vulnerabilities in order to convert you into a

clone of himself, his traits and behaviors (this is known as CPTSD or complex trauma). [Narcissism is contagious](#).

1112.

My grandpa was visiting a pharmacy, replenishing her medications, when my grandma died. With the dignity of the indigent, he never bargained, never raised his voice. Packed in small, white, paper bags, he rushed the doses to his wife, limping and winded.

This time the house was shuttered doors and windows. My grandma wouldn't respond to his increasingly desperate entreaties. He flung himself against the entrance and found her sprawled on the floor, her bloodied mouth ajar. As she fell, she must have hit her head against the corner of a table. She was baking my grandfather his favorite pastries.

Her eyes were shut. My grandpa knew she died. He placed her remedies on the floured and oiled table and changed into his best attire. Kneeling beside her, he gently wiped clean my grandma's hands and mouth and head and clothed her in her outdoors coat.

His business done, [he lay besides her](#) and, hugging her frail remains, he shut his eyes.

My uncles and aunts found them, lying like that, embraced.

Full story: <https://samvak.tripod.com/agala-en.html>

Short Fiction About Narcissists and Psychopaths:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

1113.

What the [narcissist's "big lie"](#)?

1114.

Watch the video I released today on my YouTube channel ([@samvaknin](#)). This video here is a [great summary](#) of what I have been saying all along.

I want to thank this guy on TikTok [@tabs_sojourn](#) for his brave support for my work in the face of great opposition.

1115.

The narcissist is firmly convinced that he is [infallible and omniscient](#). Godlike, he knows everything, can learn nothing, and never makes mistakes.

1116.

[Narcissists are takers](#) - until there is nothing left to take. Swipe left to learn more.

1117.

NPD much like old conception of MPD unintegrated system while BPD like modern conception of DID (OSDD). Both are dissociative, post-traumatic conditions with external regulation of ego functions, affects, and moods.

WATCH Is Borderline Multiple Personality? (BPD and OSDD)

<https://www.youtube.com/watch?v=w19RHGxS3yM>

WATCH Narcissism: Multiple Personality Disorder/Dissociative Identity Disorder?

<https://www.youtube.com/watch?v=xJWwfaJPS5w>

WATCH Narcissist's Multiple Personas <https://www.youtube.com/watch?v=Yxo4gjG8GpM>

Main role of compensatory False Self is to protect the True Self which is shy, fragile, and vulnerable.

True Self no longer psychodynamically active, but False Self is inertial, believes that narcissist will die without it. So, False Self is anxiolytic and aimed to prevent regression to borderline emotional dysregulation.

Like all mental constructs, False Self is self-preserving (aka resistances).

False Self regards therapy and intimacy as not only threats (hurt, pain, heartbreak, hostile takeover), but also as competition: they offer emotional self-regulation and a coherent sense of self-worth, obviating the needs for narcissistic supply and grandiosity, the False Self's main functions.

Cathexis in the False Self is diverted to therapist or partner and this generates envy of both outsiders and self as good object.

Therapy and healthy (non-dependent) intimacy (friend, lover, child, parents, mentors, etc.) also push towards the emergence of a core identity to replace the False Self. This newly emerging identity feels imposed and external. It constitutes a repeated narcissistic injury (vulnerability rather than omnipotence).

False Self fights back by inducing the twin anxieties (insecure attachment style), amplifying aggression and grandiosity, impairing reality testing via the shared fantasy, leading to paranoid and psychotic ideation thus undermining therapist or intimacy partner. Paranoia is also a form of self-supply.

WATCH Narcissism as Theatre: More on the False Self

<https://www.youtube.com/watch?v=jdFexohftNg>

WATCH Narcissist's False Narrative and False Self <https://www.youtube.com/watch?v=tTUsmliZl-g>

WATCH Loving Gaze, Adulating Gaze: False vs. True Self

<https://www.youtube.com/watch?v=rIBevrfwabM>

Borderline's False Self is different to the narcissist's although it is equally grandiose and reliant on others for external regulation.

WATCH YOU: Trapped in Fantasy Worlds of Narcissist, Borderline

<https://www.youtube.com/watch?v=yHa1hsxgIPU>

WATCH Loving the Borderline in Her Fantasy <https://www.youtube.com/watch?v=isDXioOEztE>

WATCH Borderline Seeks Fantasy but Flees to Reality
<https://www.youtube.com/watch?v=KxAM0Yt-a-Y>

WATCH Borderline vs. Narcissist Idealization Fantasies
<https://www.youtube.com/watch?v=luegzfzCICY>

1118.

The [narcissist trades](#) you his inner death for your life.

1119.

Therapist reluctant to label and stigmatize. Narcissist rejects his diagnosis, though is self-aware.

Pangs of conscience and soul-searching are not signs of mental health or of empathy. Neurotics have autoplasmic defenses, for example. It is the bad object manifesting. Narcissists just resolve such agonizing processes differently: alloplasmic defenses. Is something wrong with me: emphasis on self-efficacy, fear of just punishment or being caught red-handed, not empathy (oneself – not others).

12 STEPS OF NARCISSISTS ANONYMOUS

1. I admit that I am powerless over narcissism — that my life had become unmanageable.
2. I have come to believe that no power greater than myself could restore me to sanity owing to my grandiosity (False Self).
3. I have made a decision to turn my will and my life over to the care of my False Self (narcissism).
4. I have made a searching and fearless moral inventory of myself.
5. I admit to myself and to others the exact nature of my wrongs.
6. I am entirely ready to overcome these defects of character and behaviors.
7. I challenge our grandiosity to remove my shortcomings.
8. I have made a list of all persons that I had harmed, and am willing to make amends to them all.
9. I have made direct amends to such people wherever possible, except when to do so would injure them or others.
10. I continue to take personal inventory and when I am wrong promptly admit it to myself and then to others.
11. I seek to improve my conscious contact with my narcissism (False Self), hoping only for knowledge of its will for me and the power to oppose it.
12. Having had a spiritual awakening as the result of these Steps, I will try to carry this message to other narcissists, and to practice these principles in all my affairs.

1120.

[Narcissists always claim to be victims](#). How can we tell them apart? They never offer a true, sincere, heartfelt apology or take responsibility for their actions.

1121.

WATCH Videos in Contemporary Sexuality Playlist

https://www.youtube.com/watch?v=68rvGSHhqqY&list=PLsh_y_ett4o1HB7NNs1-qBqk6bU6D8PUe

Collapse of traditional gender roles and gender vertigo (Barbara Risman) exacerbated by sex fluidity

Caricatured, performative, exaggerated masculinity adopted by both sexes (Lisa Wade, Sczesny)

[Toxic masculinity](#) emphasizes dominance, goal orientation, defiance, possession, and hierarchy (fake alpha male) over team work, leadership, sharing, compassion, and empathy (true alpha male)

Toxic masculinity goes hand in hand with Darwinian (jungle) capitalism, urbanization, consumerism, and spectacle. These are all zero sum games which emphasize escapism within artificial counter-realities.

Both toxic masculinity and jungle (Anglo-Saxon) capitalism are founded on relentless and ruthless ambition and adversarial competition.

Spectacle thrives on negative emotions, self-preoccupation, self-promotion, and make-believe fantasy - the hallmarks of narcissism. Even justice becomes a retributive reality show with defendants as gladiators.

1122.

[Narcissistic abuse](#) is unlike any other type of abuse.

1123.

[Gaze](#) not physical fact: it is a caregiving attitude.

The infant has no conception of self, other, and world (external-internal). It is, therefore, initially unable to identify itself in the mother's gaze (symbiotic phase). When it finally does recognize itself in her gaze, the child experiences a trauma, the schism of the world, and the emergence of the other.

Initially, the child rejects the mother's traumatizing gaze. He pushes her away, thus realizing her externality. Ironically, it is precisely this rejection that leads to differentiation, the first instance of proto-separation (Lacan's apperception or self-objectification or ambivalent self-alienation).

Lacan suggested that the unconscious - the seat of repressed traumas - is a compendium of other people's gazes. Thus, the mother's gaze is the cause of the formation of the unconscious, its nucleus is this primal trauma of being seen.

Why does the unconscious emerge? To resolve the existential dissonance between the survival need to be seen - and the trauma of being seen. The latter has to be repressed in the interest of survival.

Now, the child is ready to objectify and instrumentalise the mother as its first mirror. This gives rise to primary narcissism. The mother actively reflects the child to itself, idealized and aggrandized ("hall of mirrors effect").

This affords the child the grandiose energy to take on the world and cathect it. The mother's proactive benevolent gaze is synonymous with her secure base and gives rise to healthy attachment.

The mother's gaze engenders mentalizing and object relations founded on separate external objects of secure attachment. But when the mother is "dead", so is her gaze. The child sees only her (the mirror) and the world, not himself. He fails to develop a concept of the external and operative object relations as well as a constellated self and an ego.

Such a child is incapable of mentalizing (attributing states of mind to others). He remains stuck in narcissism. He offers to his partners the hall of mirrors effect but without mentalizing and object relations, it does not progress beyond grandiose cathexis and causes regressive infantile retraumatization.

At the same time, the partner is converted into a dead, frustrating, withholding, betraying mother who mirrors herself and the world rather than the narcissist - thus undermining the shared fantasy as a persecutory object.

Hegel's negation of the negation

Empathy a form of healthy narcissism

WATCH (ACADEMIC) Empathy as Narcissistic-Psychotic Defense

<https://www.youtube.com/watch?v=yeMx3jYfWUs>

WATCH Empathy: It is about YOU, not the OTHER person

<https://www.youtube.com/watch?v=HzckRFmQHPA>

We need to explore automaticity and mentalization. Where I differ from classic theory (Winnicott, Lacan, Fonagy).

“Automaticity” is probably the wrong model for human behavior – but so is rationality. Even bounded rationality is an optimistic approach.

Fonagy’s teleological non-mentalizing fits insects as well as humans. It is tautological. The existence of a goal implies perforce the existence of intentionality (Brentano) and vice versa.

What we cannot be sure of is the existence of GOALS! This is why teleology is a bogeyman in science.

LITERATURE

Empathy and Mirror-gazing by Giovanni B. Caputo in: Psychology and Neurobiology of Empathy ISBN: 978-1-63484-446-8, Editors: Douglas F. Watt and Jaak Panksepp © 2016 Nova Science Publishers, Inc.

1124.

In the [lovebombing](#) phase of the shared fantasy, the narcissist introduces you to his dead inner child (True Self) and to his bad object (the introjects that hate him).

This way he induces in you maternal reflexive bonding and pity for him. Do not fall in this trap ever again! Knowledge is power!

1125.

The narcissist instantly modifies his behaviors in different settings and environments. It tells you that even the most egregious [narcissistic misbehaviors are CHOICES](#).

1126.

Regarding [reactive abuse](#): Horrendous as it is, narcissistic abuse is merely a mitigating circumstance - not an exoneration or an absolution.

You are responsible for your misbehavior, choices, and decisions and should be held accountable for them in every way.

Narcissistic abuse renders your misconduct understandable, but never excusable, legal, or justifiable.

Don't act like a narcissist - and you won't be judged as one.

1127.

[Common phrases that narcissists use:](#)

I love you (dual motherhood in shared fantasy)

You have changed (coercive snapshotting, devaluation-separation)

I am ... (grandiosity)

They are (projection) ...

This is wrong (useless, inefficient)

I don't remember having done/said that, it doesn't sound like me at all, the truth is this (dissociation and confabulation)

If you refuse, it means that ... (coercive control)

Why can't you decode the narcissist's speech?

In the lovebombing phase of the shared fantasy, the narcissist introduces you to his dead inner child (True Self) and to his bad object (the introjects that hate him). This way he induces in you maternal reflexive bonding and pity for him. Do not fall in this trap ever again! Knowledge is power!

1128.

The narcissist can maintain an image of you in his mind ("[snapshot](#)", "introject") - the borderline cannot (out of sight, out of mind or "introject inconstancy"). This is why the borderline needs you by her side 24/7/365 (abandonment anxiety or separation insecurity).

1129.

The narcissist [seeks revenge](#) in order to restore his or her damaged grandiosity.

1130.

An [ode to the Borderline](#). I have no idea who this woman is - but she seems to be enjoying my eulogy.

1131.

[Narcissists are domestic terrorists](#). Use counter-terrorism techniques and strategies to cope with them. Go FBI and NSA and CIA on them! Put down the law!

Translation courtesy the NarcisismocomMirna YouTube channel.

1132.

Many ways to breach the child's nascent boundaries and [abuse the child](#).

1133.

This guy is very right: [narcissists BELIEVE their own fantasies and confabulations](#). Grandiosity is a cognitive DISTORTION.

The narcissist has NO grasp of reality at all! S/he is not goal-oriented like the psychopath. So, narcissists do not gaslight, lie instrumentally, nor do they future fake!!! They SELF-DECEIVE delusionally and then coerce you to concur with and participate in their fantasy (share it).

Still: as far as the victim is concerned, abuse is abuse is abuse. Psychopaths and narcissists often behave in an indistinguishable manner - but for very different reasons. But the victim couldn't care less! The suffering and damage are there.

https://www.tiktok.com/@tabs_sojourn

1134.

[LIES that victims tell themselves:](#)

I was chosen for my qualities (truth: you were chosen for the 4 Ss)

The narcissist was obsessed with me (nope, obsessed with the shared fantasy – you were fungible, a thing, a commodity, a puff of smoke)

The best revenge is to have a good life, it will drive the narcissist insane

The narcissist keeps obsessing about me (only for revenge or hoovering – or in order to pose as a victim and attract new “mothers” into the shared fantasy)

The narcissist regrets having lost me (this was the aim of the whole exercise: separation-individuation)

I did nothing to deserve this and I have contributed nothing to this happening (splitting: narcissist all bad, I am all good or innocent)

I have learned so much and this experience has taught me a lesson

Therapy will empower me, heal me, and set me free (taking action will)

1135.

The [narcissist firmly believes that it is his disorder that makes him special, superior, creative](#), and accomplished. Any change could only be for the worse.

1136.

Any emotion you show can and will be [used against you by the narcissist](#).

1137.

[Narcissists do introspect](#). They are self-aware. They do soul-search. But what are the outcomes of these processes? A victimhood stance. Blaming others. Self-righteousness.

1138.

WATCH Self-supplying Narcissist: Miracle Cure? https://m.youtube.com/watch?v=yyab_olkfp0

The narcissist self-supplies in order to avoid collapse and dysphoria or depression. This delusional solution renders him autoerotic and cerebral.

Plentiful external narcissistic supply results in resilient, ever more counterfactual siege and betrayal (but not shared) fantasies and residual libido rendering the narcissist somatic.

Narcissist's Free, Reserved, and Residual Libido

<https://samvak.tripod.com/msla7.html>

[Techniques of self-supply:](#)

Future orientation (future generations will appreciate my legacy, I will be proven right)

Exclusive, privileged, or superior referents (only geniuses can understand my work)

Self-referential transcendence (I am hyper moral, strong, gifted, a martyr or victim)

Self-audiencing (journaling, self-documenting, self-appraisal)

Self-referential ideation and attribution (everyone envies me, my ideas are influential and pilfered)

Contemptuous withholding (they don't deserve me or my output, I am alone because no one is on my level)

Paranoid ideation (I am the focus of malign intentions and attention).

1139.

[Narcissists are children.](#) But they are like Stephen King's Children of the Corn or like the siblings in Henry James's The Turn of the Screw: horror coupled with the innocence of the deluded, entombed in a fantasy.

1140.

Trust yourself to spot a narcissist. Vow to yourself to act when you do: Walk away! [NO CONTACT!](#)

1141.

How to get the job of [intimate partner of a narcissist.](#)

1142.

[Choosing reality](#) involves grieving over losses. The narcissist's offers you the addictive fantasy of a second childhood as an idealized version of you with a perfect mother (=the narcissist) in a comfort zone.

Michele Paradise's YouTube channel

https://www.youtube.com/channel/UCZZjhi9Q7w5_PTUx3f5EDGw

1143.

[Question and verify every single thing the narcissist says](#). Narcissists confabulate, they are delusional, and prone to fantasy.

1144.

Two types of abuse. From my book "[How to Divorce a Narcissist or a Psychopath](#)".

1145.

[Borderline Personality Disorder \(BPD\)](#) is a post-traumatic condition. But is it the same as complex trauma (CPTSD: Complex Post-traumatic Stress Disorder)?

1146.

[Movie is a mirror \(maternal figure\)](#). Induces dissociation, regression, merger/symbiosis. Triggers shame and grief.

We identify with the characters and introject or incorporate (internalize) them. This triggers regression to pre-separation phase.

WATCH Mirrored Narcissist Gazes at YOU: Do Other People Exist?

<https://m.youtube.com/watch?v=H7Gy-vIXCDc>

Psychopaths are not narcissists

Incapacity to perceive external objects coupled with dissociation

Frustration, loss of control, anxiety

Emotional dysregulation of negative affects

Challenged grandiosity (shame, vulnerability)

Self-pity

Virtue signalling

Manipulation

1147.

The [narcissist's behavior changes](#) in different settings and environments. This implies that the narcissist is in full control of his abuse and misconduct.

1148.

Ever since 1997, I have been advocating a unified view of [personality disorders as post-traumatic conditions](#).

1149.

WATCH “Dead Mothers” and Their Offspring: Narcissistic, Borderline, Psychotic
<https://www.youtube.com/watch?v=csukYBQpyHE>

WATCH How to Raise a Narcissistic Child, Winner in a Sick World
https://www.youtube.com/watch?v=Do8rj4w_nf0

[Breach of boundaries](#), annexation and appropriation, objectification

Appeasement or rebellion strategies (wrath of the gods vs. apotheosis: codependent people-pleasing vs. antisocial narcissism)

Splitting (child all bad, mommy all good), never integration

Projection is always projective identification

(because parents perceived as infallible: child identify with parts that a parent placed on them, well into adulthood)

Social isolation +Self-referential isolation (negative bad object or inflated, impossible ideal ego that transforms into bad object)= impaired reality testing

Obstructed separation-individuation via ambient emotional blackmail or emotional incest

Sibling hierarchies and competition

Cult vs. Others (they are wrong, they are enemies, they will never understand, they are evil, we must protect our secrets)

Instrumentalizing leads to adulation but unrealistic expectations and coercive snapshotting

Parentifying: I am never good enough, I am responsible for other people’s welfare

Immaturity, regressive infantilism, imaginary friends, paracosm, fantasy as defense and shared

Ego failure (no integrated or constellated self, just fragments)

1150.

“[Twin flames](#)” are narcissistic mind-snatchers and brainwashers. They use entraining to control and manipulate you.

1151.

Libidinal investment (cathexis) in external (love) or internal (narcissistic cathexis, megalomania) object common in schizophrenia, paranoia, BPD, NPD: positive only affects, idealization (object perfection)=infantile regression, magical thinking (omnipotence of thoughts, magical power of words)

Fantasy-infused thoughts (dereism) or narcissistic and egocentric self-absorption (autistic).

[Reality alienation](#) (hypnoid states, twilight states)

Amentia: decathexis in both external world and internal objects, cathexis in total wish-fulfillment universe

Postponement of pleasure, tension (reality principle): involves grandiosity (omniscience of future pleasure, catastrophizing as in depression)

LITERATURE

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Freud, S. (1911). Formulations on the two principles of mental functioning. *S.E.* 12: 213–226. and (1915). Instincts and their vicissitudes. *S.E.* 14: 109–140. And (1917). A metapsychological supplement to the theory of dreams. *S.E.* 14:217–235.

Grossman, L. (1996). “Psychic Reality” and reality testing in the analysis of perverse defences. *International Journal of Psycho-Analysis*, 77: 509–518.

1152.

[To love a narcissist](#) is to keep a wave upon the sand, to hold a moonbeam in your hand, the sound of music and your offered heart.

[To love a narcissist](#) is to gaze into your abyss, to darkly peer through glass, to refract in the liquid metal of the kaleidoscopic he, to weightless float adrift into his absence - and then be gone.

Poetry of Healing and Abuse <http://www.narcissistic-abuse.com/contents.html>

Image courtesy of [@mirja_mir](#)

1153.

Total [narcissistic collapse](#) is the same as narcissistic mortification. Partial collapse leads to type inconstancy (transition from one type of narcissism to another) and is the outcome of deficient narcissistic supply: negative, low-grade, fake, or static. Partial collapse is also triggered by any failure in any of the phases of eliciting narcissistic supply: triggering, conversion, and provision. Partial collapse is a response to an imbalance between sources of primary and secondary narcissistic supply or to a failure to form a Pathological Narcissistic Space (PNS).

1154.

I strongly recommend the work of [@shadowdeangelis](#) : [fact-based capsules](#) of well-researched knowledge about narcissism, narcissists, and narcissistic abuse. Priceless.

1155.

[Magical thinking](#) is an infantile psychological defense mechanism: it is the erroneous conviction that one’s thoughts and words have an immediate and direct effect on reality.

1156.

There are [two types of gaslighting](#): verbal and behavioral (signaling).

[Psychopath’s gaslighting and narcissist’s confabulation](#) are experienced the same way by victims. But

gaslighting requires premeditation and intact reality testing, so only psychopaths gaslight. Narcissists truly believe their own fantasies and confabulations: they self-gaslight.

Gaslighting is a form of dissociation (derealization, depersonalization). The narcissist uses entraining to convert the victim into an extension of himself. He then experiences himself vicariously, via the victim: his dissociation and fantasy.

1157.

[You are the human sacrifice that the narcissist makes to his False Self](#), the deity that governs his life.

1158.

[Narcissists are children](#). But they are like Stephen King's Children of the Corn or like the siblings in Henry James's The Turn of the Screw: horror coupled with the innocence of the deluded, entombed in a fantasy.

1159.

The [somatic narcissist](#) flaunts his sexual conquests, parades his possessions, exhibits his muscles, brags about his physical aesthetics, youthfulness, sexual prowess or exploits, and is often a health freak and a hypochondriac.

Like most males, somatic narcissists are plagued with a sexual overperception bias, but in a more pronounced way than normal: they tend to interpret every female behavior, utterance, and gesture as an unambiguous invitation to have sex.

The somatic narcissist regards his body as an object to be sculpted and honed (via extreme diets, multiple cosmetic surgeries, bodybuilding, or weightlifting). When coupled with psychopathic tendencies, the somatic appropriates other people's bodies and treats these as "raw materials" to be dismembered, tampered with, altered, invaded, or otherwise abused.

Somatic narcissists are often portrayed as sex addicts or histrionic. They are thought to possess "manic defenses" (avoidance of feelings of discomfort, loneliness, and inadequacy by seeking states of hyperactivity, arousal, and excitement). They are also prone to cognitive biases such as sexual overperception (misinterpreting even innocuous female behaviors as indications of sexual interest and flirtation, a mild form of erotomania).

But really somatic narcissists derive their narcissistic supply not so much from the sex act as from the process of securing it: the conspiracies and assignations, the chase and conquest, the subjugation and habituation of their targets, and even from dumping and discarding their prey, once having extracted the attention and admiration they had sought.

These extracurricular activities endow them with a sense of omnipotence and all-pervasive control. Their sway over their paramours and would-be lovers proves to them (and to others) their uniqueness, desirability and irresistibility.

Somatic narcissists also seek almost compulsively to induce their partners to climax. Orgasms – their frequency, duration, and intensity - are a measure of virility and "success" and, therefore, a form of narcissistic supply.

1160.

[Healthy vs. pathological narcissism](#).

1161.

The [victim's hunger](#) resonates with the narcissist's own hunger.

1162.

You have been [victimized](#). Don't let victimhood define who you are and constrict your life. Don't become a victim! Don't perpetuate the abuse!

1163.

[Trauma](#) is the vector of transmission of the Cluster B "virus" and especially of pathological Narcissism.

This is why it is hard to tell apart clinically trauma victims from borderlines, narcissists, and even psychopaths.

1164.

Question: What is [Narcissistic Supply](#)?

Answer: Healthy narcissism (self-love) is the foundation of self-esteem and underlies self-confidence. We all need and consume narcissistic supply. We all search for positive cues – feedback, approval, affirmation, love, or even hard-earned admiration - from people around us. These cues reinforce in us certain behaviour patterns. There is nothing special in the fact that the narcissist does the same. However there are two major differences between the narcissistic and the normal personality.

The first is quantitative. The normal person is likely to welcome a moderate amount of attention, both verbal and non-verbal. Too much attention, though, is perceived as onerous and is avoided. Destructive and censorious criticism is shunned altogether. Healthy people can endure long periods without these inputs and their absence does not affect their self-regulation and psychological health and functioning.

The narcissist, in contrast, is the mental equivalent of an alcoholic. He is insatiable. He compulsively directs his whole behaviour, in fact his life, to obtaining these pleasurable titbits of attention. He embeds them in a coherent, completely biased, fantastic picture of himself. He uses them to regulate his labile sense of self-worth and self-esteem. He needs narcissistic supply to carry out basic mental (ego) functions. Without it he crumbles and becomes dysfunctional.

More here: <http://www.narcissistic-abuse.com/faq76.html>

1165.

"Now, I don't even have a [snail](#)" - tears blended with startled exhalations - "You will be gone, too! I thought we could fight the world, you and I, that we are invincible. But it is not like that at all! We can't even look after one snail together!""Are you mad at me?" - I asked and she snorted, part pain and part contempt. She scooped the shattered snail with a paper towel and dumped both in the overflowing trash bin. She froze like that awhile and then, as if reaching a decision, she deposited the box, replete with lettuce leaves, in the garbage can.

"I don't think I am going to need it. I am never going to have another snail" - she paused - "At least not with you."

<https://samvak.tripod.com/snail-en.html>

Short Fiction About Narcissists and Psychopaths:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

1166.

[Seeking closure](#) is a refusal to move on, getting stuck in the past, handing power to your abuser. Embrace your grief, avoid closure.

1167.

What to do when the narcissistic parent turns [your children against you](#)?

1168.

The [narcissist outsources his/her sense of existence](#). They derive it from others. The narcissist appropriates other people's existence and lives ("[substitutive becoming](#)").

1169.

The [covert borderline](#) craves love and a family. The covert narcissist deceives him by offering him both. He lets her mislead him and gets addicted to the shared fantasy.

WATCH Odd Couples: Codependent-Codependent, Narcissist-Narcissist (1st in Series)

<https://www.youtube.com/watch?v=IuegI8OWERk>

Presentation in the 36th International conference on Mental Health and Psychiatry, January 11-12, 2024 Dubai, UAE

1170.

When the life force is self-directed after childhood, the resulting break with others and with reality is known as [pathological narcissism](#). With [@dr_bornamanesh](#) A foray into the [land of narcissism](#): from Freud to cutting-edge research.

1171.

0:00 Borderline as failed narcissist: why the failure? 40:18 Borderline Personality Disorder (BPD) in DSM 49:01 Covert Borderline and Borderline Types in Love

The classic Borderline offers the Covert Borderline an ideal love fantasy which he craves. But his ideal partner is a codependent "shy or quiet" borderline.

Borderline is a failed narcissist because she has an intermittent mother, not a dead one: intermittent reinforcement allows the borderline to perceive external objects by outsourcing ego functions and even her body despite her huge narcissistic investment.

The narcissist gave up on the externality of separate objects because they are bound to frustrate and hurt. The borderline still has hope: she interacts with separate external objects via merger and fusion, by becoming their internal object.

Covert borderline is a child who was first subjected to a dead mother and then to an intermittent but loving mother. He is trying to recreate this love.

Shy or quiet borderline: useful idea miscast as a diagnosis.

Borderline's anaclitic object choice

Narcissist's fantasy is to be loved by a mother figure

Covert Borderline's fantasy is ideal love expressed through children

Borderline's fantasy is to be regulated by secure base, special friend, rock

All experience shadow via their partners (Archaic wounds, V-spots)

LITERATURE

WATCH Borderline's Partner: Some Enter Healthy, Exit Mentally Ill

<https://www.youtube.com/watch?v=16x7bvr85u8>

WATCH Borderline Demonizes Partner, Pathologizes Narcissist (Or Herself)

<https://www.youtube.com/watch?v=Yc5yf4pjt5Y>

Articles and book by: Grotstein, Kernberg, Masterson, Rinsley, Searles, Gunderson, Rosenfeld, Steiner, Brown, McDougall, Green, Modell, Volkan, Giovacchini, Stone, Boyer, Meissner, Bion, Balint, Khan, Bowlby, Winnicott, Jacobson

WATCH Odd Couples: Codependent-Codependent, Narcissist-Narcissist (1st in Series)

<https://www.youtube.com/watch?v=IuegI8OWERk>

WATCH How Covert Narcissist Deceives Covert Borderline and He Loves It (2nd in Odd Couples Series) https://www.youtube.com/watch?v=FonsjXlf_I0

1172.

[Co-idealization](#) is when the narcissist idealizes you in order to idealize himself.

1173.

Some people know how to [love only by giving](#).

When their gifts are rebuffed or ignored, they panic.

Their giving then becomes compulsive, controlling, and coercive - the very opposite of love.

1174.

The [narcissists converts you into an internal object](#) and invests his libido (cathects) in this idealized or devalued (in other words: false) internal representation of you.

Video courtesy of the NarcisismocomMirna YouTube channel.

1175.

Importance of mother demonstrated via studies of [orphans \(ERA\), adoptees, and foster care children](#).
When mistreated, children often inquire: "Am I adopted?"

We need to revolutionize the adoption process: full disclosure to the adoptee from day 1 and close collaboration between the family of origin and the adoptive family.

LITERATURE

Selma Fraiberg and Rene Spitz on pathological defenses in infancy

WATCH Why Childhood Abuse Victims Hate and Are Hated
<https://www.youtube.com/watch?v=7jQ2kqDj-vQ>

What Are the Mental Health Effects of Being Adopted?

By Theodora Blanchfield, AMFT

Published on February 14, 2022

Paine, A.L., Fahey, K., Anthony, R.E. et al. Early adversity predicts adoptees' enduring emotional and behavioral problems in childhood. *Eur Child Adolesc Psychiatry* 30, 721–732 (2021).
<https://doi.org/10.1007/s00787-020-01553-0>

Paine A, and others. The neurocognitive profiles of children adopted from care and their emotional and behavioural problems at home and school. *Child Neuropsychology*. 2020;16;1-20

Meakings S, and others. Birth sibling relationships after adoption: the experience of contact with brothers and sisters living elsewhere. *British Journal of Social Work*. 2016;30:386-396.

Paine A, and others. Charting the trajectories of adopted children's emotional and behavioral problems: the impact of early adversity and post-adoptive parental warmth. *Development and Psychopathology*. 2020;1-15

Depression and anxiety symptoms of British adoptive parents: a prospective four-wave longitudinal study. *International Journal of Environmental Research and Public Health*. 2019;16:5153

Anthony R, and others. Adverse childhood experiences of children adopted from care: The importance of adoptive parental warmth for future child adjustment. *International Journal of Environmental Research and Public Health* 2019;16:2212

Anthony R, and others. Patterns of adversity and post-traumatic stress among children adopted from care. *Child Abuse Negl*. 2020;7:104795

1176.

As the therapist Michele Paradise says: labelling your abuser as a narcissist doesn't matter. If you find yourself [trapped in a toxic relationship](#) - just GET OUT!

1177.

When the introject is sadistic and dominant, it may lead to OSDD and hijack the person's body, pretending to be a protector self-state. A psychological analysis of Alfred Hitchcock's masterpiece, "[Psycho](#)".

1178.

Ask yourself: [why did I end up with a narcissist?](#)

1179.

[Narcissists are incapable of love:](#)

They are incapable of loving

And

They are incapable of being loved.

1180.

[Cruelty is not the same as sadism.](#) Sadism is the art of pain: gratification, pleasure, creativity. It is often coupled with masochism which is self-punitive (bad object). Cruelty is self-regulatory and narcissistic:

In the wake of mortification (public shaming and humiliation)

Intended to restore grandiose, inflated self-perception because it is unnecessary and excessive, a choice, an expression of dominance and control (coercion). It causes elation (Grunberger), but not pleasure.

Sustains a narrative of retributive justice (quid pro quo, eye for an eye (lex talionis): competitive, grandiose, entitled victimhood

Requires the cooperation of the victim: an admission of vulnerability, hurt, damage, pain. A kind of shared fantasy.

WATCH Sadist: Pleasure of Your Pain, Anguish of Your Pleasure (+Narcissist)

<https://www.youtube.com/watch?v=XcgHRdcw3mU>

WATCH Narcissistic vs. Sadistic Supply <https://www.youtube.com/watch?v=bFyPWQggAiA>

WATCH Narcissist's Pain: Narcissism, Sadism, and Masochism

<https://www.youtube.com/watch?v=iL-CS0jtFWk>

WATCH Narcissist's Sadism, Masochism, and Self-Destructiveness (ENGLISH responses)

<https://www.youtube.com/watch?v=56evsD9lzL8>

1181.

Narcissists give little in their relationships because they overvalue their inputs and experience an [effort-reward imbalance](#). Their victims, on the other hand, frequently overcommit.

Video Presentation to the 24th World Congress on Psychology and Behavioral Science, Toronto, March 2024

1182.

[Few narcissists are also sadists.](#) Sadistic Personality Disorder should be included in the DSM 6 and merged with Masochistic Personality Disorder (from Freud to Millon).

1183.

In the [absence of empathy and access to positive emotions](#) - in which sense are narcissists human?

Courtesy [@narcisi_klaster_b](#)

1184.

Narcissists hold in cold, demeaning [contempt](#) the very people they envy.

They hold in virulent, sadistic contempt people that they depend on for narcissistic supply (attention) and for the maintenance of the shared fantasy ("love").

Above all, they hold themselves in utmost disdain and compensate for this self-loathing with pretend godlike grandiosity.

The contempt is on 24/7/365.

No letup.

1185.

Narcissists appear to be [indolent](#) - but they are not.

They perceive themselves as godlike.

God created the entire universe in 6 days and 8 short utterances. God didn't have to work hard for it!

God is also entitled to special treatment, service, and supplication.

Other people should labor and toil to realize the nitty gritty of the narcissist's "big picture vision". He is above such tedium.

1186.

WATCH Hitchcock's Halloween Treat (or Trick?): Psycho, or Embodied Introject
https://www.youtube.com/watch?v=e-p_CyCTHuc

WATCH "Dead" Mothers and Their Offspring: Narcissistic, Borderline, Psychotic
<https://www.youtube.com/watch?v=csukYBQpyHE>

In my work, the [death drive](#) is not a primal drive. It is internalized and inculcated – not innate. It is the dead mother's gift to her child.

Dead mother engenders death-seeking ego ideal (superego) to:

1. Emulate the mother's deadness (fantasy or phantasy defense);
2. Get rid of the bad object (fantasy or phantasy defense, Akhtar, 1991; Shengold, 1991);
3. Re-experience symbiosis (oceanic feeling, loss of boundaries) in self-extinguishing rather than in love (perceives love as dissolution, merger/fusion, disappearance=death) (Lacan, 1938; Lewin, 1950; Jacobson, 1964; Mahler, 1971; Kaplan, 1978; Chasseguet-Smirgel, 1984, 1991 "nostalgia for primary narcissism");

4. Ensure immediate and automatic gratification of needs without agency, guilt, and shame/inferiority (Stone, 1971).

Lacan, 1946: death drive is the suicidal tendency of narcissism.

1187.

Trauma is [no excuse for abuse](#).

Abuse is no excuse for abuse.

Mental illness is no excuse for abuse.

Nothing justifies abuse.

Not a single thing.

Period.

End of Story.

1188.

[Pathological narcissism](#) is how healthy narcissism reacts to early childhood traumatizing abuse. It is a post-traumatic condition.

1189.

[GOOD MOTHER](#)

A good enough mother pushes the child away from her to explore and take on the world. She encourages the child to separate and individuate by frustrating the child strategically and wisely. She fosters in the child agency, personal autonomy, independence, and self-efficacy.

CONTEMPT

Narcissists hold in cold, demeaning contempt the very people they envy. They hold in virulent, sadistic contempt people that they depend on for narcissistic supply (attention) and for the maintenance of the shared fantasy (“love”). Above all, they hold themselves in utmost disdain and compensate for this self-loathing with pretend godlike grandiosity. The contempt is on 24/7/365. No letup.

LOVE

Narcissists are incapable of love: They are incapable of loving and they are incapable of being loved.

LAZY NARCISSIST

Narcissists appear to be indolent - but they are not. They perceive themselves as godlike. God created the entire universe in 6 days and 8 short utterances. God didn't have to work hard for it! God is also entitled to special treatment, service, and supplication. Other people should labor and toil to realize the nitty gritty of the narcissist's “big picture vision”. He is above such tedium.

INTRUSIVE THOUGHTS

The more you try to SUPPRESS an intrusive thought - the more pervasive and potent it becomes (Ironic Rebound). Try the opposite: Force yourself, knowingly and consciously, to contemplate ONLY the intrusive content. Whenever another unrelated thought occurs to you, immediately recall the intrusive thought and focus on it in great detail. Gradually, the intrusive thought will cease.

LOVING by GIVING

Some people know how to love only by giving. When their gifts are rebuffed or ignored, they panic. Their giving then becomes compulsive, controlling, and coercive - the very opposite of love.

1190.

[Idealization](#) takes from a few hours to a few days from the moment of introjection (snapshotting).

Snapshotting occurs instantly when the narcissist decides that you could serve as an intimate partner in the shared fantasy or a source of narcissistic supply.

Signs that you are being snapshotted (introjected) and idealized (lovebombing phase):

Probing (scanning for vulnerabilities) disguised (and experienced) as limerence or infatuation

Data mining

Accelerated intimacy and ostentatious trust

Impairing reality testing (for example, by constantly justifying your behaviors; casting you as a victim; comparing you favorably as superior to others, past and present; reframing your failures as unmitigated, unalloyed success)

Communicating idealized internal object and behavioral expectations (possessiveness, monopolizing your time, control freakery, intrusiveness, surprises, realization of fantasies)

Trophy parading you in public (ostentation)

Hypersexuality and competitive sexual praising (bait, trap, intended to cause addiction or form a bond)

Coercive snapshotting

When the idealization is complete, the narcissist stops talking mostly about you and starts to talk mostly about himself.

Signs of imminent devaluation and discard by the narcissist:

Emotional absence, indifference, and coldness

Affected "civility"

Constant criticism and denigration

Passive-aggression

Unfavorable comparisons

Setting you up for failure and misconduct

Paranoid ideation and pathological jealousy

Sudden secret actions (financial or romantic)

Public disparagement and humiliation, also with common children

Sex withholding or degradation

Cessation of all joint activities, especially of a social nature

Pervasive distrust and micromanagement

Discard reenacts unresolved separation phase.

Individuation depends on devaluation (in order to preserve grandiosity and exit the shared fantasy) and externalization-projection (reversal of internalization-introjection). When either of these two processes fails, hoovering results.

So, emotionally, discard precedes devaluation. The narcissist hangs on to his partner only in order to complete the devaluation.

Devaluation resembles also the separation phase in adolescence: reactance (defiance), contempt, distancing, negative identity formation, approach-avoidance.

1191.

Some [suggestible patients](#) try to please their therapists by faking behaviors and by introducing a shared fantasy (transference and countertransference). Boundaried therapists should prevent this from happening.

WATCH Transference as Flashback: Wife=Mother, Therapist=Father
<https://www.youtube.com/watch?v=2GcFZ88MNIQ>

1192.

Follow this man! [@shadowdeangelis](#)

The narcissist is capable of having pseudointimate relationships that do not involve a shared fantasy. In such liaisons, he is indifferent and dismissive, but not abusive.

Within a [shared fantasy](#), the narcissist snapshots (introjects) his partner and then idealizes the resultant internal object.

Henceforth, the narcissist abusively coerces his partner into conforming to this inner representation of her (avatar) in his mind.

This course of action guarantees the ultimate dissolution of the bond via devaluation and discard and the long sought after separation from a maternal figure.

The narcissist's partners end up abandoning him, triangulating or mortifying him with infidelity or other forms of betrayal in a desperate attempt to jump start the moribund relationship (a cry for help, having been exposed to the narcissist's inexorable betrayal fantasy), or succumbing and becoming a figment in his fantasy.

When his partner consents to suspend her autonomy and agency and give in to the shared fantasy, separation-individuation fails.

Resentful and frustrated, the narcissist defeminizes and maternalizes the obsequious partner: the relationship becomes sexless and transactional.

She becomes a full-fledged mother figure, free to have sex and romance with others, but always at the beck and call of the permanently infantilized narcissist.

1193.

To the narcissist, you are a character in his [dream-state](#) and shared fantasy dreamscape. He condenses and symbolizes your figure and displaces negative affects onto you in preparation for your devaluation and his separation. An interpretation of one narcissist's dream follows.

The Sad Dreams of the Narcissist <https://samvak.tripod.com/narcissistdreams.html>

A Dream Interpreted <https://samvak.tripod.com/faq55.html>

1194.

The fact that you are a [paranoid](#) means they are not after you. Watch the full video on my YouTube channel.

1195.

[Childhood abuse](#) is not only physical, sexual, verbal, or psychological.

1196.

From the creator of this documentary: "In August 2018 [Chris Watts](#) took the lives of his wife Shanann, their two daughters Bella and CeCe and unborn son Niko.

While nobody could have predicted that Watts was capable of these crimes he did exhibit traits common in men who commit DV.

This film, a cautionary tale released / uploaded during the month of October - National DV Awareness Month - is based on widely available public research on the type of men who commit extreme forms of intimate partner DV w/ short clips taken from experts such as Dr. Phil, Sam Vaknin and others.

Topics include gaslighting, the pity play, Watt's attempt to frame his wife for the crimes he committed, red flags, conspiracy theories surrounding the case, why people victim blame and the importance of trusting one's intuition and gut feelings.

This is not a story about an average father and husband who suddenly snapped but of a troubled and dangerous man, a wolf-in-sheep's clothing, an imposter, who hid his dark side from his family for years behind a carefully constructed caricature of the perfect husband.

This video is an educational, non-profit, non-commercial film. Please do not contact me about using it

for commercial purposes. Any ads that appear on this channel are run by YouTube on behalf of the artists whose music appears in this film.

Why did I create this film?" (Continued in the description of the video).

1197.

The [god of the Old Testament](#) is a malignant narcissist conjured up by equally psychopathic, narcissistic, and psychotic "prophets" throughout history.

1198.

[Narcissists](#) have no identity and no access to reality.

1199.

[Narcissists in the workplace](#) use the shared fantasy framework to interact with bosses, subordinates or underlings, team members, and significant co-workers. All the clinical features and psychodynamics of pathological narcissism come into play in that environment.

Image courtesy of [@mirna_liz37](#)

1200.

[Shared fantasy](#) and especially idealization defense against triggering of early childhood traumas (hurt aversion, dread of intimacy and love): she is ideal, so will not hurt me, I am perfect, so above reproach and invulnerable.

Recreates secure base and symbiosis (back to womb).

Shared fantasy differs from infatuation and limerence:

Anomic (antisocial)-rigid delusional kingdom

Intensity (controlled dysregulation, like addiction)

Addiction

Immersion

Resonance, instant recognition

Divinity (invincibility)

Wholeness

Inexorability

No plateau, only transcendence

Impaired reality testing, fantasy, paracosm

Attribution errors, projection, splitting

Mutual infantile regression

Anxieties (loss, abandonment, rejection), catastrophizing

Negative affectivity

Anxiolytic control

Sublimated aggression, frustration, abuse

1201.

[Narcissism and evil](#): part of God's plan or proof of His non-existence?

Full text here: <https://samvak.tripod.com/sciencereigion4.html>

1202.

Recent research is blurring the differential diagnoses between [high-functioning autists](#) (people with Autism Spectrum Disorder), patients with ADHD, BPD, and narcissists with Narcissistic Personality Disorder (NPD), and even with psychopathy (antisocial or malignant narcissists).

1203.

In a civilization founded on narcissism, ignorance, and idiocy, moronic and nescient narcissists make it big and rise to the top. Think [Elon Musk](#).

In my youth, our [role models](#) were scientists and intellectuals, authors and thinkers.

Today's role models are brain dead footballers, actors, and influencers.

1204.

The [narcissist can do no wrong](#), so he never says "I am sorry" and means it. What he does instead is apologize on your behalf.

1205.

[Pathological Narcissism \(NPD\)](#) is a very severe form of an all-pervasive mental illness.

1206.

BPD: Intact reality testing; NPD not

BPD: Reaction to stress, substance abuse; NPD reaction to deficient supply, injury, and mortification

Disrupted integration of self-perceptions with sense of self (estrangement). BPD: situational and reactive; NPD: constant

Both: Watching oneself from a distance, as if in a movie

BPD: Out of body and mystical experiences; NPD not

Both: Auto-pilot (going through the motions, automatism, roboticism)

Both: Acting vs. observing (BPD's bad object, NPD self-audiencing)

Both: Dream, fog (BPD trauma response; NPD fantasy defense)

Both: Body dysmorphia, detached from mirror image, organs, whole body (especially cerebral NPD)

BPD: Out of control speech or locomotion, ventriloquist's dummy; NPD grandiosity defense

BPD: Alien or intrusive thoughts; NPD only after injury or mortification

Both: Memory retrieval issues, alien memories

Both: Numbed emotions (BPD intermittently and defensively, NPD all the time)

Both: Unfamiliarity or detachment from surroundings, people, objects, time (BPD after rejection; NPD at the devaluation-discard phase of shared fantasy).

NPD: Hypoemotionality plus unreality, unfamiliarity

From "Dissociation and the Dissociative Disorders: Past, Present, and Future", 2023

"[Depersonalization](#) (DP) describes a disrupted integration of self-perceptions with the sense of self so that individuals experiencing depersonalization are in a subjective state of feeling estranged, detached, or disconnected from their own being.

The following are common descriptions of depersonalization experiences (Sierra & Berrios, 2000): feeling strange, as if not real or as if being cut off from the world; feeling as if parts of one's own body do not belong to oneself; having the feeling of being a 'detached observer' of oneself, including the feeling of being outside of one's body or watching oneself from a distance; perceiving the body as very light, as if floating on air; perceiving one's own voice as remote and unreal; feeling detached from autobiographical memories as if not having been involved in them; not feeling any affection towards family or close friends; feeling as if not in charge of movements, as if moving automatically or like a robot; perceiving one's own image in the mirror as strange and unreal; feeling the need to touch oneself to make sure that one's body is real and exists; feeling disconnected from one's own thoughts and feelings.

Depersonalization is frequently accompanied by derealization (DR) – a sense of unfamiliarity, alteration or detachment from one's own surroundings, other people, and objects. The following are common descriptions of DR: seeing the surrounding as 'flat' or 'lifeless' as if looking at a picture; feeling detached from surroundings or perceiving them as unreal, as if there is a veil between the person and the outside world; impression that objects seem to look smaller or further away; experience of familiar places looking unfamiliar, as never seen before (Sierra & Berrios, 2000).

Notably, all the above experiences are "as if" experiences, meaning that an individual with DP/ DR has intact reality testing; this point is crucial to the differentiation from psychosis.

1207.

There was a [lovely cute child](#) there, before it has been turned into a narcissist. Pathological narcissism involves a prolonged grief reaction.

1208.

In his [childhood](#), the "love" of the narcissist's mother (or, later in life, father) was conditioned on his/her performance.

In intimate setting, the narcissist's partners are substitute mothers (maternal figures).

To gain their love, to be rendered lovable, the narcissist feels compelled to perform.

Hence the shared fantasy.

1209.

The [narcissist's credo](#): I refuse to regard life as a territory to be conquered, a ladder to climb, or a destination to strive for.

I treat life as a theme park with myriad carnival attractions, a toy store with infinite offerings, a mall with endless rows of alluring shops.

I commit to nothing and invest in nothing. Ever.

I am a tourist on this planet, not a citizen.

My time here is too precious to be wasted on being earnest. My only constants are change, the desultory, the adventurous, and the itinerant.

1210.

Narcissists are organisms which mimic and [imitate human beings](#).

1211.

Ryan Connor and Sam Vaknin contemplate [narcissism, porn, relationships, sex](#), and everything in between.

Watch full interview on Eyes Wide Open podcast, episode 33.

1212.

To gain love, to be rendered lovable, the narcissist feels compelled to perform.

Hence the [performative shared fantasy](#).

Grandiosity gap creates frustration-aggression which is the aim of the shared fantasy as it leads to separation-individuation.

Narcissists: arrested stunted development, age-inappropriateness

Compensatory strategies: antisocial-defiant vs. conforming pseudo-normalcy

Childhood: mimicry, identity formation, separation-individuation (both strategies combined in secure base)

Adolescence: peers, role models, overt rebellion=conformity

Adulthood: life plan, goal attainment, shared fantasy (in lieu of object relations)

Middle age: diffuse mortification, rebellion, anxiety/panic, regression ("midlife crisis"), shared fantasy, impaired mate selection

Senescence (old age): consequences (social isolation, ostracism, incarceration, indigence)

1213.

[Walking on eggshells](#) starts in childhood.

Video courtesy of [@antoniawhyte8666](#)

1214.

[Devaluation](#) is an unimaginably traumatizing experience.

1215.

Collapsed narcissists (who fail to secure narcissistic supply) withdraw from life and become schizoid, immured in a shared fantasy with their internal objects (self-supply and self-audiencing). This could lead to [self-mortification and self-stalking](#).

1216.

[Nicolas and I discuss narcissism](#), other cluster B disorders, the state of psychology, and the impacts of technology and popular culture and politics on the younger generations.

1217.

[@shadowdeangelis](#) elucidates the [narcissist's cycle of idealization-devaluation](#) in under 90 seconds (!)

1218.

The [codependent](#) believes that her neediness and helplessness guarantee her partner's presence in her life and interest in her wellbeing.

1219.

In the schizoid phase when the narcissist self-supplies, he can [self-mortify](#) (his introjects become the audience, the public). He stalks his introjects (obsession, rumination). Clinically, this involves a delusional disorder and a psychotic disorder. Self-stalking: an attempt to maintain introject and object constancy.

WATCH No Narcissistic Supply? Self-supply or Forced Supply

<https://www.youtube.com/watch?v=YjYH5d-bB2I>

WATCH Narcissist's Self-supply Techniques https://www.youtube.com/watch?v=C_xGUbMFRMw

1220.

Some [victims](#) - real and self-styled - abuse their victimhood and act as narcissists do. Narcissists - especially covert ones - often self-aggrandise as "victims" and as "empaths".

With [@micheleparadisofficial](#)

1221.

Painful message and hopeful message to [victims of narcissistic abuse](#).

1222.

A man or woman can fit into a whale's heart.

And sometimes a whale can fit into the right human heart.

But some people are heartless and no heart, no matter how big, can accommodate them.

These people are known as [narcissists and psychopaths](#).

1223.

[Narcissist cannot love](#) - but he also does not let himself be loved. His bad object feels threatened and resists it.

Love always ends in heartbreak, pain, hurt and abandonment.

Paranoid ideation and projection: love offered is not real (a fantasy) or it is fake and manipulative. It needs to be tested and probed all the time.

Love is for commoners, not for the exceptionally superior.

Love is dependency and neediness: dependency is risk and neediness is mortifying. It challenges the narcissist's self-sufficiency (I don't need you, see if I care).

Love is vulnerability and therefore dangerous and weak. It demands micromanaged and coercive control to avoid a devastating loss.

Love requires adult skills and sets the narcissist - the perennial abused child - up for failure.

Love requires emotional maturity, a secure attachment style, and a grounded center. The narcissist is an addict with none of the above: his only relationship is with his drug, the fantasy sustained by a constant influx of narcissistic supply.

Love requires the recognition of the Other. Narcissists are incapable of othering and feel threatened by the partner's personal autonomy and agency, an external object gone amok and which threatens the inertly perfect universe of their internal objects.

Narcissists blindly devour and consume. They are mimicking parasites suspended in a sempiternal symbiotic fantasy, frenzily feeding off their successive hosts.

They push away and resist any attempt to love them. Their approach is acquisitive, their avoidance preordained by their need to reenact the unresolved conflict with a dead mother. They are automata, programmed with their own shame-driven compulsion, dummies to a self-conjured ventriloquist, the False Self. A seeking homing in algorithm gone awry.

Video presentation at the Addiction World Conference, San Francisco, September 2024

1224.

[@shadowdeangelis](#) offers the most important [advice to victims of narcissistic abuse](#). 90 seconds of healing.

1225.

[Sacrificial entitlement](#) is a form of self-supply, combines grandiosity and victimhood, exactly like morality, charity.

Privilege to be privy, witness to his life, adventures, and accomplishments.

A transformative experience for better (narcissist's POV) or for worse (your POV).

Your abandonment of him constitutes ingratitude, part of your inexorable devaluation.

1226.

[How common is pathological narcissism](#) (narcissistic style) vs. Narcissistic Personality Disorder (NPD)?

1227.

[Your love is wasted on the narcissist](#) because s/he regards himself/herself as unlovable (bad object). S/he interprets your love as manipulative faking.

1228.

There are [2 ways to keep the narcissist](#) tethered to you and addicted to the shared fantasy:

1. Tell him how great and unique he is; or
2. Tell him how needed and indispensable he is.

1229.

When you are independent of him, the narcissist fears you and when you are dependent on him, he holds you in contempt.

The narcissist dreads your personal autonomy and agency and disdains your dependency and emotionality.

There is [no winning strategy with the narcissist](#).

1230.

Why do [narcissistic mothers](#) damage and break their daughters to that extent?

1231.

[Triangulation](#) revolves around managing and controlling a relationship dynamic by introducing a third party into the mix, emotionally or sexually.

Triangulating partners choose any third party who is perceived - in reality or fantasy - as available.

When no specific third party is available to triangulate with, they make general triangulation statements such as:

“I always cheat; I can never be loyal; I can't resist my sex drive; cheating is meaningless; I don't give a damn about my partner; I don't even remember him when I have sex with others; I always do as I please at the moment” and so on.

Triangulation is used to get a rise out of the partner and thus restore the relationship; punish for some transgression, real, anticipated, or imagined; sustain a fantasy; or dissolve the relationship. Pushing your partner to cheat is also a form of triangulation.

The word gaslighting was invented in the 1960s, but I was the first scholar to use it in terms of narcissistic abuse (a phrase that I coined to describe the narcissist's annihilating abuse).

Video courtesy of [@shadowdeangelis](#)

1232.

The [narcissist never envies](#) WHO you are - only what you possess or accomplish.

1233.

The [narcissistic parent](#) regards his or her child as a multi-faceted Source of Narcissistic Supply. The child is considered and treated as an extension of the narcissist. It is through the child that the narcissist seeks to settle "open scores" with the world. The child is supposed to realise the unfulfilled dreams, wishes, and fantasies of the narcissistic parent.

1234.

Some [abused and traumatized children become narcissists](#). With psychotherapist Michele Paradise [@micheleparadiseofficial](#)

1235.

[Narcissist's Fallacy](#): If everyone is unique, no one is unique. Only way to be unique is to not be unique like everybody else.

So, the narcissist must deny the uniqueness of others by emphasizing commonalities and, at the same time, deny the denominator common to him and others.

This is a slippery slope. It can end up denying the narcissist's own uniqueness. This is why he idealizes or devalues a subset of internal objects (vicarious uniqueness, by proxy).

Temporal splitting: uniqueness in idealization-devaluation.

Narcissist's problem: Everyone is unique specimen due to unidirectionality of time arrow and indeterminacy in QM, everyone is non-repeatable and non-replicable (which is why psychology is pseudoscience).

Moreover: everyone is non-repeatable and non-replicable from one nanosecond to the next. The concepts of self and core identity are counterfactual.

1236.

The [shared fantasy](#) is the narcissist's second childhood.

1237.

The [narcissist's life](#) in under 30 seconds: from life of the party to schizoid recluse.

1238.

Don't become a [clone of your abuser](#).

1239.

[Frustration](#) is perceived as narcissistic injury or even mortification. It breeds intolerable anxiety and stress which result in decompensation, emotional dysregulation (BPD self-state), and acting out (secondary psychopathic self-state).

Low frustration threshold and tolerance lead to desperate attempts to eliminate the source via externalized and reckless aggression culminating in violence (coercive snapshotting).

Narcissist perceives frustration as emanating from the inside. His aggression is actually an attempt to reduce dissonance and anxiety.

Walking away won't do the trick because narcissists interact exclusively with internal objects, dehumanizing and objectifying others.

The BPD self-state is impulsive and destructive (temper tantrum). The psychopathic one is cold, premeditated, ruthless, callous, relentless, inhumanly dysempathic. But both of them are fantasy-oriented and involve an impaired reality testing.

Psychopathic state preceded by a covert state: ponderous, brooding, spiteful, passive-aggressive, bitter, determined, evasive, overly polite (pseudo-civility), affected, ostentatiously obedient or caring. Keeps imagining the act.

Borderline state either sudden (eruptive with calm before the storm) or escalatory.

Alloplastic defenses justify the aggression. An external locus of control (you made me do it) aggravates the antisocial behaviors.

1240.

Nothing worse than being trapped in the [workplace with a narcissist](#). Eyes Wide Open Podcast with Conor Ryan.

1241.

WATCH CPTSD or Personality Disorder? (Compilation) https://www.youtube.com/watch?v=C0-JD78_Wjo

WATCH Narcissist: When Reality is Just a Dream (Ego's Reality Testing) <https://www.youtube.com/watch?v=R77ofZW99LE>

[“SHY” or “QUIET” BPD vs. CLASSICAL BPD](#)

I reject the “diagnosis” of shy borderline. All borderlines are sometimes shy and introverted ("act in") and sometimes act out aggressively.

Someone who is “shy” ALL the time is not a borderline. She is either a covert narcissist or has CPTSD.

[REALITY vs. FANTASY](#)

Impaired reality testing is not the same as no reality testing. Fantasy is not a hallucination: fantasy borrows elements from reality and builds around them.

The narcissist, borderline, paranoid, schizotypal cannot tell the difference between reality and fantasy because they share components, have a lot in common.

NPD fantasy is infantile (phantasy). In the absence of a fully constellated and integrated self and ego, the fantasy is limited to self-regulation via cognitive distortion and to the resolution of early childhood conflicts (separation-individuation). All the rest is intact.

BPD fantasy involves external regulation and outsources ego functions.

When fantasy fails in NPD the outcome is shame dysregulation and mortification, when it fails in BPD the outcomes are dysregulation and lability.

In NPD shared fantasy, the partner is unreal (internal object). In BPD shared fantasy the partner is hyperreal. Borderlines perceive themselves and their lives as Unreal (dissociation). This is why borderlines cling, Hoover ferociously, won't let go. They leverage every opportunity and contact to reconstitute the shared fantasy. Example: We all seek closure. But borderlines abuse this quest in order to hook you yet again.

1242.

Psychopath: compartmentalization of positive emotions.

Ingroup and outgroup.

Machiavellianism: Power play: catching emotions is defeat by a manipulative abuser (the victim!)

Honesty only when ready to move on or when attempting to destroy victim

Decoy behaviors

Comorbidities: NPD+BPD, Malignant narcissism explained via compartmentalization/isolation.

[Compartmentalization and isolation](#) are the mechanisms that enable dissociation, splitting, concentration/attention/focus, cognitive dissonance, comorbidities, and self-states (see IPAM).

Coping with death

Addictions like workaholism

It is more like role play but one role being surrealistic and another grounded in reality, one internal and one external (responsive to internal vs. external environment, respectively).

LITERATURE: APA DICTIONARY

compartmentalization

n. a defense mechanism in which thoughts and feelings that seem to conflict or to be incompatible are isolated from each other in separate and apparently impermeable psychic compartments. In the classical psychoanalytic tradition, compartmentalization emerges in response to fragmentation of the ego, which ideally should be able to tolerate ambiguity and ambivalence.

Isolation

in psychoanalytic theory, a defense mechanism that relies on keeping unwelcome thoughts and feelings from forming associative links with other thoughts and feelings, with the result that the unwelcome thought is rarely activated. See also compartmentalization.

1234.

Unlike psychopaths and borderlines, [covert narcissists](#) are capable of controlling their impulses and of delaying gratification. This renders them a lot more dangerous.

1235.

The [codependent controls others](#) through self/sacrificial submissiveness and is empowered via clingy neediness.

1236.

If you want to really hurt someone who loves you dearly - [hurt yourself](#).

1237.

The narcissist fails to complete all [8 phases of the lifespan](#). Erik Erikson proposed that ego identity is gradually achieved by facing goals and challenges during eight stages of development across the lifespan. The stages are (a) infancy: basic trust versus mistrust; (b) toddler: autonomy versus shame and doubt; (c) preschool age: initiative versus guilt; (d) school age: industry versus inferiority; (e) adolescence: identity versus identity confusion; (f) young adulthood: intimacy versus isolation; (g) middle age: generativity versus stagnation; and (h) older adulthood: integrity versus despair. (APA Dictionary)

1238.

There are [two types of narcissistic shared fantasy](#):

1. Fairy tale (where the partner is a princess or damsel in distress); and
2. Faux normalcy (where both the narcissist and his partner pretend to be having a perfectly normal relationship).

1239.

[@shadowdeangelis](#) on [devaluation](#) as a built-in feature of the shared fantasy of the narcissist. Nothing you can do to prevent it.

1240.

[Narcissist's excuses for cheating](#), betrayal, and infidelity are disingenuous and laughable.

1241.

[Schizoid lifestyle](#) as rational, ego-syntonic (happy) choice

Schizoid personality mistaken for narcissism.

Schizoid not problem of object relations but of cathexis (object libido)
Paranoid ideation, dysphoria, anxiety, and catastrophizing as engines of schizoid behavior.

Inscrutability and irrationality threaten order and structure.

Treasure chest or pandora's box.

Triggers grandiosity by challenging it:

Misunderstood: If only understood, will be mine
Blank screen (projection)
Blank slate (molding, formation).

Adventure, narrative, movie, thrills, technicolor.

Detachment: misconstrued as helplessness and childishness.

No threat of intimacy, lots of personal space.

Self-sufficiency misinterpreted as strength or fearlessness.

Asexuality is a challenge.

1242.

[Cancel culture](#), virtue signalling, competitive victimhood are narcissistic. Dark personalities have taken over the public sphere.

1243.

[You never wanted to make me happy](#). You just wanted me to be yours.

1244.

Secret of [Narcissist's Romantic attraction](#):

Narcissist's cold empathy and entraining.
Escape from reality into a shared fantasy
Second childhood (dual motherhood)
Self-infatuation with an idealized version of you, seen through the narcissist's gaze
Modeling and typing in formative years and adolescence: abuse as comfort zone, attraction to abusers
Bad object validation
External regulation: anxiolytic surrender of control
Self-punitive relationship: self-harming, self-trashing, self-defeat, and self-destruction by narcissist
Projective identification

Ask yourself: why was I inexorably [attracted to the narcissist's shared fantasy](#)? What in it appealed to me irresistibly?

1245.

Religion ([body as a shrine](#)), cannibalism, religious prostitution, sex work (conform to stereotypes like big boobs), human sacrifice.

In narcissism, the body is either idealized or devalued, but considered in both cases a persecutory object (aging, disease, disability and death) that needs to be placated (sacrifices) or maintained/renovated.

This ambivalence and existential angst (dread) are anxiogenic (hypochondriasis). They lead to OCD (e.g., injurious, ritualistic exercise regime) and a dissociated body (estrangement).

Seat of trauma (body keeps score) and of healing.

Somatization, somatoform disorders, and conversion.

Solution: objectified but fluid body (e.g. makeup, plastic surgery).

Objectifying body as bait and a strategy to elicit narcissistic supply.

The somatic leverages his body to obtain narcissistic supply via:

Flagellation or mortification (Christian saints, Diogenes, Gandhi, endurance sports).

Autoerotic gratification (confirmatory sex).

Nudity and sex: sexual narcissists is wrong, it is somatic. Narcissism is somatized not only via sex.

Signaling: palimpsest of hidden and over texts.

Tattoos: externalizing one's essence and recording one's personal history, milestones, mnemonics.

Tattoos signal rank, in-group affiliation (gangs).

Bodybuilding (compensatory, rewriting body by rewiring musculature emphases).

Martial arts (philosophy and worldview).

Sports (extreme).

Sartorial attire: Normcore vs. ostentatious clothing.

Othring: recognizing and accepting the externality and separateness of other people.

Child others himself via mother's gaze: first body (Freud's psychosexual stages), then mind (early form of neutral splitting).

Then child others mother and transitions to object relations (from autoerotic narcissistic libido to other-directed object libido).

Narcissism is a failure of othering, so the child remains stuck in the othered body (somatic-solipsistic) phase or othered mind (cerebral-solipsistic) phase.

1246.

[@shadowdeangelis](http://shadowdeangelis) on anger vs. rage. More here: <http://samvak.tripod.com/mask.html> and here: <http://samvak.tripod.com/journal86.html>

[Narcissistic rage](#) has two forms:

I. Explosive – The narcissist flares up, attacks everyone in his immediate vicinity, causes damage to objects or people, and is verbally and psychologically abusive.

II. Pernicious or Passive-Aggressive (P/A) – The narcissist sulks, gives the silent treatment, and is plotting how to punish the transgressor and put her in her proper place. These narcissists are vindictive and often become stalkers. They harass and haunt the objects of their frustration. They sabotage and damage the work and possessions of people whom they regard to be the sources of their mounting wrath.

1247.

The narcissist feels superior to you in every way - so, why would s/he [envy you](#)? S/he envies what you possess: your youth, your looks, your clothes, your home, your job, your friends, your family, your reputation, your accomplishments, your car or smartphone - and the list goes on.

1248.

[Kohlberg's stages of moral development](#) summary 1:08:40

Narcissists and psychopaths completely fail to develop moral reasoning. Victims shock: transactional, moral, empathy-based (verisimilitude) complaints.

1249.

[Ode to the Borderline](#)

By: Sam Vaknin

Self-immolated, I rise
from in your ashes,
Sun.
Nailed to your cross,
arms flung.
Your honey and vinegar
on lips enparched.
The thorns that pierce
our togetherness.
I am speared
your flames,
but resurrect to you
inexorably.
An unrequited dew,
an ephemeral yearning
for your injured flesh.
I flap my wingspan
as I sore.
Rebirth foregone.

Poetry of Healing and Abuse: <http://www.narcissistic-abuse.com/contents.html>

1250.

[Loss is a feature of narcissism](#), but also an organizing-explanatory principle. Narcissism is about avoiding, inducing (bad object or victimhood), managing loss (reframing it).

Prolonged grief over what s/he could have been and what s/he has never experienced: love, sex, friendship, loyalty and over what s/he has always had to endure: infidelity, betrayal, and loss.

1251.

[Narcissists and psychopaths](#) process knowledge differently to healthy people. They also “love” differently.

1252.

[Retroactive jealousy](#) is the outcome of the narcissist's inability to control or own your past. This interferes with his ability to idealize and infantilize you and, therefore, threatens the formation and longevity of the shared fantasy.

Idealization is unlike a scientific theory: inconsistent, not falsifiable and therefore always dissonant (gorgeous but virgin).

Narcissist infantilizes partner to allow for dual motherhood and so devalues and demonizes past lovers who abused and took advantage of the partner.

Past versions of yourself interfere with idealization (your life starts and ends with the narcissist in an eternal, fantastic present).

Past lovers and past versions of partner cannot be snapshotted (controlled, possessed) - creates insecurity, abandonment anxiety.

Proof: past lovers but not current lovers provoke jealousy (open relationships, group sex, betrayal fantasies). Current lovers are snapshotted and integrated into the shared fantasy (instrumentalized).

The narcissist inhabits an eternal present.

To the narcissist – and more so, to the psychopath – the future is either of two: a hazy, abstract, merely hypothesized concept, or an anticipated certainty, the preordained outcome of his magical thinking (he believes that he determines future events merely by thinking about them.) These two misperceptions of time – diffuse time and teleological time-inversion - are cognitive deficits and are owing to a confluence of several narcissistic traits.

1253.

Mortification leads to decompensation (deactivation of defenses, including the false self), contact with shame, emotional dysregulation, and acting out (like in BPD).

Shame requires object libido. Narcissist entrains himself to reboot narcissistic libido. Therapeutic hint for BPD.

Abandonment or engulfment provoke borderline mortification: anxiety and emotional dysregulation, decompensation, and acting out. These trigger narcissistic defenses (NPD, secondary psychopathy, covert borderline).

Acting out results in shame and guilt which involve object libido. Therapeutic hint for NPD.

No Narcissistic Supply without Self-supply.

Narcissist's grandiose fantasy renders input from others narcissistic supply.

When narcissist is mortified, depressed, or otherwise fails to believe his own fantasy, no feedback from others will be perceived as catalyzing supply, only as fake or low-grade supply.

WATCH Narcissistic Mortification: From Shame to Healing via Trauma, Fear, and Guilt
<https://www.youtube.com/watch?v=ziIrvAm6rJw>

Narcissistic Mortification, Shame, and Fear <https://www.pulsus.com/scholarly-articles/study-on-narcissistic-mortification-shame-and-fear.pdf>

1254.

“[Intermittent mothers](#)” - sometimes good enough and sometimes “dead” - foster narcissism and engender codependency in their children.

1255.

What greater [punishment for the narcissist](#) than being recognized and venerated only posthumously?

1256.

New light on pathological narcissism and narcissistic abuse.

Claire Auden's Podcast <http://podfollow.com/the-narc-behind-the-educator-series>

1257.

[Contempt](#) is not the precursor to sadism - it is just an excuse to hurt people. It legitimizes sadism by devaluing its victims.

1258.

Jose Espinosa and I explore narcissism and narcissistic abuse based on studied and clinical knowledge (no self-styled "experts" allowed!)

Self-Talk on YouTube <https://www.youtube.com/c/SELFTalkNarcisismo>

1259.

Therapy can help the [narcissist modify his or her abrasive and antisocial behaviors](#) in the short-term. But no treatment modality can yield lasting change, let alone heal or cure narcissism. Only self-enriching charlatans and con artists say otherwise.

1260.

Suicide is a form of acting in coupled with acting out (like a temper tantrum), internalized and externalized aggression. It is preceded by switching to another self-state (secondary psychopathy in borderlines and borderline organization in narcissism).

[BPD and NPD are prone to switching](#) owing to splitting and self-splitting defenses (previous self-state all bad while new self-state all bad), lack of core identity (identity disturbance), and no constellated or integrated self/ego (emptiness or empty schizoid core). They are in constant flux.

When confronted with promise or threat, real, imaginary, anticipated, or recalled.

Responsive to real or anticipated environmental cues (e.g. stress, anxieties, substance abuse, holidays, important events, life crises or traumas, new people, crowds, mortification, medication, even sensa – see Proust).

Preceded by emotional dysregulation (emotional switching – Houben).

Switching: consensual, forced, triggered.

Signs of switching (prodromal phase):

Rigid body posture or pseudo-fainting

Calm before the storm: atypical kindness, reasonableness, submissiveness, conflict aversion

Changes in body self-image

Dramatic change in identity (behaviors, preferences, values, beliefs, emotionality, cognitive style)

Talkativity (hyper-verbalizing), hyperreflexivity (pseudo-psychosis) and hyperactivity followed by a period of subdued, slow motion, hesitant reactivity

Impulsivity

Dissociation

LITERATURE

Houben M, Bohus M, Santangelo PS, Ebner-Priemer U, Trull TJ, Kuppens P. The specificity of emotional switching in borderline personality disorder in comparison to other clinical groups. *Personal Disord.* 2016 Apr;7(2):198-204. doi: 10.1037/per0000172. Epub 2016 Feb 15. PMID: 26882282; PMCID: PMC4816671.

1261.

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37116251.

Bernstein DP, Keulen-de Vos M, Clercx M, de Vogel V, Kersten GCM, Lancel M, Jonkers PP, Bogaerts S, Slaats M, Broers NJ, Deenen TAM, Arntz A. Schema therapy for [violent PD offenders](#): a randomized clinical trial. Psychol Med. 2023 Jan;53(1):88-102. doi: 10.1017/S0033291721001161. Epub 2021 Jun 15. PMID: 34127158; PMCID: PMC9874993.

De Wit-De Visser B, Rijckmans M, Vermunt JK, van Dam A. Pathways to antisocial behavior: a framework to improve diagnostics and tailor therapeutic interventions. Front Psychol. 2023 Feb 9;14:993090. doi: 10.3389/fpsyg.2023.993090. PMID: 36844347; PMCID: PMC9947159.

1262.

To the narcissist, you are perfect during the idealization phase and no-good during the devaluation stage. You are never anything nuanced, in between. This is called [splitting or dichotomous thinking](#), an infantile, primitive psychological defense mechanism.

1263.

[Plundering](#) is the most basic of human behaviors.

If you fail to guard your mate, your best friend will poach her (or him).

If you neglect to protect your possessions, your nearest and dearest will abscond with them.

If you don't extract a cost from plagiarists and idearists, they will pillage your work and make it theirs.

Indolence and cowardice signal indifference and invite the immoral and the delinquent into your life and home.

1264.

You are merely an [internal object in the narcissist's mind](#), so everything about you belong to him: from your happiness and thoughts to your emotions and possessions.

1265.

There is no trauma and there is no abuse like [narcissistic abuse](#). Period.

1266.

The topic of [serial killers](#) is steeped in myths, misinformation, and stereotypes. The truth is much more bizarre!

1267.

To [take over your life](#) and make it his, the narcissist first has to take your life away from you.

1268.

Counterintuitive [observations about narcissism, narcissistic abuse, codependency](#), love, "love", and victimhood in Q&A session with audience in Mexico City. Thanks to [@jimenamera](#) for organizing this event.

1269.

You are afraid to experience [positive emotions](#) only because you dread having to endure the negative ones as well. In your tortured mind, intimacy and love are inextricably entangled with pain and shame.

1270.

Video presentation in the 2nd European Congress of Neurology and Neuropsychiatry, London, February 2024

[Cognition](#) is the awareness of language, the conscious part, the overt text. As such it evokes awareness of the thinking self, an identity.

When the thinking self is absent or in the case of identity disturbance, awareness of the language is orphaned and leads to attribution errors (fantasy, idealization, grandiosity, etc.)

Cognition is language and so precedes consciousness and experience and shapes them.

When cognition more self-efficacious than action the result is fantasy over reality.

“Self-efficacy” in this context is both internal (example: anxiety) and external (favorable outcomes in the environment).

Even when reality testing is intact, cognition is shaped and framed to maintain equilibrium and homeostasis.

Gradually, cognition expands to incorporate other minds in an IWM and ToM via introjection. If the Other is perceived as unsafe, this phase (Othering) fails and solipsism ensues.

1271.

Narcissists have only [extrinsic values](#) and they force you to adopt and internalize them within the shared fantasy.

1272.

[Narcissistic abuse](#) amounts to all forms of abuse rolled into one and seeks to eliminate the target as an independent, autonomous, agentic, and self-efficacious person.

1273.

Victims who idealize themselves and demonize the narcissist are using [splitting](#): a narcissistic defense, ironically.

1274.

[Vigilante Victimhood](#) is when victims and self-styled victims break the law, ignore norms, and bypass institutions in order to grandiosely self-idealize, exact revenge, and secure entitlement to rights and benefits.

1275.

The [borderline outsources the regulation of emotions and moods](#) to her/his partner (external regulation).

1276.

In a world burgeoning with narcissists and psychopaths, [narcissistic and psychopathic leaders](#) afford their acolytes the illusions of safety and protection.

In a reality comprised of the dumb, the insane, and the nescient, empowered as they are by technology and the vote, the stupid, deranged, and ignorant rise to the top.

1277.

Narcissists perceive the [truth as a cruel and malevolent aggression](#) against them. [@shadowdeangelis](#)

1278.

The narcissist is incapable of othering (of [perceiving others as external and separate](#)). So, he creates a representation of you in his/her mind (introjects or “snapshots” you) and then proceeds to interact with this internal object rather with you. [@shadowdeangelis](#)

1279.

The narcissist has no [continuous memory](#) of you, so it is easy for him/her to devalue you.

1280.

Grandiosity is part of a [fantasy defense](#) that involves ideas of reference, othering failure, object apophenia, social pareidolia, hostile attribution and confirmation biases, and a lot more besides.

1281.

The psychopath customizes the [fantasy](#) to fit the partner; the narcissist coerces the partner to fit the (shared) fantasy.

The psychopath tailors the relationship fantasy to reflect the partner’s wishes, dreams, needs, wants, and hopes.

The narcissist cajoles the partner within the shared fantasy to fit the narcissist’s wishes, dreams, needs, wants, and hopes.

1282.

Narcissist incapable of any kind of love.

Othering failure (incapable of perceiving others as separate or external objects).

Positive and negative emotions intertwined.

Cognitive over emotional.

Bad object validation as unlovable: projective identification.

Superiority, power (love is mundane, weakness) lead to contempt.

Reenactment of early childhood conflicts (separation-individuation)

Love is incestuous.

Love ends in pain, abandonment, is unsafe, a loss of control over threats (external locus), anxiogenic.

Love conditioned on performance, transactional, benefits.

On Daria Żukowska's channel: https://www.youtube.com/watch?v=geaZ_1547Io

1283.

Confabulation is the narcissist's attempt to bridge dissociative memory gaps by constructing scenarios of what is most likely to have happened. It is a theory about missing time.

But, the narcissist believes that the theory (confabulation) is real and true because he is the one who came up with it. Being infallible and omniscient, in his mind, he never makes mistakes.

1284.

The somatic narcissist derives narcissistic supply from other people's reactions to his body: sexual conquests, bodybuilding, youthfulness, athletic prowess, competence in outdoor activities, or mere preening and titivating. Cerebral narcissists flaunt their intellect, intelligence, and knowledge to secure attention and adulation.

Whether one becomes a somatic narcissist or a cerebral one depends on one's upbringing as a child. If the infant is taught that it can secure the parents' love only by being intellectually brilliant - it becomes a cerebral narcissist. If it is conditioned to excel in sports or outdoor activities and to compete for sexual conquests as a prerequisite for being loved, it becomes somatic.

Male narcissists are misogynists. They hold women in contempt, they loathe and fear them. They seek to torment and frustrate them (either by debasing them sexually - or by withholding sex from them). They harbor ambiguous feelings towards the sexual act.

The somatic narcissist uses sex to "conquer" and "secure" new sources of narcissistic supply. Consequently, the somatic rarely gets emotionally-involved with his "targets". His is a mechanical act, devoid of intimacy and commitment. The cerebral narcissist feels that sex is demeaning and degrading. Acting on one's sex drive is a primitive, basic, and common impulse. The cerebral narcissist convinces himself that he is above all that, endowed as he is with superior intelligence and superhuman self-control.

1285.

Adverse Childhood Experiences (ACE) destroy your physical and mental health later in life.

From Child to Narcissist Playlist:

https://www.youtube.com/watch?v=cLS_UgiRThg&list=PLsh_y_ett4o1D9iPsx9nI0ruUI4HHRzxi

1286.

Vigilante Victimhood is when victims and self-styled victims break the law, ignore norms, and bypass institutions in order to grandiosely self-idealize, exact revenge, and secure entitlement to rights and benefits.

1287.

What goes through the mind of a [murderer](#) who is also a malignant narcissist?

Isla Traquair on Instagram [@islatraquair](#)

1288.

As the [narcissist's counterparty in the shared fantasy](#) - intimate partner, friend - either you naturally conform to your role as bad, "dead" mother or you are coerced to conform to it (aka projective identification) and thus lose yourself, become estranged to yourself.

1289.

I was the first to describe narcissistic abuse. Decades later, the field has been abducted by self-enriching, self-styled "experts". Time to recalibrate and set the record straight.

Next segment of the interview: https://www.youtube.com/watch?v=_zg3bh_YKfU

Kelly Brogan, MD <https://www.kellybroganmd.com/>

1290.

There are 3 developmental pathways to the [formation of pathological narcissism](#).

1291.

From the trenches, a [narcissistic abuse victim](#) turned coach talks to me about her experience.

Michelle on social media <https://www.tiktok.com/@michellesecret1>

<https://www.instagram.com/michellesecret1>

<https://www.facebook.com/p/Michellesecret1>

1292.

[@shadowdeangelis](#) warns against pathological hope (called [malignant optimism](#), in my work) in relationships with narcissists.

1293.

Proof: if you are feeling that you are not yourself – then who are you and who is doing the estrangement? The narcissist's introject.

Introjecting the entraining narcissist generates a schizoid state (emptiness) which mimics the narcissist's.

Schizoid state as adaptation to narcissistic abuse. Split negative internal objects become identified with the Self and the victim defends against these negative thoughts by dissociating the Self altogether.

Yet, if the narcissist's introject is in charge, takes over – why the estrangement? Owing to encounters with repressed former self.

Approach-avoidance repetition compulsion with an objectified, mythologized, idealized self (relic of narcissist's idealization and nostalgia).

Alienating self-consciousness and introspection.

WATCH Narcissist vs. Borderline On Autopilot: Depersonalization Derealization Disorder
<https://www.youtube.com/watch?v=0t67-dpkbOg>

1294.

[Narcissists are fully aware of their actions](#) and of the difference between right and wrong. But they are unaware of their motivations (the psychodynamics). [@liberatefromnarcabuse](#)

1295.

Recovering After [Religious Narcissistic Abuse](#) by Rene Gade Musings on YouTube.

1296.

[We all hurt people](#). But we never lose sight of the other's humanity and separateness. Power-hungry psychopaths, deluded narcissists, and disappointed borderlines hurt people as if they were mere collateral damage, they dehumanize and objectify them.

1297.

Alexithymia may be a form of narcissism and anankastia (rigid, rule-bound perfectionism)

LITERATURE

Oltmanns, J. R., & Widiger, T. A. (2018). A self-report measure for the ICD-11 dimensional trait model proposal: The personality inventory for ICD-11. *Psychological Assessment*, 30(2), 154–169.
<https://doi.org/10.1037/pas0000459>

Stricker, J., Buecker, S., & Pietrowsky, R. (2022, May 5). Alignment of the Personality Inventory for ICD-11 With the Five Factor Model of Personality. *Psychological Assessment*. Advance online publication. <http://dx.doi.org/10.1037/pas0001141>

WATCH How Narcissist is Mortified (Empathy Aphantasia)
<https://www.youtube.com/watch?v=EnQ0mRHk9Kg>

WATCH NPD CANCELLED in ICD-11: Narcissism=Dissociality+Anankastia+Negative Affectivity
<https://www.youtube.com/watch?v=qtJyQa5Yny0>

1298.

[Killers Get Caught](#) Because They Become Over-confident, not because they want to Get Caught. With [@islatraquair](#)

1299.

What would happen when [predatory narcissists and psychopaths run out of prey](#)? Growing victim awareness and the stigmatization and criminalization of narcissistic abuse could lead to a trophic cascade.

LITERATURE

Why Sharks Matter: A Deep Dive with the World's Most Misunderstood Predator by David Shiffman,

Johns Hopkins University Press, 2022

WATCH How Narcissist Deceives YOU (Aggressive Mimicry: Predator Faking Prey)

<https://www.youtube.com/watch?v=30Tux08X8Ac>

WATCH Narcissism Virus Vaccine NOW: It Evades Your Immunity! Real Pandemic Is Here!

<https://www.youtube.com/watch?v=uczI-m4Zb9o>

1300.

[Covert narcissists pretend to be lovable](#), helpless, and innocent victims of narcissistic abuse.

According to the hawk-dove model of predator and prey, hawks refuse to share their prey and predator doves often pretend to be prey.

1301.

The [narcissist is a natural predator](#), not unlike a tiger or a virus.

1302.

Formation of narcissism entirely up to mother (see From Child to Narcissist playlist:

https://www.youtube.com/watch?v=PrtmWMSOGmA&list=PLsh_y_ett4o1D9iPsx9nI0ruUI4HHRzx
)

Father affects the manifestations (expression) of the pathology:

Dead father (collapsed, narcissistic, absent-neglectful, frustrating, depressive, inadequate)

Shameful, failure, loser father

Intermittent, splitting, approach-avoidant, bipolar father (self-worth lability)

Antisocial-entitled father

Fantasy-prone father

Harsh, critical, rejecting father (people-pleaser, codependent, covert/inverted)

Unjust-sadistic father (contumaciousness, defiance)

Dysregulated father

Incestuous father

Parentifying father

Instrumentalizing father

Pedestalizing father (impaired reality testing, grandiosity)

Submissive, codependent, covert-inverted father

WATCH Daddy Issues: Daddy's Girl, Mama's Boy, Father Complex
<https://www.youtube.com/watch?v=FkCF1Ijudwc>

WATCH Narcissist and Victim: Daddy or Mommy Issues?
<https://www.youtube.com/watch?v=cNQsPov11XU>

You His Mommy, He Your Daddy: Narcissist's Mixed Signals
<https://www.youtube.com/watch?v=4WEib0Po7og>

1303.

To the narcissist, all [people are useful tools](#) (in both senses of the word) or collateral damage.

The impact the narcissist is having on people's lives, for better or for worse, is a mere by-product or a side effect of his/her pursuit of grandiosity-affirming narcissistic, sadistic, or self-supply.

1304.

Locus of grandiosity of malignant (psychopathic) and sadistic narcissists is their invulnerability, unemotionality, flat attachment, rigidity, and heartless cruelty (disguised as altruism, if prosocial).

They are transactional:

To the narcissist, all people are useful tools (in both senses of the word) or collateral damage. The impact the narcissist is having on people's lives, for better or for worse, is a mere by-product or a side effect of his/her pursuit of grandiosity-affirming narcissistic, sadistic, or self-supply.

Do you care about me? Narcissist: I do. You are useful to me. But, don't you have emotions for me?
N: I don't do emotions. I do relationship maintenance. I do business: give and take. So, why stay in touch?
N: I owe you. I repay my debts. Plus, you could still be useful.

Their shared fantasy is inverted; they start with [hatebombing](#), devaluation and discard (the whole point of the fantasy), mixed with negative idealization (mythological demonization). So, their fantasies are extremely short, nasty, and brutal.

In rare cases, when the potential partner is also a malignant or sadistic narcissist, they become codependent or borderline, though still manifesting dysregulated abuse and coercive behaviors.

In such inverted shared fantasies, they transition to the role of a victim, letting the counterparty initiate the separation by betraying them (betrayal fantasy).

1305.

The [narcissist's shared fantasy](#) is a form of reaction formation: s/he ends up devaluing and discarding that which s/he craves most.

1306.

[Intimate partners of the narcissist](#) who have no mental health issues of their own could be just vulnerable owing to a recent life crisis or to feeling very lonely or they may be seeking an adventure.

1307.

[Negging](#) or backhanded compliments are repeated and escalating insults and personal attacks disguised as compliments or even as flattery: compliment what you do but attack who you are.

They are meant to leverage your vulnerabilities and push your buttons. They can incorporate public shaming. They adversely affect self-esteem.

Sadistic help is succor or advice that comes replete with extreme devaluation disguised as “tough love”.

Both involve brutal, dysempathic honesty and passive-aggression. Both are forms of intermittent reinforcement.

Unfavorably comparing you to other people and insults disguised as collective criticism (criticizing you - not your actions).

For example:

- “Well, don’t you look fabulous? I would never have the courage to wear my hair like that.”
- “I’m so proud of you for quitting smoking! Too bad you already have all those little lines on your face.”
- “Congratulations for winning the ice dancing competition! Maybe some day you’ll give a real sport a try.”
- In some culture being overweight is considered very attractive!
- People are attracted to intelligence, not necessarily to good looks.
- They are leveraging your narcissism and paranoia to play you for a fool
- Let me fix this for you. You have never been good with your hands.
- Being a good parent is not everything in life.
- Don’t try to do it. You are not good at it.
- I don’t mind the costs of being with you. That’s what friends are for.
- This dress would look fabulous on you once you had lost some weight.

Add you own examples.

1308.

Narcissists recreate themselves on the fly and maintain their false self by relying on input and feedback from other people ([mirroring via other people’s gaze](#)). Video originally uploaded to my YouTube channel in 2011.

1309.

Breaking up with the narcissist involves [grieving](#) over who you used to be prior to the relationship. But there are four other, simultaneous and devastating types of grief involved.

1310.

The [narcissist's shared fantasy is a form of reaction formation](#): s/he ends up devaluing and discarding that which s/he craves most.

The narcissist is conditioned as a child to expect love only subject to performance and the suspension of the self. So, s/he dispenses with what s/he craves most – a maternal figure - in order to earn some love.

1311.

[Narcissists are delusional](#). They believe their own confabulations, fantasies, and promises, so they never gaslight or futurefake. [@shadowdeangelis](#)

1312.

[Victims](#) keep insisting that they have been chosen by the narcissist because of WHO they are.

Next, they recount how the narcissist discarded them and instantly switched to someone who is their exact opposite.

So, clearly the narcissist couldn't care less who you are as long as you keep providing him with 2 of the 4 Ss within a shared fantasy: sex, supply, services, and safety.

1313.

If narcissists are delusional and disconnected from reality, how come they are more successful than many normal people?

The modern economy, definitely in the last hundred years, but more so after 1990, is about the manipulation of symbols within fantastic spaces.

Narcissism Cheshire Effect

[Cat narcopaths vs. smile narcopaths](#): cat ones focus on rewards and goals in outside world, smile ones emphasize how these rewards make them feel, on their inner world, which is often fantastic.

Narcissists are successful precisely because they are delusional and disconnected from reality.

The narcissist, throughout his life, from a very early age, as a child, had invented an imaginary friend and then a godlike figure, the false self, and spent the rest of his life interacting symbolically in a fantastic space.

In the modern economy, in the modern world, narcissism is a positive adaptation.

1314.

The [narcissist perceives only himself/herself as real](#) and all others as unreal. The borderline perceives herself/himself as unreal and only her intimate partner or special friend as real.

1315.

[Bad mothers](#) beget bad offspring.

1316.

[Borderline's good object](#) is compensatory: her misbehaviors and dysregulation belie it. Uses external regulation and fantasy to avoid the latter and thus affirm the former.

Narcissist's misbehaviors are compensatory, intended to belie his/her bad object. Uses external regulation to enhance the former and thus deny the latter.

1317.

[BPD and NPD are not the same as CPTSD](#). They are different ways of REACTING to CPTSD.

Borderline Personality Disorder (BPD) is not the same as complex trauma (CPTSD).

BPD is a specific type of a multilayered pattern of REACTION to CPTSD.

It is partly genetically- and neurobiologically-determined.

So is pathological narcissism: it is a form of idiosyncratic REACTIVE PATTERN to early childhood CPTSD.

1318.

Exit the [narcissist's theatre play](#) and start to direct your own. Courtesy [@mirna_liz37](#)

1319.

When [narcissists steal your ideas and take credit for your work](#), they convince themselves that your ideas and work have been theirs to start with.

1320.

How does it feel to have a [false self](#)?

1321.

[Projection](#) is when you attribute to other people the parts in you - traits, cognitions, emotions, behaviors - that you are ashamed of, feel guilty about, or reject.

So, you cannot project positive elements of yourself onto others - only negative ones.

When you wrongly attribute positive traits, behaviors, motivations, talents, emotions, or cognitions to others or when you exaggerate them- this is idealization, not projection.

1322.

[Overt Narcissist](#) in 2 words: spoiled brag.

Covert Narcissist in 1 word: humblebrag.

1323.

Comparison to internalized standards. Perfectionism leads to narcissist, an eternal striving to match inner expectations: physical appearance, physical ability, achievement, peer acceptance, and a variety of personal traits (Harter, 1983).

A healthy [sense of self-worth](#) (regulated and stable) is modified by feedback and experience without compromising or altering the core (situated self-esteem, Bednar, Wells, and Peterson (1989).

Narcissism involves attribution errors, a stable, regulated sense of self-worth does not.

Narcissism is compensatory, sense of self-worth is not, is innate. So, narcissism is totally reactive to the environment and externally regulated while self-esteem and self-confidence are only minimally so are self-correcting (internally regulated).

When narcissist misbehaves or collapses, his bad object is triggered and this undermines his grandiosity.

To defend against shame, guilt, envy, and antagonism, and to restore his grandiosity, narcissist reframes and confabulates, usually casting himself as prosocial or as a victim (“these ideas and work are mine, I did not steal or plagiarize them”, “I committed the crime because I had no choice”, “I slept with my best friend’s girlfriend because he trapped me into it, he made me do it, she seduced me”, etc.) Raskin, Novacek, and Hogan (1991).

LITERATURE

WATCH From Insight to Self-love, Self-care: 4 Conditions, 4 Steps
<https://www.youtube.com/watch?v=PQXfW0hTntU>

WATCH Love Yourself: Here’s How - or, The Four Pillars of Self-love
<https://www.youtube.com/watch?v=2vzBf9QvClo>

Self-Esteem and Narcissism: Implications for Practice, Katz, Lilian G. ERIC Digest, August 1993.

Early physiological indicators of narcissism and self-esteem in children, Eddie Brummelman, Milica Nikolić, Barbara Nevicka, Susan M. Bögels, May 2022, <https://doi.org/10.1111/psyp.14082>

Hyatt CS, Sleep CE, Lamkin J, Maples-Keller JL, Sedikides C, Campbell WK, Miller JD. Narcissism and self-esteem: A nomological network analysis. PLoS One. 2018 Aug 1;13(8):e0201088. doi: 10.1371/journal.pone.0201088. PMID: 30067800; PMCID: PMC6070240.

1324.

The [psychopath](#) is cold, calculating, premeditated, cunning, scheming, and goal-oriented. Narcissists and borderlines are impulsive. With [@islatraquair](#) Isla Tarquair.

1325.

[People-pleasers](#) seek to avoid or ameliorate conflict by catering to other people’s needs and conforming to their expectations.

Codependents seek to control and manipulate others by gratifying them, but also by clinging, acting needy, and emotionally extorting (“control from the bottom”).

1326.

[Transgressions](#) in shared fantasy space are mostly arbitrary, inconsistent, and imaginary.

Relationship management tool: reflects changes in perception of perpetrator and of self.

Reconstitution of grandiosity: Omnipotence: Inadmissibility of losing or being outwitted.

Reconstitution of grandiosity: Omniscient Infallibility: always right.

Righteous, anankastic indignation for moral injury (high moral ground, morality play): establishing blame, irreversibility of harm or damage.

Restorative justice and equity (reparations, restitution, amends).

Punitive vengeance: vindication.

Reasserting control.

Deterrence (behavior modification) and reputational costs of forgiving (appearing weak and vulnerable).

External solution to narcissistic mortification: severe consequences, part of pattern, inexcusable, immoral, gratuitous (mean, cruel), victim loses more than perpetrator gains (magnitude gap), disproportional.

Rumination, obsession, victimhood.

Grudge Theory (Roy Baumeister, Julie Exline, Kristin Sommer)

1327.

Charlatans and con artists thrive knowing the following:

People prefer [fake niceness](#) to sincere contempt, faux kindness to overt impatience, feigned empathy to offhanded rejection, disingenuous compassion to honest indifference.

In short: people would always rather have pretended make-believe over the honest truth.

1328.

Narcissists and, even more so, psychopaths refuse to limit their [freedom to act](#): they are defiant, contumacious, and entitled.

1329.

The relationship with the borderline is a cycle of [stability-lability and regulation-dysregulation](#)

1330.

Narcissists turn off their narcissism and alter their [body language](#) in certain environments.

1331.

Normal people react to the presence of a narcissist with an uncanny valley reaction. Overt narcissists react to each other's presence with annoyance and competition, they are each other's constant narcissistic injury. Overt narcissists regard covert narcissists as unadulterated, grade A narcissistic supply. In the presence of psychopaths, narcissists become submissive and obsequious.

WATCH When Covert Narcissists Cross Paths, Swords
<https://www.youtube.com/watch?v=Jp8axjriC00>

1332.

What the [narcissist's entraining](#) does to your mind.

Meme courtesy [@mirna_liz37](#)

1333.

Pathological narcissism, borderline personality, and anxious psychopathy involve the only partly successful suppression of cognitions (thoughts) via [ironic processes](#). Similarly entrained abuse involves ironic processes in the victim's mind. [@liberatefromnarcabuse](#)

1334.

Narcissists are not in love with themselves - they are [in love with their reflections](#).

1335.

Unable to recognize each other as narcissists. Covert enhances overt's grandiosity by providing him with narcissistic supply. Coverts affirm each other's essential goodness and victimhood. One covert assumes the roles of an overt and dominates the relationship (pseudo-overt).

WATCH What Happens When Narcissists Meet Each Other or a Psychopath?
<https://www.youtube.com/watch?v=0e0gPNyetNU>

1336.

My suggested new diagnosis (clinical entity) of "[covert borderline](#)" is making inroads.

Both the classic and covert borderline (many of the latter are men) act out.

Here is a table which compares the clinical features of the two subtypes.

It is based on the schematic present by Arnold M. Cooper and S. Akhtar in 1989 for classic vs. covert narcissist.

<https://samvak.tripod.com/personalitydisorders18.html>

1337.

People who are exposed to [abuse and trauma in early childhood](#) learn to second guess other people's moods, emotions, and motivations and to be alert to cues such as facial expressions and body language.

This skill has nothing to do with empathy. They are not "empaths". They are hypervigilant.

What's the difference?

Example: pets are hypervigilant. But no pet can empathize with its human owner.

1338.

The narcissist is hijacked by his/her [false self](#).

1339.

Using [entraining](#), the narcissist dissociates your original personality and replaces it with his/her own introject. Video uploaded to my YouTube channel in 2020 titled “Narcissist Entrains Codependent, Borderline”.

1340.

Narcissists have [bad or idealized objects](#). Normal people have good objects.

1341.

[False Self intended to silence bad object introjects](#). Compensatory success measured by how silent they are. When narcissist collapses or is mortified, introjects are revived. False Self regards your personality as an introject (othering failure) and seeks to silence (dissociate) it and replace it with itself.

WATCH Narcissist Entrains Codependent, Borderline: Brainwash, Regulate, Repeat
<https://www.youtube.com/watch?v=gHAeew65frU>

1342.

[Narcissistic elation](#) is the driving force behind the narcissist’s shared fantasy and is the precursor of separation-individuation in healthy adults.

Everything starts with a thought, with a dream, with a narrative. Everything: buildings, books, films, wars, love, children. Reality itself. We are beings made of visions, storytellers whose natural habitat is their own minds.

Fantasy is not only a counterfactual narrative or coercion. It is a regulatory mechanism, a form of self-supply, a defense against fragility and vulnerability, a time machine (regression to symbiosis and womb), a fake good object, a cognitive distortion, a pseudo-emotion (euphoria, not elation and dysphoria, not depletion).

1343.

Gaslighting can be verbal or behavioral. The gaslighter often recruits third parties to do his/her bidding: flying monkeys, partners in triangulation, and a rescuer/savior in Karpman's drama triangle.

WATCH How 2 Types of Gaslighting Affect You <https://www.youtube.com/watch?v=iOkHsl9Mioo>

1345.

The narcissists idealizes people and then uses their gaze to idealize him/herself. This is the process of [co-idealization](#), the second phase in the shared fantasy.

1346.

Prognosis for BPD is good, treatments are effective. CIE: Creativity, Intensity, Enlightenment, the hallmarks of the borderline.

WATCH Suicide: Why Choose Life, Not Death! <https://www.youtube.com/watch?v=QstiRetuNfw>

1347.

The narcissist possesses - or rather is possessed by - either a [bad object or an idealized one](#), both fantasy-based and cognitively distorted.

Bad object: a constellation of internalized (introjected) voices that keep informing the narcissist how bad, unlovable, unworthy, and inadequate s/he is.

Idealized object: a constellation of internalized (introjected) voices that keep telling the narcissist that s/he is perfect, infallible, can do no wrong, and godlike.

1348.

The [traits of narcissists, psychopaths, and borderlines](#) contradict each other. How can someone have them all?

1349.

There is [no grandiosity without victimhood](#). They are 2 sides of the same coin.

1350.

The twin processes of [modeling and socialization](#) are disrupted in narcissism. Lecture to mental health clinicians in Zagreb, March 2024.

Video courtesy of [@reframingtheself](#)

1351.

2 of every 3 people give the [silent treatment](#). It is increasing as alternative modes of interpersonal communication become mainstream.

Silent treatment is (1) efficiently punitive (2) social (takes a perpetrator and a target) (3) manipulative (controlling) (4) emotionally distant (5) exclusionary (6) plausibly deniable (element of gaslighting: not abuse) (7) coercive (forces the victim to apologize) (8) alloplastic (9) preserves negative affects (10) addictive (11) expressive (displeasure, disapproval, frustration, anger, disappointment, contempt) (12) creates uncertainty (13) attention-seeking (14) negating

Shunning, stonewalling, ghosting, blocking, banning, deleting comments between individuals – but not Tactical ignoring.

Passive givers perceive silent treatment as graceful, dignified, and conflict-avoidant.

Responsive to pressured requests, pleas, demands, or criticism.

Both verbal and bodily (avoidance of eye contact, physical distance)

Generates in both giver and receiver threatened needs of belonging, self-esteem, and meaningful existence. Giver's perceived control enhanced.

Activates same area in brain that codes for physical and emotional pain anterior cingulate cortex.

What to do about silent treatment?

Chill rather than silent treatment: 'I can't talk to you right now, but we can talk about it later, in 1

hour.’

Voice the pain of being ignored (Margaret Clark, psychology professor at Yale)

Set Healthy Boundaries

Communication protocols (I statements and naming the situation)

Acknowledge other person’s feelings

Apologize only if justified, do not reward (positively reinforce) silent treatment

Practice self-care

Don’t take it personally

Stay calm

Use humor

Avoid escalation, blaming, shaming

Seek help and succor

LITERATURE

Williams, K. D., Shore, W. J., & Grahe, J. E. (1998). The Silent Treatment: Perceptions of its Behaviors and Associated Feelings. *Group Processes & Intergroup Relations*, 1(2), 117–141. <https://doi.org/10.1177/1368430298012002>

1352.

The [narcissist idealizes himself](#) through delusional assumptions about the contents of other people’s gaze (“co-idealization”).

The cerebral becomes his/her own love object: “They regard me as a lovable genius, so this makes me worthy of self-love”.

The somatic is rendered his/her own sex object: “They find me irresistibly attractive, so I am inexorably sexually drawn to myself” (autoerotism)

1353.

How can the [sadistic narcissist](#) be sure that people do indeed find him irresistible? That they are not manipulating him or telling him what he wants to hear?

He tests them in two ways:

1. By subjecting them to narcissistic abuse; and
2. By presenting sexual demands and practices which are disgusting, shameful, debasing, degrading, and humiliating. Kink, threesomes, group sex, sadomaso, and paraphilias.

If his partners stick around despite the abuse and also consider his sexual wishes and predilections alluring, it must mean that they find him irresistible.

But he needs them to give enthusiastic consent or even initiate the sex acts and practices. Such consent and enthusiasm serve to emphasize the sadistic narcissist's irresistibility.

Unlike the classic, non-narcissistic sadist, the sadistic narcissist assiduously shuns all forms of coercion because it detracts from his self-perception as irresistible.

When the grandiosity of the sadistic narcissist is challenged or undermined in any way (narcissistic injury or mortification), no amount of enthusiastic consent and no number of willing partners can convince him of his irresistibility. He decaethects himself (self-rejects) and loses his sex drive altogether, becoming celibate.

Sadistic narcissists use hatebombing and abuse to loyalty test the partner.

The sadistic narcissist is exhibitionistic and autoerotic. His body is his exclusive sex and love object (narcissistic libido). He is not aroused by other people, their minds or their bodies. He is impervious to flirting or seduction.

He apprehends his body through other people's gaze (exhibitionism) and then gets aroused and consummates the sex with masturbation which often involves self-inflicted masochistic or paraphiliac acts and, more rarely, crossdressing.

Self-penetration with sex toys and objects is common as are caressing, hugging, or kissing erotogenic parts the body: an enactment of intercourse with oneself.

But to yield arousal, other people's gaze must confirm to the sadistic narcissist his omnipotence and irresistibility.

It goes like this in the mind of the sadistic narcissist:

"People find me irresistible. Since I am irresistible to others, I find myself irresistibly attractive as well. So, now I can have sadomasochistic sex with a perfect object: with irresistible me."

1354.

Elizabeth Shaw on what sets [narcissistic abuse](#) apart from all other forms of maltreatment and misconduct.

1355.

[Fantasies](#) of different kind play crucial roles in both borderline and narcissistic disorders of the self. With Prof. Ed Dutton, the Jolly Heretic. Full talk on www.jollyheretic.com

1356.

Remove the [narcissist's spell](#): 3 affirmations

1. It is not about me. It is not my fault. The narcissist lives inside his/her mind and reacts only to internal dynamics. S/he is out of touch with reality.

2. I was chosen by the narcissist because of his/her needs and fantasy - not because of WHO I am.

3. The narcissist was compelled to devalue and discard me in order to exorcise his/her inner “demons”. I could have done nothing to prevent it and neither could the narcissist.

1357.

[@shadowdeangelis](#) sums up the ways in which [narcissists brainwash and hijack minds](#) (entraining).

1358.

How to [Seduce a Narcissist](#)

1. Stay mysterious. Hold back some information about yourself even as you dangle titillating snippets. Mystery is a great aphrodisiac.
2. Communicate your desire or lust obliquely. Hint - don't be explicit. Indicate readiness - but make it contingent and don't haggle.
3. Emphasize him/her. Display laser-like interest as concerning his/her life, interests, and dreams. Create a semblance of a nascent shared fantasy. Lure him/her into your potential.

1359.

The [shared fantasy](#) is a joint venture between the narcissist and his insignificant other. Lecture to mental health clinicians in Zagreb, Croatia.

Video courtesy of [@reframingtheself](#)

1360.

Three techniques to [reverse the narcissist's entraining, brainwashing](#).

1361.

Developed by Sam Vaknin, [Cold Therapy](#) is based on two premises: (1) That narcissistic disorders are actually forms of complex post-traumatic conditions; and (2) That narcissists are the outcomes of arrested development and attachment dysfunctions. Consequently, Cold Therapy borrows techniques from child psychology and from treatment modalities used to deal with PTSD.

Cold Therapy consists of the re-traumatization of the narcissistic client in a hostile, non-holding environment which resembles the ambience of the original trauma. The adult patient successfully tackles this second round of hurt and thus resolves early childhood conflicts and achieves closure rendering his now maladaptive narcissistic defenses redundant, unnecessary, and obsolete.

Cold Therapy makes use of proprietary techniques such as erasure (suppressing the client's speech and free expression and gaining clinical information and insights from his reactions to being so stifled). Other techniques include: grandiosity reframing, guided imagery, negative iteration, other-scoring, happiness map, mirroring, escalation, role play, assimilative confabulation, hypervigilant referencing, and re-parenting. It may prove to be an effective treatment for major depressive episodes as well.

More here: <https://samvak.tripod.com/faq77.html#coldtherapy>

1362.

How to tell the difference between a [self-styled fake “expert”](#) and a real one?

My credentials and work in the field of narcissism available here: <http://www.narcissistic-abuse.com/mediakit.html>

1363.

The first phase of the shared fantasy with the narcissist involves merger, fusion, a regression to an [infantile symbiotic state](#).

Video courtesy of [@mirna_liz37](#)

1364.

[Dual mothership](#) is a critical phase in the shared fantasy: it is the covert contract that sets the train in motion inexorably towards the inevitable devaluation and discard.

I am grateful to [@shadowdeangelis](#) for his integrity and honesty in giving credit where it is due. Other YouTubers shamelessly steal my ideas and pilfer my work, claiming them as their own.

1365.

[Narcissistic abuse](#) has multiple purposes - but is automatic, unintentional.

1366.

As I have been saying for well over a decade, the [narcissist’s false self](#) is a primitive savage parental deity that demands and expects human sacrifice, starting with the narcissist’s true self. Narcissism is, therefore, a private missionary religion: the narcissist attempts to convert others into his/her creed and then sacrifice them to the insatiable, voracious shared fantasy around the false self.

1367.

Hate is the complement of fear and [narcissists like being feared](#). It imbues them with an intoxicating sensation of omnipotence.

1368.

[Narcissistic abuse is an extraordinarily traumatic experience](#). Once it is over - why the grief? What and why are you mourning?

Lecture to clinicians in Zagreb, March 2024. Video courtesy of [@reframingtheself](#)

1369.

All narcissists are capable of being [both overt \(grandiose\) and covert \(vulnerable, fragile\)](#). One type is dominant and the other emerges in the wake of collapse or mortification.

1370.

[Narcissists and psychopaths feel entitled](#): they believe that they can have it all, never miss out on anything - and never pay the price.

1371.

Various [issues in pathological narcissism](#) discussed during the lecture to clinicians in Zagreb, March 2024.

1372.

Watch the film “Simmelweis”. Narcissists and psychopaths are over-represented in the [medical professions](#) and as the prevalence of cluster B personality disorders is rising, this is becoming a major threat.

They deem themselves infallible

They confabulate

They never admit to ignorance and are resistant to learning

They never seek advice or even information

They are hypervigilant, defensive, and aggressive or passive-aggressive

They are vindictive

Patronizing, condescending attitude to patients, god complex

Regard every query as narcissistic injury, challenge to authority (fallacy)

They perceive themselves as godlike and therefore immune to the consequences of errors and choices

They are defiant, daring, and contumacious (for example, with regards to treatment protocols)

They are antisocial, even criminal

They are prone to conspiracism, confirmation bias, and superstitions

Gaslight in a fantasy space which is a cultlike guild

Solutions: multiple opinions, reliance on commonsense, experience of others, evidence-based practices (new discoveries takes 15 years to filter down to praxis), assertiveness, research.

1373.

There are several types of [serial killers and murderers](#).

1374.

The [narcissist's dreamlike shared fantasy](#) is a theme park, an endless promise, a perfect evasion of reality.

Snippet from a lecture to clinicians in Zagreb, Croatia, March 2024.

Video courtesy of [@reframingtheself](#)

1375.

Overt grandiose narcissist possess an [idealized object](#): introjected voices that keep informing them how perfect, all-knowing, all-powerful, infallible, and godlike they are.

Lecture to clinicians in Zagreb, Croatia, March 2024.

Video courtesy of [@reframingtheself](#)

1376.

How to [heal from narcissistic abuse](#) by [@shadowdeangelis](#)

Watch the videos in the Narcissistic Abuse Healing and Recovery playlist on my YouTube channel.

1377.

The covert narcissist is a collapsed narcissist. Having failed as a narcissist, s/he becomes a primary psychopath (as a self-state). [Malignant narcissism compensates for collapsed covert narcissism](#).

WATCH Doormat Covert Narcissist Turns Primary Psychopath

https://www.youtube.com/watch?v=QA3Zuu_O0-M

1378.

Interview with Conor Ryan (Eyes Wide Open) about [interpersonal relationships with narcissists](#), with emphasis on romantic and “intimate” dyads (couples).

1379.

The [behavioral variability](#) in narcissism and psychopathy is only apparent. Actually, their behaviors are very consistent and predictable.

RULES

Optimizes allocation of resources, resents when forced to act wastefully and becomes aggressive, rejecting, frustrating, and sadistic.

Do you care about me? Narcissist: I do. You are useful to me. But, don't you have emotions for me?
N: I don't do emotions. I do relationship maintenance. I do business: give and take. So, why stay in touch?
N: I owe you. I repay my debts. Plus, you could still be useful.

Example:

If s/he wants to have sex, s/he will turn on superficial charm, flirt, lovebomb (idealize).

But with the same subject, when s/he cannot have sex (even though s/he may fervently wish it) s/he will be indifferent, dismissive, bored, and impatient.

So, motivated strictly by opportunities (opportunists), not by people, emotions, cognition, or social mores. Loses all interest when no opportunity presents itself.

Similarly, will disengage physically and mentally and move on once task accomplished. Will not linger or engage in social niceties or small talk.

Is utterly uninterested in other people only in their functions and possible contributions. They cease to

exist once their utility is over, when no longer useful, and are dropped abruptly. Everyone without exception is instrumentalized and objectified.

1380.

Narcissist is subject to reverse [recency bias](#): old days bad (victim), morality play (overcoming insurmountable), good (narcissist) prevailed.

1381.

[Narcissists are traumatized children](#). They should be treated with a combination of child therapies and trauma interventions and treatments.

Snippet from a lecture to clinicians in Zagreb, Croatia, March 2024.

Video courtesy of [@reframingtheself](#)

1382.

Narcissist knows best, knows it all, and is always right.

Perceives himself as [infallible and omniscient](#). Knowledge emanates only from the inside (intuition and confabulation, internal object, failed othering).

Magical thinking.

Information from the outside suspect because people are either stupid or malevolent and cannot be trusted.

Lacks curiosity about other people and life except when goal-oriented.

Constricted curiosity.

No learning, only syllogisms and deductions (internal rhetoric). Infinite knowledge base to draw on.

Impaired reality testing reframes all data to conform to cognitive distortions and biases and avoid dissonance (internal confirmation bias).

[Knows best and always right](#).

WATCH Narcissist: Bumbling Fool, Incapable of Learning?

<https://www.youtube.com/watch?v=8jx3XaZykHY>

WATCH Why Narcissist APPEARS So STUPID <https://www.youtube.com/watch?v=Gt6IfAc1a5A>

1383.

Will the rise of narcissism [undermine hierarchies and replace them with networks](#)? Networks are mirror images of hierarchies: their properties and life cycles directly contravene each other.

1384.

The most egregious form of abuse is [self-victimization](#).

After all: there isn't much you could do when your implacable abuser is ... YOU.

Still, victimhood as an identity is a form of narcissism, a cognitive distortion exactly like grandiosity, a grievance-based entitlement.

1385.

This video was made in 2018. Nothing has changed since then. Why do some narcissists appear to be [bumbling fools](#), never mind how intelligent they actually are? Eight reasons:

1. No impulse control, no forethought, no foresight = counterproductive, self-defeating, and self-destructive decisions and actions.
2. Acting out: when narcissistic supply is deficient, narcissists decompensate and go haywire (see: <http://samvak.tripod.com/journal42.html> and my post on collapsed narcissists).
3. Pseudo-stupidity: to avoid the consequences of their misdeeds, narcissists pretend that they have misunderstood something you have said or done or that you took advantage of their good nature.
4. Gullibility: narcissists are grandiose and fantasists, so they misjudge reality (impaired reality test), their skills and limitations, and the intentions of others.
5. No empathy means that the narcissist disastrously misreads others and behaves in socially unacceptable and clownish ways.
6. His sense of entitlement renders the narcissist an overweening buffoon, the butt of mockery and derision, rather than the awe he believes that he inspires and the respect he thinks that he deserves.
7. Hypervigilance leads to disproportionate aggression directed at imaginary slights and to persecutory delusions: paranoid ideation often directed at innocent targets.
8. Finally, the narcissist uses false modesty to fish for compliments. But his attempts are so transparent and inarticulate, so fake and manipulative that people react with repulsion and seek to humiliate him.

The narcissist regards learning something new and getting advice as narcissistic injuries because both situations imply that he is not perfect and not omniscient (all-knowing).

1386.

[Pathological narcissism is a curse](#): a severe mental illness that thwarts life, constricts and then destroys it.

1387.

[Narcissist knows best, knows it all, and is always right](#).

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1388.

Never mind WHAT the [narcissist says](#), ask yourself WHY s/he says it:

Impression management

Confabulation

Support of grandiosity or shared fantasy

Manipulation

1389.

There are two possible [pathological reactions to childhood abuse and trauma](#): codependency and narcissism. They both involve fantasy as a defense mechanism: the codependent has a pretty realistic assessment of herself, but her view of others is fantastic; the narcissist's self-image and self-perception are delusional and grandiose, but his penetrating view of others is bloodcurdlingly accurate ("cold empathy").

1390.

Borderlines and narcissists are a [perfect match](#). How come?

1391.

[Narcissists misperceive love and intimacy](#) and mislabel their internal processes.

Full interview: <https://www.youtube.com/watch?v=DjYViKg-nuE>

Conor Ryan Eyes Wide Open <https://www.youtube.com/channel/UC-9AerUNgK-C3PIOnAchysg>

1392.

Presentation in International Congress on Mental Health and Psychiatry, Paris, December 2024

WATCH Haunted Minds of Narcissist, Borderline: Schizoid Empty Core
https://www.youtube.com/watch?v=qHfYPEf_8ZM

We are all born with empty schizoid core, compensate by introjecting Mommy (symbiosis and primary narcissism).

Borderline's introjection failure and consequent introject inconstancy is what gives rise to his/her sense of [emptiness](#) (described by Kernberg). She compensates by over-reliance on external objects (anaclitic personality).

Narcissism is compensatory and infantile: object inconstancy, ceaseless introjection and incorporation of internal object MASK the emptiness, compensate for it (introjective personality).

1393.

It is debatable whether [narcissists are fully human](#). So many critical features are missing that narcissists resemble machines (or aliens), are closer to artificial intelligence than to what we recognize and designate as human.

Snippet from a lecture to clinicians in Zagreb, Croatia, March 2024.

Video courtesy of [@reframingtheself](#)

1394.

The [narcissist's victimhood grievances](#) have to do with appearances: a damaged reputation, deteriorating looks, time wasted, money lost, declining status, or mourned past possessions.

A [real victim's grievances](#) have to do with essence: hurt emotions, negative affects, shattered inner peace, absented sense of safety, inability to trust again, loss of personal identity, broken dreams and promises.

1395.

In the [wake of abusive relationships](#), shame, remorse, and self-recrimination are common. But these should not be confused with the way more healthy processes of introspection, learning from mistakes, and deriving lessons from experience.

1396.

[Healing](#) takes way longer than getting sick.

Rebuilding spans years, demolishing requires but a minute.

Reconstruction demands many more resources than deconstruction.

Recovery is much more complex than abuse.

1397.

A completely new view of [Histrionic Personality Disorder \(HPD\)](#) is emerging from recent studies. It defies the stereotype.

LITERATURE

WATCH Histrionic Personality Disorder (HPD): Overview and Issues
<https://www.youtube.com/watch?v=3Y4B8rgoqDI>

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Guillot CR, Lucke HR, Ramsey AJ, Kearns NT, Blumenthal H, Berman ME. Cluster-b personality disorder traits and impulsivity: Indirect associations with alcohol use severity through positive alcohol expectancies. *Exp Clin Psychopharmacol.* 2023 Apr;31(2):423-432. doi: 10.1037/pha0000598. Epub 2022 Sep 1. PMID: 36048108; PMCID: PMC9975115.

1398.

There is no denying that most people want their [pets](#) and love them. They are attached to them and experience grief and bereavement when they die, depart, or are sick. Most pet-owners find keeping pets emotionally fulfilling, happiness-inducing, and highly satisfying. This pertains even to unplanned and initially unwanted new arrivals.

Could this be the missing link? Does pet-ownership revolve around self-gratification? Does it all boil down to the pleasure principle?

Pet-keeping may, indeed, be habit forming. Months of raising pups and cubs and a host of social positive reinforcements and expectations condition pet-owners to do the job. Still, a living pet is nothing like the abstract concept. Pets wail, soil themselves and their environment, stink, and severely disrupt the lives of their owners. Nothing too enticing here.

If you eliminate the impossible, what is left - however improbable - must be the truth. People keep pets because it provides them with narcissistic supply.

1399.

Say this to [drive the narcissist to apoplexy](#), reduce him/her to a quivering heap:

Do this/don't do this

I agree with you

I disagree with you

I won't do it

Do you need some help or advice? Directions?

Let me show you how to do it

Maybe, not sure it's true

Are you sure? Can you prove it? Provide references?

This is one way to look at it/do it

You are wrong, it didn't happen like that

Maybe s/he is right?

You are among the best

Taking into account ... you really did well, look good, are accomplished

I heard this before from someone else

I suggest that you ...

I was/am exactly like you, I was thinking precisely the same thing

Together, we will make it

I have the same ... like you

Here are a few of the things the narcissist finds devastating:

Any statement or fact, which seems to contradict his inflated perception of his grandiose self.

Any criticism, disagreement, exposure of fake achievements, belittling of "talents and skills" which the narcissist fantasises that he possesses.

Any hint that he is subordinated, subjugated, controlled, owned or dependent upon a third party.

Any description of the narcissist as average and common, indistinguishable from many others.

Any hint that the narcissist is weak, needy, dependent, deficient, slow, not intelligent, naive, gullible, susceptible, not in the know, manipulated, a victim, an average person of mediocre accomplishments.

The narcissist is likely to react with rage to all these and, in an effort to re-establish his fantastic grandiosity, he is likely to expose facts and stratagems he had no conscious intention of exposing.

The narcissist reacts indignantly, with wrath, hatred, aggression, or even overt violence to any infringement of what he perceives to be his natural entitlement.

Narcissists believe that they are so unique and that their lives are of such cosmic significance that others should defer to their needs and cater to their every whim without ado. The narcissist feels entitled to interact or be treated (or questioned) only by unique individuals. He resents being doubted and "ridiculed".

Any insinuation, hint, intimation, or direct declaration that the narcissist is not special at all, that he is average, common, not even sufficiently idiosyncratic to warrant a fleeting interest inflame the narcissist. He holds himself to be omnipotent and omniscient.

Tell the narcissist that he does not deserve the best treatment, that his desires are not everyone's priority, that he is boring or ignorant, that his needs can be catered to by any common practitioner (medical doctor, accountant, lawyer, psychiatrist), that he and his motives are transparent and can be easily gauged, that he will do what he is told, that his temper tantrums will not be tolerated, that no special concessions will be made to accommodate his inflated sense of self, that he is subject to court procedures, etc. – and the narcissist will likely lose control.

The narcissist believes that he is the cleverest, far above the madding crowd.

Contradict him often, disagree with him and criticize his judgement, expose his shortcomings, humiliate and berate him ("You are not as intelligent as you think you are", "Who is really behind all this? It takes sophistication which you don't seem to possess ", "So, you have no formal education", "You are (mistake his age, make him much older)", "What did you do in your life? Did you study? Do you have a degree? Did you ever establish or run a business? Would you define yourself as a success?", "Would your children share your view that you are a good father?", "You were last seen with a certain Ms. ... who is (suppressed grin) a stripper (in demeaning disbelief)").

I know that many of these questions cannot be asked outright in a court of law. But you can insinuate them or hurl these sentences at him during the breaks, inadvertently during the examination or deposition phase, etc. Narcissists hate innuendos even more than they detest direct attacks.

1400.

Our [civilization](#) is utterly narcissistic and becoming gradually more psychopathic. It pays to be narcissistic, it is a positive adaptation.

1401.

3 types of narcissism: post-traumatic (closure), reactive (attention, need to be seen), societal (conformity) united in [charismatic-magnetic narcissist](#), the underdog who makes it against all odds and the elites establishment.

Blank slate that allows projection ("Being There").

Inordinately lucky (divinely blessed by fate, supernaturally superhuman, infallible), magical thinking, fantasy as the only unbounded and unboundaried reality. All wishes can come true, there are no limits.

Elevates followers (seen, part of history, feel special or chosen, needed and indispensable) and colludes with them against others, the “enemy” or the “ill-informed”. Fake hyper-empathy, resonance, mass intimacy within the cult of the shared fantasy.

Dark side, self-destructiveness owing to parentification (Bloland, 2000)

LITERATURE

Christopher Bonovitz Psy.D. (2015) Charisma and Self-Destruction: A Developmental View, Contemporary Psychoanalysis, 51:1, 51-73, DOI: 10.1080/00107530.2015.963831

A History of Charisma (2010), John Potts

1402.

In the [discard phase](#), the narcissist both splits and projects.

Lecture to clinicians in Zagreb, Croatia, March 2024.

Snippet courtesy of [@reframingtheself](#)

1403.

[Communicating with the narcissist](#) is not what it seems (or sounds). Listen to [@shadowdeangelis](#)

1404.

Narcissist has no ego and, therefore, no superego which is a part of the ego.

Primitive superego injunctions=negative introjects within an internalized bad object.

Bad object is internalized and incorporated by the child, it is not the mother (departure from Klein).

LITERATURE

WATCH You Don't Deserve to Be Happy, Loved (Bad Object)

<https://www.youtube.com/watch?v=TTGaesM987o>

WATCH Ego is Opposite of Narcissism: Ego Functions

<https://www.youtube.com/watch?v=bVjbnJLK4fQ>

Taming the Negative Introject: Empowering Patients to Take Control of Their Mental Health, by Carol Berman, 2019

1405.

The narcissist is possessed by an [internalized bad object](#): a coalition of disparaging, shaming, and hateful voices (negative introjects).

The bad object IS the narcissist. The narcissist compensates for the bad object by becoming someone else (by merging with a False Self).

1406.

Why the powerful bond with the narcissist? Why does invariably devalue and discard you?

Common background of ACEs (Adverse Childhood Experiences)

Hall of Mirrors Effect

Trauma Bonding

Shared Fantasy

Projective Resonance (not the same as empathy or social cognition):

As an [external object](#), if you are weak, vulnerable, dependent, and submissive, you remind him of his moribund True (unconstellated, unintegrated) Self (and, thereby, undermine his grandiose, fantastic False Self).

As an external object, if you are strong, resilient, agentic, independent, and self-efficacious you remind him of his False Self (and, thereby, challenge his uniqueness).

This is another reason for snapshotting (introjecting) you. While you are a threat to the narcissist's precarious balance, as an internal object you make him feels whole, elated, oceanic when reminded of his True Self - or idealized (co-idealization) when you remind him of his False Self.

1407.

An [overview of narcissism and the narcissist](#) in my interview on the Theory of Everything YouTube channel with Curt Jaimungal.

1408.

The [narcissist's shared fantasy is a form of lucid dreaming](#), it is his lucid dream and you are just a character in it, manipulated according to a pre-ordained script.

The narcissist incorporates you into the shared fantasy by entraining you and this process triggers introjects and repressed memories.

1409.

[Narcissistic female CEOs and narcissistic CFO](#) are good for business: they enhance the performance, profitability, and valuation of the enterprises they manage.

More and more women join the ranks of narcissists and psychopaths. A recent study found that [female narcissistic CEOs outbest their narcissistic male counterparts](#) in every corporate yardstick.

LITERATURE

Female CEOs with a squeeze of narcissism: A perfect cocktail for corporate performance? by Tom Aabo, Sara Korsdal Rønnow, Finance Research Letters, Volume 64, June 2024, 105469

CFO narcissism and corporate digital transformation by Wenyun Yao, Mengjiao Ni, Yuhang Qian, Shujing Yang, Xiaona Cui, Finance Research Letters, Volume 64, June 2024, 105422

1410.

The [rush to rebound](#) from narcissistic abuse is counterproductive, even destructive.
1411.

[Abuse is normalized](#) in early childhood, it becomes a comfort zone, love is associated with pain.

In in my interview on the Theory of Everything YouTube channel with Curt Jaimungal.

1412.

More and more [women join the ranks of narcissists and psychopaths](#). A recent study found that female narcissistic CEOs outbest their narcissistic male counterparts in every corporate yardstick.

1413.

[Infantilization](#): language, tone of voice.

Regresses you as well: two orphans in the dark woods (Hansel and Gretel Effect).

Fight for the relationship (like not divorcing because of the kids).

True self never emerges, bait into shared fantasy, a lure.

No Inner child. Narcissist is a child (arrested development, developmental delay, disorder).

Developmental age (DA), developmental amnesia, maturational crisis.

1414.

There are many ways to circumvent and sabotage the [no contact](#) with your abuser rules:

Frivolous litigation

Rebuttal: privately and in public

Stalking, intelligence gathering, and messaging: direct and indirect (via third parties and go-betweens, including common children, on social media)

Signalling and encoded messages

Reframing and inner dialog with introject

Smear campaigning

1415.

Growing awareness of narcissism and psychopathy since the 1960s makes it more difficult to prey on victims. I was the first to describe narcissistic abuse in 1995 and this launched a global movement.

[Narcissists and psychopaths transitioned](#) from hunting to virtual reality: shared fantasies that have redefined civilization in narcissistic and psychopathic terms.

The new ecosystem rewards and incentivizes narcissistic and psychopathic traits and behaviors and promotes them (axiological shift): ambition, ruthlessness, callousness, defiance, contumaciousness, Machiavellianism (manipulativeness), atomization (self-sufficiency).

This new ecosystem is binary. There are only 2 roles available: predator and prey. Your choice. This guarantees an abundance of prey – but it also promotes victimhood and paranoia which, ironically, are forms of grandiosity.

Victimhood and paranoia created an imbalance between the number of victims and the number of abusers. So, victims are now in search of abusers: they label everyone as a victimizer by redefining abuse and lowering the bar of what constitutes abuse.

1416.

Video presentation in the 4th World Congress on Psychiatrists and Psychologists, Paris, June 27-28, 2024

Mistaken application of concept of [peers](#) only to children or adolescents.

WATCH When Narcissist is Rejected by Peers <https://www.youtube.com/watch?v=JYPLw5P3jSU>

Peers are not always primary (supportive) group, though they constitute a social group with shared interests and values (homophily). Sometimes, they are frenemies. Always they are a point of reference which induces both ego syntony and ego dystony, or even suicidal ideation.

Peer groups thrive on othering failures and collective negative identity formation. Exclusion (e.g., unisex, unigender) and hierarchy (dominance vs. submission) provide a sense of safety, popularity, wellbeing, and defiant autonomy.

Peers are socialization agents and the conveyors and purveyors of social and sexual behavioral scripts via peer pressure and modeling. Social referents for teaching other members customs, social norms, gender roles, and different ideologies.

Lack of affiliation to a peer group alters cognitive, linguistic, social, and emotional paths of development (Lev Vygotsky's sociocultural theory, Jean Piaget's theory of cognitive development, Erik Erikson's stages of psychosocial development, Harry Stack Sullivan's Theory of Interpersonal Relations).

Piaget: children's speech less egotistical among themselves than with adults.

Sullivan described friendships as providing the following functions: (a) offering consensual validation, (b) bolstering feelings of self-worth, (c) providing affection and a context for intimate disclosure, (d) promoting interpersonal sensitivity, and (e) setting the foundation for romantic and parental relationships.

Decreasing dependence on parents, increasing feelings of self-sufficiency, and connecting with a much larger social network.

John B. Watson, B.F. Skinner, and Albert Bandura, Judith Rich Harris, Behaviourism, Operant Learning Theory, and Cognitive Social Learning Theory.

Social Identity Theory: group norms are developed and enforced through socialization processes that promote in-group similarity (normative regulation coupled with the practice of social behaviors via assigned roles) and superiority or victimhood (halo effect via affiliation).

Peer groups' cohesion is determined and maintained by such factors as group communication, group consensus (normative code), and group conformity concerning attitude and behavior.

Peer groups also sanction non-conformity (e.g., by rejection) and thus motivate risk-taking (recklessness), aggression, promiscuity, but also prosociality rather than antagonism and dissociality.

1417.

Andre Green's concept of the "[dead mother](#)" (the opposite of Winnicott's "good enough mother") explains the pathoetiology of narcissism.

1418.

Say this to [drive the narcissist to apoplexy](#), reduce him/her to a quivering heap:

Do this/don't do this

I agree with you

I disagree with you

I won't do it

Do you need some help or advice? Directions?

Let me show you how to do it

Maybe, not sure it's true

Are you sure? Can you prove it? Provide references?

This is one way to look at it/do it

You are wrong, it didn't happen like that

Maybe s/he is right?

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Taking into account ... you really did well, look good, are accomplished

I heard this before from someone else

I suggest that you ...

I was/am exactly like you, I was thinking precisely the same thing

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1419.

The [internalized or introjected bad object](#) is a coalition of inner hateful voices that inform the child that s/he is unlovable, unworthy, inadequate, a failure, ugly, and stupid. The child internalizes the bad object so as to maintain an image of his/her mother as all good (splitting defense). A bad or "dead" mother is detrimental to the child's survival, so the child refuses to even contemplate such a

possibility. The child says: I am all bad and deserve my punishment - Mommy is always all good, infallible, and flawless. Image courtesy of [@mirna_liz37](#)

This is how [@mirna_liz37](#) [visualizes the internalized \(introjected\) bad object](#).

1420.

As I have been insisting for 3 decades, [mental illness is transmissible, contagious, infectious](#). This is also true with personality disorders.

LITERATURE

WATCH Narcissism Virus: Genes, Deception, Brain, Mind (Compilation)

<https://www.youtube.com/watch?v=pGHjTwqbcvw>

WATCH Narcissism Virus Vaccine NOW: It Evades Your Immunity! Real Pandemic Is Here!

<https://www.youtube.com/watch?v=uczI-m4Zb9o>

Alho J, Gutvilig M, Niemi R, et al. Transmission of Mental Disorders in Adolescent Peer Networks. JAMA Psychiatry. Published online May 22, 2024. doi:10.1001/jamapsychiatry.2024.1126

1421.

We often marvel at the [discrepancy between the private and public lives of our idols](#): celebrities, statesmen, stars, writers, and other accomplished figures. It is as though they have two personalities, two selves: the “true” one which they reserve for their nearest and dearest and the “fake” or “false” or “concocted” one which they flaunt in public.

In contrast, the narcissist has no private life, no true self, no domain reserved exclusively for his nearest and dearest. His life is a spectacle, with free access to all, constantly on display, garnering narcissistic supply from his audience. In the theatre that is the narcissist’s life, the actor is irrelevant. Only the show goes on.

The False Self is everything the narcissist would like to be but, alas, cannot: omnipotent, omniscient, invulnerable, impregnable, brilliant, perfect, in short: godlike. Its most important role is to elicit narcissistic supply from others: admiration, adulation, awe, obedience, and, in general: unceasing attention. In Freud’s tripartite model, the False Self supplants the Ego and conforms to the narcissist’s unattainable, grandiose, and fantastic Ego Ideal.

Continued: <http://www.narcissistic-abuse.com/faq48.html>

1422.

[Introjection \(regression to womb-matrix, infancy\): snapshotting](#) installs Trojan Horse in narcissist’s mind

Repetition and entraining:

Grandiosity challenging

Ideational misattribution

Feigned helplessness (savior/rescuer)

Mass psychogenic (cult)

Ego syntonic narrative with survival (positive) adaptation (motivation to introject and assimilate)

narrative): anxiolytic (separation insecurity (abandonment anxiety)); triumphant-antagonistic (e.g., justice restored, omnipotence affirmed); grandiosity-enhancing and grandiosity-congruent.

Your flying monkeys: peer dynamics and hive mind, the in group or cult personality (outsourcing of cognitive processes and acquiring a social identity): belonging and acceptance (surrogate family), self-worth, modeling, peer pressure, operant conditioning, normative regulation, negative identity, social referents.

1423.

As a child, the [narcissist's positive emotions](#) (such as love) often resulted in hurt, rejection, abandonment, exploitation, and abuse.

His/her negative emotions (e.g., anger in temper tantrum) typically proved to be self-efficacious (led to favorable outcomes).

So, growing up, the narcissist has learned to repress (bury) his/her positive affects and experience consciously only the negative ones.

1424.

[Infantilization](#): language, tone of voice. Lures you into the shared fantasy by harping on your maternal instincts.

Regresses you as well: two orphans in the dark woods (Hansel and Gretel Effect).

Fight for the relationship (like not divorcing because of the kids).

True self never emerges, bait into shared fantasy, a lure.

No Inner child. Narcissist is a child (arrested development, developmental delay, disorder).

Developmental age (DA), developmental amnesia, maturational crisis.

1425.

Another indispensable [@shadowdeangelis](#) capsule, this time about "[snapshotting](#)".

The narcissist is capable of having pseudointimate relationships that do not involve a shared fantasy. In such liaisons, he is indifferent and dismissive, but not abusive.

Within a shared fantasy, the narcissist snapshots (introjects) his partner and then idealizes the resultant internal object.

Henceforth, the narcissist abusively coerces his partner into conforming to this inner representation of her (avatar) in his mind.

This course of action guarantees the ultimate dissolution of the bond via devaluation and discard and the long sought after separation from a maternal figure.

The narcissist's partners end up abandoning him, triangulating or mortifying him with infidelity or other forms of betrayal in a desperate attempt to jump start the moribund relationship (a cry for help, having been exposed to the narcissist's inexorable betrayal fantasy), or succumbing and becoming a figment in his fantasy.

When his partner consents to suspend her autonomy and agency and give in to the shared fantasy, separation-individuation fails.

Resentful and frustrated, the narcissist defeminizes and maternalizes the obsequious partner: the relationship becomes sexless and transactional.

She becomes a full-fledged mother figure, free to have sex and romance with others, but always at the beck and call of the permanently infantilized narcissist.

1426.

Only correct response to [smear campaign: no response](#).

Damage to reputation non-existent among true friends and just workplaces, great among fake ones. So, smear campaign is a useful filter or membrane.

Turning an agent into an asset (double agent) in counterintelligence.

Appear collaborative and compliant, thank the flying monkey, act as if you are scared in order to elicit additional info and lower the guard of the conspirators.

Feed the narcissist with wrong info, disinformation (with nuggets of truth).

Spy on the narcissist and anticipate his/her next moves.

Identify others involved in the conspiracy of the campaign.

Expose the narcissist's often criminal conspiracy to law enforcement, media, or online.

Alternatively, keep the evidence against the narcissist and his flying monkeys for future use in case of extortion.

1427.

A [narcissist parent](#) is a narcissist first and a parent last.

Your narcissist child is a narcissist first and foremost and your child only as an afterthought.

A narcissist friend is a narcissist first and never your friend.

1428.

[Narcissism is an absence](#) masquerading as a presence. The narcissist fails to integrate his/her self as a child, has no ego. Narcissists reconstruct themselves on the fly as they go along.

1429.

Even [abuse is better than loneliness?](#)

NOT! Abuse is the worst, most egregious and extreme form of loneliness!

1430.

[Bad memories](#) are the tuition fee we pay in order to learn from our mistakes and grow.

Narcissists and borderlines are dissociative: they have vast memory gaps and are, therefore, incapable of growth and learning.

1431.

Borderline, narcissism and codependency involve a fantasy defense. The codependent has a dual role as both parent and child, reflecting her punitive inner parent and inner child.

The codependent's inner parent feels betrayed when the codependent falls in love. It pushes the codependent to punish her partner as a loyalty test, to placate the implacable inner parent. Riven by guilt and shame, the codependent then punishes herself as well. This is a borderline dynamic.

Codependents and their intimate partners engage in co-regulation (via symbiotic merger/fusion).

The codependent suffers from object inconstancy, separation insecurity aka abandonment anxiety, and catastrophizing. She seeks to attach to a secure base via people-pleasing, control from the bottom and emotional blackmail (an external object), and aggression directed at an internal object.

The codependent outsources her ego functions, such as reality testing.

The codependent feels alive only when in a relationship, she maintains a vicarious life. In solitude, she finds her constricted life intolerable. She loves herself by proxy, through the gaze and agency of her intimate partner.

Daria Zukowska's YouTube channel: https://www.youtube.com/channel/UCl_hm5r5Osb818eIB5t7j-g

1432.

[Narcissists appropriate other people's lives](#) and then try to get rid of the evidence in every way possible by getting rid of you.

1433.

[Black hole in autistic children](#) first suggest by Frances Tustin in 1972.

Metaphors of narcissisms and borderline personalities: rot, vampire, virus, cancer, black hole, quantum objects (uncertainty and information)

Bad memories are the tuition fee we pay in order to learn from our mistakes and grow. Narcissists and borderlines are dissociative: they have vast memory gaps and are, therefore, incapable of growth and learning.

Quick scramblers

LITERATURE

WATCH Why the Emptiness in Borderlines, Narcissists? (Introjection Failure and Compulsive Introjection) <https://www.youtube.com/watch?v=NuLflgvOLq8>

WATCH Haunted Minds of Narcissist, Borderline: Schizoid Empty Core https://www.youtube.com/watch?v=qHfYPEf_8ZM

WATCH No Identity Without Memory (Lecture for Southern Federal University, Rostov-on-Don)
<https://www.youtube.com/watch?v=E1TudmLThyA>

Black holes scramble information – but may not be the best at it, New Scientist,
<https://www.newscientist.com/article/2429489-black-holes-scramble-information-but-may-not-be-the-best-at-it/>

The ‘black hole’: a significant element in autism, Frances Tustin,
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Clark, G. "A black hole in psyche." Harvest 29 (1983): 67-80.The “Black Hole” as the Basic Psychotic Experience: Some Newer Psychoanalytic and Neuroscience Perspectives on Psychosis

James S. Grotstein

Journal of the American Academy of Psychoanalysis Vol. 18, No. 1, March 1990

<https://doi.org/10.1521/jaap.1.1990.18.1.29>

'Black holes': escaping the void, Sharn Waldron 1

J Anal Psychol, . 2013 Feb;58(1):99-117. doi: 10.1111/j.1468-5922.2013.02019.x.

Pecotic, B. (2002). The “black hole” in the inner universe. Journal of Child Psychotherapy, 28(1), 41–52. <https://doi.org/10.1080/00754170110116736>

1434.

The [meaning of the word “narcissism”](#) has been devalued, misconstrued, manipulated, and mutilated. Misinformation is the norm.

Interview with Trisha Goddard of TalkTV. Btw, I granted the interview from Macedonia, not from Israel. The full interview is available on my YouTube channel (search for “TalkTV”).

1435.

[Paranoid ideation](#) has two components:

1. Self-punitive (“I am a bad person, I did something wrong, I deserve to be punished”); and
2. Grandiosity (“I am so important that I have become the potential or actual victim of malign intentions and malevolent conspiracies”).

1436.

[Deprogram the Narcissist in Your Mind.](#)

Translation courtesy of [@maria_larios78](#)

1437.

[Narcissists are infuriated](#) when they are finally made to pay for their misbehavior, crimes, and abuse.

They deny everything, reframe their choices and actions (“I had no choice”, “they made me do it”), and claim victimhood. They are never to blame, always to be pitied.

They lash out at their “tormentors” and compound their troubles by externalising aggression and acting out.

Nothing more pathetic and revolting than a [covert narcissist claiming the high moral ground](#) or an overt narcissist claiming victimhood.

1438.

Psychopaths are enamored with [having power over you](#), so they actually SEE you. As far as the narcissist is concerned, you exist only as an internal object in his mind.

1439.

[@mirna_liz37](#) ‘s [haunting, eery, and heart-rending visualization](#) of the void at the core of the narcissist, the child trapped in there, and the futility of attempting contact across this deep space.

Another heartbreaking and haunting chapter in the [Baguette’s Life](#) series by [@mirna_liz37](#) . This time, she explores the introjects. With a palette of tenebrous, creeping despair and rending pity, she succeeds to capture the terror of nonbeing, the ghostly nuances and subtleties of the futility of an emptiness that seeks to become and interact with penumbral others - to no avail.

1440.

[Sunshine disinfects abuse](#). Throw open the blinds.

1441.

How to figure out if someone is a [real victim or a narcissist faking victimhood?](#)

1442.

Definitions of terms used in this lecture at @35:56

Entraining, Hypnotist’s introject (hence posthypnotic suggestion).

[Hypnosis](#) as a shared fantasy with role-playing:

Outsourcing reality testing. Fitting into narrative (scripting) and affirming the delusions as realistic, acceding to goals. Suspension of disbelief/judgment of right and wrong (narcissist’s introject). External regulation of moods and emotions, sense of self-worth, self-perception and self-image. Confusion of external and internal. Assigned role playing.

Symbiotic-infantile merger/fusion with secure base parental figure.

Self-states.

LITERATURE

Cleveland JM, Korman BM, Gold SN. Are hypnosis and dissociation related? New evidence for a connection. *Int J Clin Exp Hypn*. 2015;63(2):198-214. doi: 10.1080/00207144.2015.1002691. PMID: 25719522.

Hypnotic suggestibility in dissociative and related disorders: A meta-analysis, Lillian Wieder, Richard J. Brown, Trevor Thompson, Devin B. Terhune, *Neuroscience & Biobehavioral Reviews*, Volume 139, August 2022, 104751

1443.

[Narcissists are infuriated](#) when they are finally made to pay for their misbehavior, crimes, and abuse. They deny everything, reframe their choices and actions (“I had no choice”, “they made me do it”), and claim victimhood (“I am being punished for acting morally, for being boundaried, for exposing them”).

They are never to blame, always to be pitied. They lash out at their “tormentors” and compound their troubles by externalising aggression and acting out.

Narcissists get away with it all the time: superficial charm, plausible deniability, exculpating narratives, inundation with details, nitpicking and hairsplitting, mutilated language, flying monkeys, delay tactics, intimidating aura, outlandish charges and counterclaims, crazymaking and acting out.

Impunity and immunity are parts of grandiosity. So, being exposed and penalized constitute narcissistic injury or mortification.

External vs. internal solution.

Nothing more pathetic and revolting than a covert narcissist claiming the high moral ground or an overt narcissist claiming victimhood.

1444.

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Daria Zukowska's YouTube channel: https://www.youtube.com/channel/UCl_hm5r5Osb818eIB5t7j-g

1445.

Freud (starts 24:10) was the intellectual father of substance abuse and drug addiction. Holmes was their literary progenitor.

LITERATURE

WATCH Transient Narcissism Induced by Substances, Circumstances: Cocaine, Alcohol (Conf. Presentation) https://www.youtube.com/watch?v=Pjx_w-qRauc

Freud, S. (1984). Über Coca. *Journal of Substance Abuse Treatment* 1(3): 206–217. (Originally published in 1884.)

Gay, P. (1988). *Freud: A Life for Our Time*. New York: W. W. Norton.

Lebzelter G. S. Freud und das Kokain [Sigmund Freud and cocaine]. *Wien Klin Wochenschr.* 1983 Nov 11;95(21):765-9. German. PMID: 6369804.

1446.

The [False Self](#) usurps the very being of the narcissist.

1447.

[Narcissists are children](#), so treat them as such!

1448.

[Introjects](#) are amalgams of representation of external object, affects, memories, and cognitions combined with a representation of the self.

Creating internal objects is a primitive way to reduce anxiety (anxiolytic). The narcissist creates anxiety and triggers introjection in his victims.

Early childhood introjects are confused with the authentic self. Later life introjects are not.

Most introjects are aggressive and sadistic. Narcissist's introject is no exception.

Introjects are not the small people in the TV (photoshopping).

The voices are not merely recordings of the originals replayed.

Introjects are created instantly (snapshotting) and are not a function of the length of exposure to the originals but of their significance and function (e.g. infant-mother, narcissist-others).

We are born with capacity to introject but with no introjects.

Empathy is a form of introjection-identification. But, it is instinctual and, therefore, a threat to the ego and split it off.

1449.

In the process of [Snapshotting \(introjection\)](#), the narcissist converts you into an internal object and proceeds to interact with it in his/her mind. This helps the narcissist allay his/her abandonment anxiety (separation insecurity). Introject constancy compensates for object inconstancy (compensatory introject inconstancy).

1450.

[Borderline Personality Disorder](#)

Identity disturbance (unstable identity, fragile sense of self)

Emptiness, false self, fantasy defense

External regulation

Impaired reality testing (e.g., paranoia, overestimation of intimacy like in HPD), psychotic microepisodes

Self-harm, suicidal ideation, self-destructive cognitions and actions: self-punitive, silence internal turmoil, call for help, feeling alive (dead inside)

Recklessness, impulsivity, secondary psychopathy

Emotional volatility, affective lability, emotional dysregulation (DBT): anger, reactive mood shifts and changes

Intense interpersonal relationships involve idealization-devaluation (relational disorder)

Twin anxieties: abandonment/rejection-engulfment/intimacy, approach-avoidance repetition compulsion

The role of [psychological defense mechanisms in Borderline Personality Disorder \(BPD\)](#).

1451.

[Narcissist's inner child](#) is not his/her true self: it is a compendium of needs, especially the need to find a substitute mother and the need to separate and individuate.

IDEALIZATION in shared fantasy
She is ... GOOD MOTHER (breast)

Perfect, ideal, all good
Secure base: safe, trustworthy, reliable, resilient, responsive
Loves unconditionally: forgiving, accepting, authentic, rewarding
Power couple

DEVALUATION in shared fantasy
She is ... BAD MOMMY (breast)

Imperfect, all bad, persecutory
Unsafe, untrustworthy, unreliable, fragile/weak/vulnerable
Manipulative, transactional, fake, denying, rejecting, frustrating
Traitor, envious, passive-aggressive

1452.

[Intermittent reinforcement](#) creates trauma bonding, a form of self-harm.

Meme courtesy of [@mirna_liz37](#) creator of Baguette's Life.

1453.

This article was published 25 years ago, long before the vast majority of people have even heard of narcissism and 5 years after I started [my pioneering online educational work on Narcissistic Personality Disorder \(NPD\)](#).

1454.

Video presentation on 3rd International Conference on Neuroscience and Mental Health, Dubai, May 15-16, 2025

[Black hole in autistic children](#) first suggest by Frances Tustin in 1972.

Metaphors of narcissisms and borderline personalities: rot, vampire, virus, cancer, black hole, quantum objects (uncertainty and information).

Bad memories are the tuition fee we pay in order to learn from our mistakes and grow. Narcissists and borderlines are dissociative: they have vast memory gaps and are, therefore, incapable of growth and learning.

Quick scramblers

LITERATURE

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WATCH Haunted Minds of Narcissist, Borderline: Schizoid Empty Core https://www.youtube.com/watch?v=qHfYPEf_8ZM

WATCH No Identity Without Memory (Lecture for Southern Federal University, Rostov-on-Don) <https://www.youtube.com/watch?v=E1TudmLThyA>

Black holes scramble information – but may not be the best at it, New Scientist, <https://www.newscientist.com/article/2429489-black-holes-scramble-information-but-may-not-be-the-best-at-it/>

The 'black hole': a significant element in autism, Frances Tustin, (1988).Free Associations,1L(11):35-50

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Empathy is a form of introjection-identification. But, it is instinctual and, therefore, a threat to the ego and split it off.

1456.

In conditions of extreme stress, [psychotic microepisodes cause hallucinations](#).

Co-idealization and co-devaluation lead to regression (sensory misattribution in infancy).

Synesthesia across the divide between external and internal (external stimuli trigger internal ones).

1457.

A [@shadowdeangelis](#) 90 second capsule that sums up perfectly the most foundational insight in pathological narcissism: the narcissist is not wearing a mask - the [narcissist IS the mask](#) and nothing but the mask.

1458.

[Baguette’s accurate views on narcissism](#) never cease to amaze me! Courtesy of [@mirna_liz37](#)
Meet [Pirouette](#), Baguette’s borderline approach-avoidant girlfriend. From the “Baguette’s Life” series by [@mirna_liz37](#)

1459.

[3 Types of Malignant Narcissist](#)

LITERATURE

WATCH Malignant Covert Narcissist Becomes Primary Psychopath to Compensate for Collapse
<https://www.youtube.com/watch?v=FlaDDwzJG-E>

Otto F. Kernberg (2020) Malignant Narcissism and Large Group Regression, *The Psychoanalytic Quarterly*, 89:1, 1-24, January 2020

DOI: 10.1080/00332828.2020.1685342 (<https://doi.org/10.1080/00332828.2020.1685342>)

1460.

The [Wunderkind narcissist](#) refuses to grow up and become a full-fledged adult. Why is that?

Meme courtesy of [@mirna_liz37](#)

1461.

As [Freud](#) would put it in 1933, “Even a marriage is not made secure until the wife has succeeded in making her husband her child as well and in acting as a mother to him.”

In the same juvenile vein, Freud morosely reminded his fiancée that their ideal happiness couldn’t last for long, because “dangerous rivals soon appear: household and nursery.”

She was told from the outset that she would be expected to serve his needs, manage his domestic existence, and honor his decisions in all other matters. The dollhouse diminutives with which he addressed her only reinforced the message that his darling girl was to live only for him, exercising no individual will.

As Ernest Jones observed with unusual bravery, Freud was insisting on nothing less than “complete identification with himself, his opinions, his feelings and his intentions. She was not really his unless he could perceive his ‘stamp’ on her.”³² And again, the relationship “must be quite perfect; the slightest blur was not to be tolerated. At times it seemed as if his goal was fusion rather than union.”

LITERATURE

Freud: The Making of an Illusion by Frederick Crews

1462.

There are many reasons to [pity the narcissist](#). But do yourself a favor and pity yourself more: go no contact!

1463.

[Gaslighters](#) know the difference between actual reality and the fake version that they are imposing on the victim. Gaslighting is intentional and manipulative.

Narcissists are delusional: they cannot tell the difference between reality and fantasy. They firmly believe their own, counterfactual version of reality (“impaired reality testing”) and invite or coerce you to join them in their la-la land.

Psychopaths gaslight. Narcissists do not.

1464.

When the Narcissist compliments you or uses emotionally-charged language or becomes sentimental, it does not mean that he is attracted or attached to you or that he cares about you.

It means merely that you are useful to him/her in some way(s).

He is “[maintaining](#)” you in working order, as he would an appliance or a device.

1465.

[“Dead” mothers](#) - mothers, not fathers! - create narcissistic offspring.

A “mother” is anyone - male or female - who fulfills the maternal functions between the ages of 0-4 years (formative period).

Art courtesy of [@mira_liz37](#)

1466.

Sadist?

Avoid people altogether.

Borderline?

Remain single and celibate.

Pedophile?

Stay away from children.

Narcissist?

[Nothing you can do.](#)

1467.

Clinicians often commit [mistakes in treating trauma](#) that are based on antiquated, debunked “knowledge”.

1468.

[Narcissistic abuse](#), first described by Sam Vaknin in the 1990s, is the worst form of maltreatment known. It has calamitous and often irreversible consequences for its victims. Bail out - never try to save the narcissist!

1469.

[@shadowdeangelis](#) discusses the [narcissist’s mind virus](#) and how to get rid of it. Succinct and incisive, as usual.

1470.

[Choose Reality](#), However Tough, Over Narcissist’s Fantasy, However Alluring.
With [@micheleparadiseofficial](#)

1471.

Children are born with the entire [array of dissociative tools](#). Subject to abuse, trauma, and ACEs (Adverse Childhood Experiences), they are capable of having flashbacks (re-vividness).

1472.

That you have survived a narcissist does not make you an [expert on narcissism](#).

It makes you an expert on the narcissist that you have survived - if s/he indeed is a narcissist to start with (diagnosed).

Anecdotes are not science. Only experts can debate with experts.

1473.

Fraudulent+Delusional+Sadistic=[Malignant Narcissist](#).

1474.

What is a [good enough mother's main role](#)? The good enough mother is far removed from the [Disney and Hallmark caricatures](#).

1475.

Academics not immune to the temptations of instant celebrity guaranteed by churning out a study about narcissism.

Difference between real study (randomized trial), population study, and meta analysis.

Meta analyses "have the potential to mislead seriously, particularly if specific study designs, within-study biases, variation across studies, and reporting biases are not carefully considered." (Cochrane Training)

Problems with this and most other studies and meta analyses about narcissism:

They are not randomized trial

Many use proprietary tests and questionnaires that are not validated

Children and adolescents included

Dearth of people diagnosed with NPD and no comorbidities. Most subjects are narcissistic style and dark triad.

Subjects only from the industrialized countries, white, male, often college students

Arbitrary, idiosyncratic classifications

[Nine clinical features and trait domains of narcissism](#):

Lack of empathy

Fear of intimacy (insecure attachment style)

Disturbed or diffuse identity

Attention seeking behaviors

Grandiosity (cognitive distortion)

Anankastia

Negative affectivity, including fragility (bad object)

Dissociality (antisocial behaviors)

Antagonism

Only the last 2 traits mellow with age, not owing to learning from experience (the narcissist is incapable of that), but probably for biological reasons. The same mellowing is observed in psychopaths and borderlines.

LITERATURE

Orth, U., Krauss, S., & Back, M. D. (2024). Development of narcissism across the life span: A meta-analytic review of longitudinal studies. *Psychological Bulletin*, 150(6), 643–665.

<https://doi.org/10.1037/bul0000436>

1476.

[Psychopaths gaslight - narcissists confabulate. @shadowdeangelis](#)

1477.

The narcissist in a sentence: [Big Shit – No Chief](#).

One day there was an Indian chief who was constipated. He sent one of his warriors to the witch doctor to get some medicine. The warrior goes to the doctor and says “Big Chief, no shit”. The doctor gave him one pill and told him “The chief should be fine tomorrow”

The warrior went back to the chief and gave him the pill. The next morning the warrior was sent back to the witch doctor and says “big chief, no shit”. The doctor gives him five pills and tells him to give them to the chief.

The next day the warrior appears at the witch doctor’s house yet again saying “big chief, no shit”. The doctor gets annoyed and so gives the warrior the whole bottle of pills to give to the chief.

The next day the warrior goes back to the witch doctor

“Big shit!! No chief”.

1478.

Narcissists crave the state of a [shared fantasy](#). Why is that?

Courtesy of [@mirna_liz37](#)

1479.

Just released a revised version of my book “[The World of the Narcissist](#)” with my latest research and insights into [Narcissistic Personality Disorder \(NPD\) and pathological narcissism](#).

Image courtesy Tammy Lynn.

1480.

Narcissistic abuse in the shared fantasy fosters personal growth and development. [Abusive relationships are in some ways therapeutic.](#)

The narcissist regresses you in order to garner control over you and manipulate you to fulfil your role in his/her shared fantasy.

Regression and infantilization.

Regression in the service of the ego: primary process and prelogical thinking.

Wish fulfillment and magical thinking.

Thought–action fusion (TAF).

Benign vs. Malignant Regression, Basic Fault (Balint).

The Freuds (Sigmund and Anna), Peter Blos.

1481.

Deutschlandfunk.de: [When narcissists make everyday work hell.](#) There are strategies to deal with it. Listen or download (5+ minutes, in German).

1482.

Even when they are self-aware and claim to be eager for personal transformation, [narcissists, psychopaths, and narcissistic borderlines are incapable of change and of learning](#) owing to their entitlement and grandiosity: they perceive themselves as perfect and as entitled to their misbehavior and faults.

1483.

[Does the narcissist have a conscience?](#) Swipe left to find the answer. Images courtesy of [@mirna_liz37](#)

1484.

All [narcissists have a dominant type](#) (somatic, cerebral, covert, overt) and a recessive type. They cycle between the various types in the wake of a state of collapse.

1485.

[Narcissistic parents](#) often cultivate their children as sources of narcissistic supply, with the golden child being idolized and the scapegoat child being neglected and even abused.

This discriminatory behavior is due to the narcissistic parent's projected splitting, which involves the inability to integrate contradictory qualities of the same object into a coherent picture.

The narcissistic parent splits their personality into good and bad traits and projects the good aspects onto the golden child while projecting the bad aspects onto the scapegoat child.

This pattern of behavior becomes lifelong and can lead to emotional incest and even outright incest.

Video courtesy [@shadowdeangelis](#)

1486.

[Narcissists are human](#), at least biologically speaking. But are they human in any other way?

1487.

How could you tell if you are [faced with a narcissist](#)? Interview with [@theoriesofeverythingpod](#)

1488.

The popular misconception is that [narcissists love themselves](#). In reality, they love the impression they make, their reflections. He whose love is directed solely at impressions and reflections is incapable of loving people, himself included.

1489.

Pathological narcissism is a cult, a [private religion](#) with one deity and one worshipper. It is missionary: it tries to convert you to the narcissist's private ideology and point of view. How to survive it?

1490.

From the publisher [@reframingtheself](#) : "In April 1997, we uploaded to the Web a free Internet edition of Sam's book '[Malignant Self-love: Narcissism Revisited](#)', written in 1995. It is still available here: <http://www.narcissistic-abuse.com>.

It generated an outpouring of anguish and relief from both narcissists and victims of abuse, who now could put a label to their misery and suffering.

Thus, we followed up with the first print edition of the book in 1999. At the time, with the exception of a handful of scholars, no one had even heard of pathological narcissism.

Sam had to come up with a whole new vocabulary to describe the pernicious disorder and its insidious effects.

He coined phrases such as Somatic and Cerebral Narcissist, narcissistic abuse, No Contact, devalued and discarded, cold empathy, and dozens of others.

Sometimes, he had to imbue moribund phrases from the 1930s and 1970s with new meaning: Narcissistic Supply and False Self are two examples of many.

30 years later, narcissism is a cultural meme, a buzzword, and a leading topic of study in academe. Yet, it is precisely this popularity that threatens to obscure the true nature of Narcissistic Personality Disorder.

This tenth, definitive, revised printing aims to remind everyone not to bandy narcissism about as a mere invective. It provides a coherent and rigorous framework for the discussion of pathological narcissism in all its manifestations, individual and social."

1491.

The borderline requires [object constancy](#), pushes all her partners to develop introject constancy: she is too painful as an external object. Interacting with a BPD external object requires high-effort coping.

To ensure object constancy, the borderline needs to freeze the partner, avoid any change and dynamic, thus provoking in the partner engulfment anxiety and avoidant behaviors.

The partner then reacts with narcissistic defenses and evolved introject anxiety.

To ensure introject constancy, the partner needs to avoid the external object, provoking in the borderline abandonment anxiety and her approach.

The partner responds by trying to secure the borderline's object constancy (approach).

This leads to approach-avoidance repetition compulsion.

1492.

[Narcissists devalue people they envy](#). If this doesn't work, they attempt to destroy them.

1493.

The [narcissist perceives your speech](#) as hostile and persecutory. Why is that? Your recovery, regaining personal autonomy, independence and agency, are perceived by the narcissist as a [threat](#).

1494.

[Women are way more prone to narcissistic mortification than men](#). Self-styled experts confuse narcissistic mortification with narcissistic injury.

Narcissistic mortification

Narcissistic mortification, is a sudden sense of defeat and loss of control over internal or external objects or realities, caused by an aggressing person or a compulsive trait or behavior. The entire personality is overwhelmed by impotent ineluctability and a lack of alternatives.

But, the only true solution to a mortification is the regaining of control and, even then, it is only partial as control had clearly been lost at some point and this cataclysm can never be forgotten, forgiven, or effectively dealt with.

The need to reframe narcissistic mortification is because – as an extreme and intolerably painful form of shame-induced traumatic depressive anxiety – it threatens the integrity of the self, following a sudden awareness of one's limitations and defects (Lansky, 2000 and Libbey, 2006).

When they are faced with their own hopeless “unlovability, badness, and worthlessness”, mortified people experience shock, exposure, and intense humiliation, often converted to somatic symptoms. It feels like annihilation and disintegration.

With @zukowska.daria

1495.

The [most difficult message](#) you will ever hear as a victim of narcissistic abuse (which I was the first to describe more than 30 years ago). Don't shoot the messenger - ponder the message. It's a [warning](#). Listen to the very end. Every word counts.

1496.

In the wake of narcissistic abuse, look for a [trauma specialist](#), not for a therapist who deals with relationships.

1497.

[Narcissistic rage](#) is intended to restore the narcissist's grandiosity. It is a reaction to shame, fragility, vulnerability, and humiliation. It signals superiority, defiance, and invulnerability. It is psychopathic.

The borderline's acting out is about regaining control over her life and over the abandoning or rejecting person (behavior modification and manipulation). It is more panic than rage. It signals neediness and is codependent.

1498.

[Lecture on cluster B personality disorders](#) to clinicians in Acibadem Sistina Hospital in Skopje.

1499.

[In the wake of harrowing narcissistic abuse](#): surrealistic-impressionistic take. Courtesy of [@mirna_liz37](#)

1500.

Both borderlines and narcissists have a [psychopathic protector self-state](#).

1501.

[Self-aware, "repentant", "recovering" narcissists](#) are still full-fledged narcissists: manipulative and immersed in fantasy.

Image courtesy of [@_kalleidoscope](#)

1502.

In some mental health disorders and illnesses, there is no [stable core identity](#). Instead, various identities (self-states) compete for control (identity diffusion or disturbance).

From a course I teach in South East European University (SEEU).

1503.

We seek a second opinion on rare medical occasions - not 100 opinions!

[Victims find comfort in this repetition](#). It is like liturgy in religion. Prayer to counter the religious-like injunctions of narcissism.

Make sense of the world (hermeneutic).

Structure and order in randomness (conspiracism): morality play and splitting.

Self-soothing.

Compulsion: Looking for a precise fit because of impaired reality testing owing to entraining or gaslighting.

1504.

Correction: semantic - not episodic - memory. The [narcissist has a complicated relationship with his fantasy](#) - never with you. From my lecture in Sistina Hospital.

1505.

[Don't bother to educate the narcissist](#), enlighten him (or her), or even threaten. It is a waste of your time and mental energy. Narcissists are the walking dead. They can never see the light. They never learn or evolve.

1506.

To sustain and buttress their sense of godlike superiority, [narcissists surround themselves with manifestly inferior hangers-on](#): less endowed, less intelligent, less accomplished, or less handsome than they are.

Narcissists idealize themselves and their role models du jour - and hold all others in profound and virulent contempt.

1507.

The meeting between the narcissist and his victim is a [meeting of 2 hungers](#). With Azam Ali (azamaliofficial on Instagram).

1508.

How come [narcissists and borderlines are a perfect match](#) when they are so different?

1509.

[Parental overprotectiveness](#) is a form of abuse because it denies the child the ability to separate from the parents, experience reality with all its pains and losses, model peers, and form boundaries.

1510.

[Why do celebrities die young?](#)

Isolation (unique experiences, crowds)

Objectification (moneymaking machinery)

Acquired situational narcissism (Milman)

Persona (mask), fan expectations become straitjacket: deviation is punished

Conflict between creativity and crushing routine

1511.

It is very likely that [pathological narcissism is partly hereditary \(genetic\) and involves brain abnormalities](#) (though these could be the outcomes of narcissism, not its precursors). There is just no

rigorous conclusive evidence of the above yet.

But there is a huge body of [evidence that links narcissistic personalities to early childhood abuse, trauma, and adversity](#) (pampering, idolizing, parentifying, smothering, and instrumentalizing the child are also forms of abuse).

1512.

The [narcissist has a poor grasp of reality](#) (impaired reality testing). So, why does the borderline allow the narcissist to determine for her what's real and what's not?

Because the borderline misjudges the narcissist's fantasies and cognitive distortions for reality.

S/he buys into the narcissist's mental illness.

1513.

While the narcissist's false self is impregnable and defensive, intended to keep out a potentially hostile world - the borderline's is wide open and beseeching, craves love, acceptance, and above all, a sense of safety.

The [False Self in both cases](#) is imbued with aggression, but otherwise these childhood constructs could not be more different.

1514.

Most ["self-aware" "narcissists" online](#) are charlatans, plagiarists, and con artists. They peddle false hope to gullible victims. This revictimization is nauseating.

1515.

More than [100 tips and strategies on how to cope with narcissists](#) and how to recover and heal from narcissistic abuse. Full video in my YouTube channel.

1516.

Only a rank narcissist would have no qualms or scruples about [becoming a dad at age 83](#), utterly disregarding the multiple risks to the child: genetic, psychological, and social.

As long as "he enjoys being a dad again".

It is all about him, of course.

1517.

[Narcissists act constantly to an audience](#), real or imagined. When the narcissist self-supplies, s/he has an audience of one: herself/himself.

1518.

[Inverted narcissism](#) is a combination of a covert narcissism with co-dependence. The inverted narcissist depends exclusively on narcissists (narcissist-co-dependent). The inverted narcissist craves to be in a relationship with a narcissist, regardless of any abuse inflicted on her.

She actively seeks relationships with narcissists and only with narcissists, no matter what her (bitter and traumatic) past experience has been. She feels empty and unhappy in relationships with non-narcissists.

Video courtesy of [@mask.ov.sanity](#)

1519.

You are a mere [interchangeable character in the narcissist's shared fantasy](#).

Meme courtesy of [@mirna_liz37](#)

1520.

The narcissist creates conditions that [guarantee your failure](#) or misbehavior, then blames you and shames you and guilt trips you into submission.

1521.

[What are you to the narcissist?](#) How does he perceive you and your relationship? With [@rebeccazung](#)

1522.

The [narcissist's aggression](#) is antisocial (psychopathic): it is aimed as coercing other people to affirm his/her inflated, grandiose, fantastic self-concept and at imposing on them a delusional shared fantasy.

1523.

[Narcissists are autoerotic](#). They crucially require your enthusiastic consent in order to feel irresistible and sexy and then they proceed to make love to themselves, using your body as a masturbatory aid.

1524.

[Narcissists have no access to their positive emotions](#). Even when they are cognitively self-aware, they form no transformational insights, as these require an emotional correlate. Full interview with Peter Kolakowski available on my YouTube channel.

1525.

[Worried that you might be a narcissist?](#) Watch this.

1526.

The inability of narcissists to tell reality apart from fantasy ([impaired reality testing](#)) and their memory gaps (dissociation) force them to confabulate (invent plausible narratives and gaps as to what may have happened) which they then cathect and fully believe. Video courtesy of [@shadowdeangelis](#)

1527.

Keynote speaker 6th Global Conference on Addiction Medicine, Behavioral Health, and Psychiatry. Full video on my YouTube channel.

[Gangstalking](#) is a much mischaracterized and neglected psychosocial phenomenon. It described in the literature overwhelmingly as a delusional disorder.

It is sometimes conflated with social justice activism, victimhood and woke movement such as [#MeToo](#) when “gangs” of activists or alleged self-imputed victims target individuals cast as evil perpetrators.

Alternatively, gangstalking has been attributed to deep state structures and featured in other conspiracy theories, such as Qanon.

This expansive redefinition of gangstalking has given it a bad rep and caused academics to shy away from it.

Thus, people who claim to be gangstalked are cast as delusional, paranoid, psychotic, grandiose or narcissistic, and worse.

There has been no in-depth study of the veracity of the claims the victims of gangstalking because its very existence has been widely and invariably discredited.

However, occasionally, gangstalking is real, it does occur. I will describe ten environments, settings, and circumstances that give rise to the orchestrated activity colloquially known as gangstalking.

10 Types of Gangstalking

Personal experience: learning opportunity

Gang stalking in most cases is delusional, but, on some occasions, it is still a real phenomenon denied by the clueless academic community (targeted individual).

Dynamics resemble shared psychosis: inducer and secondary induced

Morality play

Grandiosity via elation and empowerment

Flying monkeys and unwitting collaborators: conspiracies (structured goal-orientation) or networking (loose like-minded alliances or coalitions). Free riders.

Smear campaigns (falsehoods, defamation, libel)

Cults and the Other (in-group vs. out-group)

Mentally ill

Revenge

Mobs (e.g., cancel culture) and mob or cult or hive mind

Bullying (including at school)

Religious excommunication

Social ostracism

Legal and institutional

1528.

Narcissist's (in)significant other to the indifferent narcissist: "[I betrayed your cruel absence, not your loving presence](#). Had you been present in my life and loved me, unfaithfulness would have never pervaded my mind nor my body. I would have been yours exclusively."

1529.

[Entraining \(or entrainment\) and projective identification](#) are powerful techniques for mind control and behavior modification. Narcissists and psychopaths make use of both.

1530.

Terrorism is the use of fear to control and manipulate people. Narcissists and psychopaths are [domestic terrorists](#).

1531.

Full video on my YouTube channel. [Narcissist's jealousy](#) is reactive to threats to his locus of grandiosity.

Cerebral narcissist indifferent to infidelity (his service provider is allowed to have more than one client), but become jealous if his partner admires someone else's intellect

Somatic narcissist is sexually jealous but not possessive (e.g., into group sex)

Covert narcissist insecure and fears loss, so his jealousy is possessive.

1532.

The [borderline masks](#) devouring inner emptiness and overpowering pain in a variety of ways.

1533.

The [narcissist's shared fantasy](#) is an attempt to recreate the original symbiotic bond with the biological mother, this time around with a "new mother".

So, it is not the same as hoovering - it is repetition compulsion.

Hoovering is an attempt to resolve dissonance and anxiety triggered by the residual internal persecutory object that used to represent the initially idealized and then devalued Other.

1534.

In a [smear campaign](#), those who are ready to believe the most egregious lies about you instantly and uncritically are either dumb, or malevolent, or envious, or bribed somehow, or have always been hostile, hitherto faking friendship or neutrality. Be grateful to have exposed them and rid yourself of their presence in your life.

1535.

You need to [disable or erase the voice \(introject\) of the abuser in your mind](#) before any healing can occur.

1536.

[Narcissists are love-blind](#). They offhandedly, absentmindedly, and contemptuously discard the greatest assets a human being could ever aspire to or have: the dedicated few who love them loyally, genuinely, dearly, profoundly, totally, and wholeheartedly.

1537.

With the [flying monkey](#), the narcissist creates an attenuated cult-like shared fantasy.

The narcissist is the flying monkey's role model. But the flying monkey also serves as savior-rescuer and maternal protective figure.

Narcissist devalues, discards, and punishes vicariously, by proxy, through the agency of the flying monkey, the narcissist's long arm, an extension of his omnipotence. Flying monkeys, therefore, buttress the narcissist's grandiosity.

The flying monkey experiences the shared fantasy the way an intimate partner does: feel chosen, unique, omnipotent, in the know, thrilled/excited/aroused, useful (needed), legitimized.

[Anyone can serve as the narcissist's flying monkey](#), including intimate partners, children, parents, friends, coworkers, neighbors, the mentally ill, activists, law enforcement, institutions, the media, and academics.

Just about [anyone and everyone can be compromised](#), brainwashed, and recruited into the shared fantasy.

1538.

Baguette dares the [abyss of his narcissism](#) - with dire consequences. Courtesy of [@mirna_liz37](#)

1539.

Some people with [Borderline Personality Disorder \(BPD\)](#) experience psychotic microepisodes when they are pushed to the limit with extreme stress, anxieties, tension, or threats.

1540.

[Healthy narcissism](#) is the foundation of a stable sense of self-worth (self-esteem and self-confidence). It is also a crucial element in self-regulation. Pathological narcissism is the dysfunctional opposite of all these.

1541.

Many of the [negative outcomes of relationships with narcissists](#) are self-inflicted.

1542.

In the aftermath of the shared fantasy - [the discard or the breakup](#) - the narcissist reverts to form: a carnivorous succulent plant awaiting to dissolve its unwitting prey.

1543.

[Projective Splitting](#)

The narcissistic parent splits her personality into good and bad traits, qualities, and dimensions. She projects his or her good aspects, the ones she finds to be acceptable (ego-syntonic) or even desirable

onto the golden child who then embodies and reifies everything that's right and proper in the parent's personality, an extension of the parent's grandiosity.

In contradistinction, the traits and qualities of himself or herself that the narcissistic parent finds bad, unacceptable, rejected, or shame-inducing are projected onto and attributed to the scapegoat child, the black sheep of the family, the reject and the outcast who is then rendered a constant reminder of the parent's shortcomings, a challenge to her fantastic self-perception and, therefore, a permanent narcissistic injury.

Courtesy of [@shadowdeangelis](#)

1544.

The [semantic \(skills and education\) memory of narcissists](#) is intact. They have gaps only with their episodic (autobiographical) memory. They confabulate to cover up for it.

When they do recall anything - interpersonal relationships included - it is either via dark or via rosy retrospection (nostalgic recall), idealizing, devaluing, and discarding (dissociating) the memories the way they do people.

Borderlines also go through idealization and devaluation cycles and they are highly dissociative, but their selective surviving memories are way closer to reality because they retain the affective correlates of their experiences.

1545.

[Narcissists regard themselves as victims](#) because victimhood pays: it is grandiose, garners attention and compassion, confers rights on the victim and obligations on others, and can often be monetized.

1546.

[Narcissists have no access to positive emotions](#) such as love. They fear intimacy (their attachment style is dismissive-avoidant). They are autoerotic (are sexually attracted only to themselves, using your body as a sex toy).

1547.

Narcissists coerce you into [reactive abuse](#) because it sustains their counterfactual belief in their victimhood.

1548.

The narcissist plays on [your need to be seen](#). By ignoring you intermittently, he creates trauma bonding.

1549.

[Dysregulation](#) is induced by both positive and negative affects.

Anticipatory (anxiety or catastrophizing) vs. reactive (triggered) dysregulation.

Dysregulation is a-regulation (absence of regulation, unregulation), not chaos/disorganization, instability (EUPD is bad choice), or amplification. It is internal decompensation and disinhibition.

Appraisal failure (catastrophizing)

Video courtesy of [@adventuresinadversitypodcast](#)

1550.

The [narcissist wears you down](#), obliterates your resistances and defenses, suspends your personal autonomy and agency, renders you in invisible and subservient.

1551.

Two great [quotes](#): one from the very disturbing film “American Psycho” and the other, the confession of a Borderline. Chilling.

1552.

[Borderline Personality Disorder \(BPD\)](#):

Identity disturbance (unstable identity, fragile sense of self)

Emptiness, false self, fantasy defense.

External regulation

Impaired reality testing (e.g., paranoia, overestimation of intimacy like in HPD), psychotic microepisodes

Self-harm, suicidal ideation, self-destructive cognitions and actions: self-punitive, silence internal turmoil, call for help, feeling alive (dead inside)

Recklessness, impulsivity, secondary psychopathy

Emotional volatility, affective lability, emotional dysregulation (DBT): anger, reactive mood shifts and changes

Intense interpersonal relationships involve idealization-devaluation (relational disorder)

Twin anxieties: abandonment/rejection-engulfment/intimacy, approach-avoidance repetition compulsion

Courtesy of [@sayedserena](#)

1553.

The [borderline's emotions](#) - especially love - and her “intimate” relationships are not what they seem. Her or his attachment style is actually dismissive-avoidant.

1554.

[New Year's Abuse Survivor's Resolutions](#)

1. I will treat myself with dignity and demand respect from others. I will not allow anyone to disrespect me.

2. I will set clear boundaries and make known to others what I regard as permissible and acceptable behavior and what is out of bounds.

3. I will not tolerate abuse and aggression in any form or guise. I will seek to terminate such misconduct instantly and unequivocally.

4. I will be assertive and unambiguous about my needs, wishes, and expectations from others. I will not be arrogant - but I will be confident. I will not be selfish and narcissistic - but I will love and care for myself.

5. I will get to know myself better.

6. I will treat others as I want them to treat me. I will try to lead by way of self-example.

7. If I am habitually disrespected, abused, or if my boundaries are ignored and breached I will terminate the relationship with the abuser forthwith. Zero tolerance and no second chance will be my maxims of self-preservation.

1555.

Both the narcissist and the borderline have a true self (and a [false self](#)). But they have no access to the true self. It is not psychodynamically active or interactive.

1556.

[Dark triad personalities](#) are subclinical narcissists and subclinical psychopaths. In other words: they cannot be diagnosed as either narcissists or psychopaths. In the dark tetrad there is also sadism present. I proposed to add borderline to the mix in a dark pentagram personality.

1557.

A recap of [Antisocial Personality Disorder \(AsPD\)](#). Btw: sociopath is simply the old word for psychopath, nothing more or less or different. The word “psychopath” itself is hotly contested and cannot be found in the DSM(!)

Video courtesy of [@sayedserena](#)

1558.

[Victimhood](#) pays which is why psychopaths and swindlers often pretend to be victims. But narcissists truly believe that they had been victimized.

1559.

That you [ended up with a narcissist](#) (often more than once) says something about you. Try really hard to understand what so as to not fall in the same trap again.

1560.

[Trauma bond](#) is an extreme, unidirectional, self-harming attachment fostered by traumatizing, unpredictable intermittent reinforcement and involving a power asymmetry.

1561.

When abandoned, rejected, humiliated, stressed, or attacked, the [borderline becomes a secondary psychopath](#), a protective state. S/he decompensates and acts out. If s/he recalls her aggressive

recklessness, s/he may be ashamed and remorseful. But, in many cases, s/he dissociates the events or even attributes them to another self.

1562.

Constant state of artificial crisis, acting out. emotional dysregulation, switching, chaos, disruptive behaviors, identity diffusion/disturbance, mixed signals, inconstancy, indeterminacy, capriciousness, arbitrariness, and unpredictability: welcome to the [Dramatic-erratic](#) cluster B of personality disorders.

1563.

[Parental abuse](#) is not limited to the classic forms (physical, sexual, psychological, verbal) and to ACEs (Adverse Childhood Experiences). It includes all types of overprotectiveness, instrumentalization of the child, and disallowing the child to develop boundaries, to separate, and to individuate.

Image courtesy of [@_kalleidoscope](#)

1564.

[Reactive abuse](#) is abuse. No excuse for abuse - not even abuse.

1565.

[Trauma](#) is an idiosyncratic reaction to events, a subjective experience, not an objective clinical entity like, say, cancer.

Video courtesy of [@mr_tees_odyssey](#)

1566.

The [narcissist subjects you to 3 tests](#):

1. Are you capable of being idealized?

Minimal traits, assets, and behaviors.

2. Are you able to provide 2 of the 4 Ss?

Sex: find him irresistible, enthusiastic, consensual-submissive, prone to sexual fantasies, unboundaried-kinky, self-trashing, promiscuous.

Services (that he needs and lacks).

Supply (narcissistic or sadistic): adoring, uncritical, submissive, masochistic, self-loathing.

Safety: addictive personality, maternal bonding, loyal, inertial.

Are you vulnerable to shared fantasy?

Ideal partner:

Damaged-broken, daydreamer, abhors reality, romantic (even as a friend), grandiose, self-love deficit.

Images courtesy of [@_kalleidoscope](#)

1567.

The [borderline mistakes intensity for intimacy](#). S/he uses drama to avoid her greatest fear: engulfment.

Clip courtesy of [@mr_tees_odyssey](#)

1568.

The [narcissist is a cardiovascular event](#):

From heartthrob to heart attack to heart failure to heartbreak.

Or a CVE: One stroke and you are out.

1569.

[Splitting, dissociation, psychosis](#) are a few of the many defensive mechanisms and strategies that we use in order to evade and avoid a reality that we find to be unbearable, intolerable, and highly dissonant.

1570.

[Narcissists interact exclusively with internal objects](#) (your avatar, your representation in their minds). But they need you to stick around in order to convince themselves that they are healthy, not insane or delusional or psychotic.

Clip courtesy of [@mr_tees_odyssey](#)

1571.

[Narcissist uses drama](#) to facilitate: attention-seeking, self-enhancement, substitute to narcissistic supply in protracted states of reduced narcissistic supply or collapse (hunting for morsels): distraction and self-supply (e.g. in paranoid drama).

1572.

Codependents manipulate and control from the bottom via needy, clinging behaviors and utterances of childlike helplessness.

1573.

The [opposite of self-love is narcissism](#): a form of compensatory self-rejection.

Excerpt from an interview with Brad Carr.

1574.

What are the [differences in terms of narcissistic supply between overt and covert narcissists](#)?

Video courtesy of [@sayedserena](#)

1575.

[You are your worst enemy](#). You are looking for any excuse to stay in touch with the narcissist. Even fighting with the narcissist is a form of contact.

Excerpt from an interview with [@maiaece](#)

1576.

How one narcissist experiences his [cognitive decline](#), reminiscent of dementia.

1577.

[No contact](#) is a defensive strategy against narcissistic contagion.

Excerpt from an interview with [@maiaece](#)

1578.

[Narcissists seek vulnerable people](#) to serve as partners in the shared fantasy and as sources of narcissistic supply. They subject such prospects to probing tests and “interviews”.

1579.

[Cut off your toxic family!](#) No contact is the golden rule. The always on point [@shadowdeangelis](#)

1580.

Viculin compresses into 120 pages mountainous amounts of information and trivia about the increasingly more demented [Nietzsche](#): his relationships such as they were, his lifestyle, rage attacks, abuse of substances, career, his period, lack of empathy, and writing style. With the tenacity of a detective, Viculin traces the itinerant and desultory Nietzsche across the stations of his cross and the savage terrains of his writing.

The emerging but inescapable conclusions are startling: Although Nietzsche had certain merits as a cultural critic - when not hyperbolic, overcome with vitriol and constrained by his habit of dichotomous thinking - and as a psychologist of the power drive, he was in many ways a trendy copycat (today we would call him an influencer). He rarely acknowledged the important influences noticeable in his works, and was a bad person, a charlatan, and the denizen of a demented fantasy.

That such a nonentity is being eulogized by today’s public intellectuals, is the topic of countless dissertations and books, and the predominant symbol of the rebellious is a tragic testimony to our ersatz age and declining civilization.

The book unfolds like a thriller and is inexorable in its argumentation. A delightful read.

1581.

[Narcissistic abuse starts off as a test](#): are you a truly good mother who would love her (or his) narcissist-child unconditionally, no matter how egregiously and cruelly the narcissist behaves? Will you never abandon the narcissist? Will you stick around never mind what?

1582.

Psychologically, [narcissists are toddlers](#). So, how come they end up running corporations and even countries? The answer is: they have good semantic and procedural (how to) memory. But eventually, they prove to be destructive to themselves and to others because of a lack of affective (emotional)

empathy, no access to or understanding of positive emotions, and extreme dysregulated negative affects (rage, envy, hatred).

1583.

Unlike psychopaths, [narcissists don't care about money and power](#) except as means to an end: narcissistic supply (attention).

1584.

[Waiting for the narcissist](#) to be empathic, compassionate, caring, loving, optimistic, grounded, friendly, attentive, and supportive and to stop being obnoxious, hateful, aggressive, contemptuous, haughty, impatient, and, generally, a pompous, and irredeemably delusional a-hole.

1585.

[Sadistic supply](#) is a much neglected variant of narcissistic supply common in malignant narcissism (a combination of clinical narcissism, clinical psychopathy, and sadism). Sadistic supply is a form of grandiose self-enhancement and fantasy which involves the infliction of pain and hurt on others and witnessing their reactions.

1586.

The [narcissist does not have a private life](#), only a public face. Zero authenticity, all out persona (mask).

1587.

[Narcissists need you to stick around](#) in order to convince themselves and the world around them that they are normal and healthy (“I am having interpersonal relationships, so nothing is wrong with me!”)

1588.

The “modesty” displayed by narcissists - especially covert, or inverted narcissists - is false ([pseudo-humility](#)). It is mostly and merely verbal. It is couched in flourishing phrases, emphasised to absurdity, repeated unnecessarily – usually to the point of causing gross inconvenience to the listener. The real aim of such behaviour and its subtext are exactly the opposite of common modesty.

It is intended to either aggrandise the narcissist or to protect his grandiosity from scrutiny and possible erosion. Such modest outbursts precede inflated, grandiosity-laden statements made by the narcissist and pertaining to fields of human knowledge and activity in which he is sorely lacking.

Devoid of systematic and methodical education, the narcissist tries to make do with pompous, or aggressive mannerisms, bombastic announcements, and the unnecessary and wrong usage of professional jargon. He attempts to dazzle his surroundings with apparent “brilliance” and to put possible critics on the defence.

Beneath all this he is shallow, ignorant, improvising, and fearful of being exposed as deceitful. The narcissist is a conjurer of verbosity, using sleight of mouth rather than sleight of hand. He is ever possessed by the fear that he is really a petty crook about to be unearthed and reviled by society.

This is a horrible feeling to endure and a taxing, onerous way to live. The narcissist has to protect himself from his own premonitions, from his internal sempiternal trial, his guilt, shame, and anxiety. One of the more efficacious defence mechanisms is false modesty.

1589.

Narcissists are incapable of perceiving [other people as separate and external](#). To the narcissist, other people are internal objects, figments in his mind, avatars, props and property. Excerpt from an interview with [@maiaece](#)

1590.

Introducing [drama](#) into his life - acting as both the director and star of his/her movie - allows the narcissist to secure favorable outcomes (sense of self-efficacy) and to control and manipulate people by introducing uncertainty.

1591.

The only way to be present in a [relationship with a narcissist](#) is to suspend yourself and vanish.

1592.

The [somatic narcissist](#) leverages his/her body and its functions to obtain narcissistic supply. The locus of grandiosity is corporeal. The cerebral narcissist uses intellectual and creative pyrotechnics to accomplish the same: his/her seat of grandiosity is the mind.

Video courtesy of [@sayedserena](#)

1593.

(Swipe left) Series 1 of the [@ kalleidoscope reviews of my work](#) on pathological narcissism and narcissistic abuse.

[Series 2](#) of the [@ kalleidoscope](#) reviews of my work on pathological narcissism and narcissistic abuse.

[Series 3](#) of the [@kalleidoscope](#) reviews of my work on pathological narcissism and narcissistic abuse.

1594.

Nothing terrifies the abuser more than [public exposure](#). Share with friends, family, law enforcement, mental health professionals, your lawyers, accountants, court evaluators, even the media all the details of the abuse that you had suffered.

1595.

My heart goes out to X. I pity X. I am worried sick about [X. The kid, not the corporation](#). He is on a certain path to severe, lifelong mental illness.

1596.

[If you are being abused - you are not being loved](#). No two ways about it.

1597.

[Narcissists ALWAYS Implode](#), Harming Themselves and Everyone Around Them. NO EXCEPTION. NONE. Oh, and NPD is INCURABLE. Period.

1598.

[Catastrophizing and paranoid ideation](#) are clinical features common to all cluster B personality disorders. The Borderline, for example, anticipates abandonment and rejection.

1599.

From the video titled “The [Covert Narcissist’s Insidious Speech](#)”:

Passive-aggression: underhanded, backhanded compliments, sabotaging

Pseudo-humility and pseudo-stupidity (solicitation)

Machiavellian/manipulative: needy/clinging, catastrophizing

Controlling: surveillance, fantasy, coercion, control from the bottom

Envious: relative positioning, smearing, taking down

[Envy and the resentment](#) it engenders are the motivational forces behind covert narcissism.

Clip courtesy of [@mr_tees_odyssey](#)

1600.

The narcissist wants another ([fantasy](#)) life.

S/he is never happy with the one s/he has (reality).

The narcissist is never content with who s/he is. S/he wants to be someone else.

1601.

[Narcissistic collapse](#) is a constant, repeated failure to secure narcissistic supply. Self-styled “experts” online often confuse the collapsed narcissist with the failed narcissist (which is an early childhood stage in the development of Borderline Personality Disorder or BPD).

Video courtesy of [@sayedserena](#)

1602.

In the [topsy-turvy world of the narcissist](#) your love amounts to criticism and weakness, your caring is a narcissistic injury, your advice, succor and help are humiliations, and your intimacy a threat.

Clip courtesy of [@mr_tees_odyssey](#)

1603.

Codependents, borderlines, narcissists, and psychopaths [guilt trip their partners](#).

Provocative and defiant behaviors trigger abuse via projective identification and allow for guilt-tripping (control from the bottom).

Egregious misconduct is negation (I don’t see you) and may trigger panic in people with ontological and separation insecurity, dissociation, and a bad internalized object.

Clip courtesy of [@mr_tees_odyssey](#)

1604.

Narcissists and children exposed to [emotional incest](#) abuse their intimate partners for many reasons: to test their unconditional love and loyalty, to control and manipulate them, and to demonstrate to their internalized-introjected mother that they have been faithful all along.

1605.

[Alcoholism](#) serves several psychological purposes effectively.

This is why alcoholism is so intractable (difficult to get rid of or treat) and why recidivism is as high as 60% within the first year after rehab.

1. Palliative

Helps the alcoholic to cope with dissonance, frustration, anxiety, anger, stress, sadness, panic, and other negative emotions or mood disorders

2. Restorative

Helps the alcoholic to restore his or her self-confidence and self-esteem, also as a man or a woman (especially when coupled with a body image issue)

3. Disinhibitory

By lowering inhibitions, alcohol legitimizes narcissistic traits and behaviors like: lack of empathy, extreme selfishness, a sense of entitlement.

Allows the alcoholic to express his or her repressed promiscuity and aggression: traits that s/he find ego-dystonic (traits that s/he dislikes). Alcohol renders the alcoholic much more sociable, grandiose, and sociopathic (becomes volubly defiant, hates authority figures, engages in reckless behaviors like unprotected sex with a stranger, or compulsive shopping or gambling)

4. Instrumental

Allows the alcoholic to accomplish goals (is goal-oriented) that s/he would never even try when sober.

The drunk person during an alcohol-induced blackout is FULLY AWARE of WHAT s/he is doing, WHO s/he is doing it with, whether what s/he is doing is WRONG, and if she is HURTING loved ones with her or his promiscuity, immoral, or antisocial or even criminal acts. During the entire episode, s/he makes multiple choices and decisions based on rational analyses and emotional states. S/he is 100% in control and should be held accountable for the misbehavior.

1606.

There are many forms of [traumatic abuse in childhood](#) that not only go unrecognized but are even condoned by society.

1607.

In the wake of trauma, we default to acquired coping strategies (eg, substance abuse or avoidance).

In therapy, the patient learns new behaviors and practicing them until they become the default.

[Narcissists are incapable of learning](#), resistant to it.

Learning is a social process (social cognitive learning, Bandura)

This inability to learn and evolve precludes adaptation and results in the adoption of dysfunctional solutions and strategies (maladaptations), grounded in solipsistic fantasy (grandiose self-enhancement) and cognitive distortions.

1608.

Having secured your presence in his shared fantasy as a substitute maternal figure, the narcissist needs to test you: are you truly a [good mother](#)? Will you stick around and love him/her unconditionally, despite all the egregious abuse?

1609.

[Loyalty](#) is a commitment to place the interest of another above one's self-interest. It is mildly self-sacrificial.

Loyalty is a crucial element in the most significant intimate relationships, such as marriage or friendship or group affiliation. Loyalty, therefore, requires intimacy.

Loyalty is both a state of mind and a behavioral pattern. It is not entirely there until it has been tested.

Loyalty to values and collectives is identical to loyalty to individuals - only multiplied.

Fidelity is an ambiguous word. It has many meanings. Broadly, it means truthfulness, authenticity. Faithful, authentic, genuine, truthful, or even trustworthy.

Loyalty can drive you to lie in order to protect the person you are loyal to, for example.

Loyalty is an either/or proposition. No compromise.

As long as such loyalty yields an uninterrupted flow of high-quality narcissistic supply, yes. It is a form of explicitly transactional loyalty.

A narcissist would sacrifice his life only if he has no other choice and then only if it guarantees posthumous narcissistic supply.

Any relationship that calls for major sacrifices of essential aspects of wellbeing, identity, or existence is unhealthy.

1610.

[Narcissists have no ego](#) and outsource ego functions. This dependency on others is why all narcissists are hypervigilant and fragile, even the overt ones. By [@shadowdeangelis](#)

1611.

It is reasonable to assume (though rigorous evidence is lacking) that one is born with a [genetic predisposition to develop pathological narcissism](#): not all siblings - even twins - exposed to the same

dysfunctional home environment end up being afflicted.

But it is indisputable and rigorously documented that all narcissist have a history of abuse, trauma, “dead” mother, objectifying, overprotectiveness, idolizing, parentifying, instrumentalizing, or breach of nascent boundaries in early childhood (problems with separation-individuation).

1612.

[My YouTube channel is academic and scholarly](#). Not the fluff that all other narcissism channels are made of. Yet, it garnered 400,000 subscribers and 85,000,000 views.

1613.

The [covert borderline](#) combines the positive adaptations of both NPD and BPD.

1614.

[BPD and NPD are prone to switching](#) owing to splitting and self-splitting defenses (previous self-state all bad while new self-state all good), lack of core identity (identity disturbance), and no constellated or integrated self/ego (emptiness or empty schizoid core). They are in constant flux.

1615.

[Narcissistic abuse](#) is about negating the victim. It is traumatic.

1616.

The inner landscape of the [covert - always collapsed - narcissist](#) is a hellscape.

[Return](#)

Sex
And
Intimacy:
Forgotten Arts

300.

[Extremely high intelligence](#) is a liability in interpersonal relationships: it precludes meaningful communication and creates corrosive friction.

It is tolerated by an intimate partner only when it bears the promise of being passed on to the couple's progeny.

In childless relationships, inordinately high IQ is a dyadic death knell.

301.

[Women get attracted](#) to men not because of WHAT they do - but because of WHO they are.

Narcissists emphasize the former.

Nice, kind, empathic, lovable guys - the latter.

302.

With same-sex marriage becoming a legal reality throughout the world, many more children are going to be raised by homosexual (gay and lesbian) parents, or even by transgendered or transsexual ones. How is this going to affect the child's [masculinity or femininity](#)?

Is being a gay man less manly than being a heterosexual one? Is a woman who is the outcome of a sex change operation less feminine than her natural-born sisters? In which sense is a "virile" lesbian less of a man than an effeminate heterosexual or homosexual man? And how should we classify and treat bisexuals and asexuals?

What about modern she-breadwinners? All those feminist women in traditional male positions who are as sexually aggressive as men and prone to the same varieties of misconduct (e.g., cheating on their spouses)? Are they less womanly? And are their stay-at-home-dad partners not men enough? How are sex preferences related to gender differentiation? And if one's sex and genitalia can be chosen and altered at will – why not one's gender, regardless of one's natural equipment? Can we decouple gender roles from sexual functions and endowments?

Aren't the feminist-liberal-emancipated woman and her responsive, transformed male partner as moulded by specific social norms and narratives as their more traditional and conservative counterparts? And when men adapted to the demands of the "new", post-modernist woman – were they not then rebuffed by that very same female as emasculated and unmanly? What is the source of this gender chaos? Why do people act "modern" while, at heart, they still hark back to erstwhile mores and ethos?

We assume erroneously that some roles are instinctual because, in nature, other species do it, too: parenting and mating come to mind. The discipline of sociobiology encourages us to counterfactually learn from animals about our social functioning.

In nature, there is "male" and "female", not "man" and "woman" which are learned and acquired gender roles. There is no "mother" and "father", even among apes - just progenitors.

Continued: <https://samvak.tripod.com/sexgender.html>

303.

If having an [affair](#) has revitalized your marriage - then your union has always been sick and dysfunctional, based on deception, mistrust, and abject dependency.

A mentally healthy marriage never survives an affair.

304.

On the phone, hushed voices, in our bedroom, late afternoon, Noa declines an offer to meet with her lover. I stand in the corridor, book in hand, listening intently, refusing to believe.

Her side of the conversation consists of a half-hearted demurrer balanced by a lot of hopeful incredulity. How do you know the key will be under the rug - she questions her interlocutor - and how can you be sure they won't be at home?

This is how this phone conversation proceeds and Noa can see a penumbral Sam projected by the hallway lighting and then she can see me entering the room and looking at her, dumbfounded. She casts a glance my way and ignores me, continues the exchange as though nothing entered her field of vision.

Continued here: <https://samvak.tripod.com/harmony-en.html>

Short Fiction About Narcissists and Psychopaths:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

305.

Yesterday, I published this on my Instagram (<https://www.instagram.com/narcissismwithvaknin>):

"If having an affair has revitalized your marriage – then your union has always been sick and dysfunctional, based on deception, mistrust, and abject dependency. A mentally healthy marriage never survives an affair."

It provoked a bit of a storm. So, here is what I meant to say:

I refer to [cheating](#): an affair involving deception. Not to an open marriage or open relationship or polyamory or the lifestyle (swinging) or cuckoldry which do not involve deceptive practices.

Any arrangement between consenting adults which involves no coercion of any kind and no harm whatsoever to others is perfectly legitimate as a way to pursue happiness and wellbeing.

Some [affairs](#) are consensual (for example in polyamory).

When the affair involves concealment and lying, to forgive this magnitude of deception and rejection, you need to be mentally impaired somehow.

If the marriage is of two psychologically impaired people, no number of affairs can fix it. This is rank nonsense. Serious mental illness is for life and incurable (though manageable). Ignore the self-interested nonsense online about “healing”. It is a scam.

Mentally healthy people break up after a deceptive affair. If they do not - then they are mentally impaired in some manner. No two ways about it.

Their boundaries are porous or nonexistent. They are dependent (codependent). They regulate externally. They are trauma bonded. They are too anxious to face life and reality (constriction). They cannot perceive their partner as real. They are dissociative.

306.

We no longer find commitment, investment, companionship, hard work, responsibility, seriousness, and honesty [sexually appealing](#).

Hence phenomena such as promiscuity and pseudo-relationships.

307.

In long-distance relationships, the narcissist interacts with one internalized object (image on a screen, voice in a chat) to create another internal object (the snapshot, or introject). This completely distorts the entire dynamics of the shared fantasy.

[Long-distance relationships \(LDR\)](#) conducted mostly online are very triggering for mentally ill people.

Example of NPD-BPD applicable to all types of LDRs involving narcissists and borderlines.

NPD becomes borderline and borderline becomes narcissistic.

Poor communication skills (instrumentalized alloplastic monologues, never a constructive, results-oriented dialog).

External locus of control by internal objects in NPD (estrangement) and external regulation in BPD.

Impossible to maintain object constancy and introject constancy.

Snapshotting (introjection) and idealization disrupted.

Shared fantasy intermittent and gives rise to paranoid ideation (no trust) and nonproductive devaluation (splitting, approach-avoidance repetition compulsion, but no separation-individuation).

Hoovering and self-hoovering

No reclaim or reconciliation sex owing to distance, fear of outsourcing (infidelity).

This leads to perceived abandonment and rejection (persecutory object and triggering of bad object), possessiveness (romantic jealousy is fear of loss), frustration-aggression, acting out in psychopathic self-state.

Finally, LDRs lead not to classic devaluation-discard but to a sadistic and vengeful wish to destroy the frustrating object. This resembles the external solution in mortification.

308.

[Emotional or covert incest](#) part of parentifying and adultifying (Atlas personality): succor but no sex, sexless intimate partnership

People-pleasing coupled with a constant sense of failure and inadequacy

Insecure attachment owing to enmeshment

Oedipus/electra complexes: The Oedipal and Electra complexes have two etiologies. Freud and Jung have identified only one of them: competition with the same sex parent for the love and attention of the other-sexed one. But there is an even more compelling source. Until age 18-24 months, the infant is both genderless and pansexual and consequently autoerotic. His libido is turned towards itself as a love object. But the infant is merged and fused with the mother throughout this period (symbiosis). They are one and the same. His narcissistic libido cathezes her as well! When he begins to separate from the mother, his narcissistic libido still remains invested in her residually - and this is the Oedipal complex.

Prevents separation-individuation: child's needs ignored or suppressed, parent's needs predominate, no boundaries, parent possessive and romantically jealous (no one is good enough and no one will ever be as good as I am)

Autoerotism owing to object relations with a forbidden object, later life sexual difficulties (need to objectify and dehumanize maternal figures in order to have sex – sadistic punishment - or sexual dysfunction and asexuality)

Is the primordial and prototypical shared fantasy

Mostly nonverbal, subverts communication by creating hidden, forbidden text

Effects much worse than sexual incest because it is not clearly wrong, it is disorienting role confusion: both parties habituate

Ambivalence

309.

[Premarital cohabitation](#) is correlated with higher rates of divorce.

310.

[Promiscuity](#) is not just a lifestyle choice. Studies link it to dark triad personalities. The number of sex partners is also highly correlated with rates of divorce or breakups and with serial infidelity. Promiscuity is an addiction with a poor prognosis over the lifespan.

311.

[Loneliness](#) is the worst advisor. It blinds you. It pushes you to make detrimental decisions and deleterious choices. Accept your aloneness and singlehood and become your own best friend!

312.

[Promiscuity](#) in both genders is a lifelong process addiction. It is correlated with dark personalities and is an excellent predictor of serial infidelity and breakups or divorces in relationships. [@gray beard actual](#)

313.

[Homosexuality](#) is no longer a mental health diagnosis in the DSM. But is it natural?

314.

Is a good, strong, long-lasting marriage or relationship a shared fantasy?

WATCH 7 Phases of Shared Fantasy: Why Narcissist Needs YOU

<https://www.youtube.com/watch?v=Kp3YFC0OQfU>

WATCH Fight Coercive Control, Collusive Infidelity (Sander's Shared Fantasy)

<https://www.youtube.com/watch?v=GZYCqmkkrsY>

315.

[Isolophiles \(solophiles\)](#) are not [schizoid](#) and a few are asexual: they crave solitude, they most enjoy their own company, and are happiest when engaged in solitary activities.

But, society regards them as weirdos. Well-meaning people attempt to impose on them companionship and group activities.

Some isolophiles (solophiles) react aggressively to such incursions. They become misanthropic, cantankerous, ornery, offensive, haughty, and defensive.

This is a dysfunctional behavioral strategy of driving everyone away and securing the aloneness the isolophile (solophile) needs in order to thrive.

316.

[Ambition](#) is a form of internalized social control. It renders you just one more rat in the race.

317.

[Promiscuity](#) (men and women alike):

Would you buy a used car with 40 previous owners, never mind how minimal the mileage is?

No, you wouldn't.

318.

[Love](#) is a process - not an event.

Love is about fertile separateness - not about sterile merger or fusion.

Love is about maturity and personal growth - not about regressive infantilization ("baby").

Love is the triumph of experience over hope, of wisdom over fantasy.

[So, what is love - and what isn't?](#)

Video courtesy [@vilina_osho_therapist](#)

319.

It is legitimate to argue over beliefs and values - but it is aggressive, bigoted, and illegitimate to reject someone's identity.

Ideologies like Zionism and Communism are [identities](#).

Religions like Judaism, Islam, and Christianity are identities.

Ethnic and racial attributes - like being Black or Macedonian - are identities.

Sexual orientations - like being gay or trans - as well as gender roles (man, woman) are identities.

320.

[Childhood sexual abuse](#) often results in BPD, DID (mainly OSDD) in adulthood.

Victims of sexual abuse in childhood dread and sexualize intimacy and being loved because they misidentify and conflate those with pain and boundary wrecking abuse.

Sex becomes an anxiety reaction or stress response.

The strategies used by these children, starting in adolescence involve: self-objectification, absencing oneself from sex and intimacy via dissociation (most notably derealization, depersonalization, and amnesia), and self-punitive choices intended to restore the good object (by penalizing and subduing the bad one).

321.

If you are [bored and dissatisfied in your relationship](#) because you miss the drama and having a trophy spouse as a status symbol then you must be confused: people are not luxury cars and relationships are not accidents.

The alternative to drama (which is a fantasy) is reality.

322.

When you offer your partner [true love](#) - you are offering them everything.

When you offer your partner everything but not your love - you are offering them very little indeed.

323.

[True love](#) is indeed deep. But it is a function of time and of common experiences.

It evolves over a protracted period, fed by numerous common experiences, both good and bad (hardships and challenges).

One should never confuse intensity (infatuation, limerence) with profundity (depth).

324.

Imagining the Other is [erotic](#): everything incorporated in or emanating from another person can become an object of sexual arousal.

325.

[Fearful-avoidant \(disorganized\) "attachment style"](#) is a latecomer to attachment theory.

Its authors merely copy-pasted verbatim the DSM 4 diagnostic criteria for Borderline Personality Disorder.

So, this is not an attachment style at all! It is a personality disorder.

Recently, there has been a proliferation of such sham constructs: “dark empath”, “maladaptive daydreaming”, “shy or quiet borderline”, and “recovered narcissist” come to mind.

326.

[Homosexuality](#) is no longer included in the DSM as a diagnosis. But is it natural? Is it an artefact of human civilization?

In the face of fierce opposition by the Christian Orthodox Church and other conservative forces, Greece just passed a law legalizing same-sex marriage and parenting.

The use of the word “marriage” may be historically inaccurate. “Union” would have been better. But should homosexuals be allowed to serve as parents? What do we know about homosexuality, to start with?

327.

There are two debilitating counterfactual [fantasies in intimate relationships](#):

My partner is/was all good and I am/was all bad.

My partner is/was all bad and I am/was all good.

328.

[Love](#) should never be performative nor should it ever be conditioned on performance. Love is an emotion, not an exam.

329.

If having an affair has revitalized your marriage – then your union has always been sick and dysfunctional, based on deception, mistrust, and abject dependency. A mentally healthy marriage never survives an affair.

It provoked a bit of a storm. So, here is what I meant to say:

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Mentally healthy people break up after a deceptive affair. If they do not - then they are mentally

impaired in some manner. No two ways about it.

Their boundaries are porous or nonexistent. They are dependent (codependent). They regulate externally. They are trauma bonded. They are too anxious to face life and reality (constriction). They cannot perceive their partner as real. They are dissociative.

330.

The only place lonelier than a crowd is in a [bad relationship](#).

[Return](#)

**Democracy,
History,
And
Other Fictions**

38.

Two dozen studies prove that [social justice and political movements](#) have been hijacked by profit-maximizing narcissists, psychopaths, vindictive members, and grandiose ADHD patients.

LITERATURE

WATCH Narcissists, Eternal Victims, Trauma, Psychosis: Splitting the Inner Dialog
<https://www.youtube.com/watch?v=DmhOPnWN4-0>

WATCH Victimhood Movements Hijacked by Narcissists and Psychopaths
<https://www.youtube.com/watch?v=IBpxFxMAzTA>

Ok, E., Qian, Y., Strojcek, B., & Aquino, K. (2020, July 2). Signaling Virtuous Victimhood as Indicators of Dark Triad Personalities. *Journal of Personality and Social Psychology*. Advance online publication. <http://dx.doi.org/10.1037/pspp0000329>

Waismel-Manor I, Kaplan YR, Shenhav SR, Zlotnik Y, Dvir Gvirsman S, Ifergane G (2023) ADHD and political participation: An observational study. *PLoS ONE* 18(2): e0280445.
<https://doi.org/10.1371/journal.pone.0280445>

Personality and Individual Differences, Volume 165, 15 October 2020, 110134

The tendency for interpersonal victimhood: The personality construct and its consequences

Rahav Gabay, Boaz Hameiri, Tammy Rubel-Lifschitz, Arie Nadler

<https://doi.org/10.1016/j.paid.2020.110134>

Gollwitzer, Mario. (2021). Matters arising from Gabay, R., Hameiri, B., Rubel-Lifschitz, R., & Nadler, A. (2020). The tendency for interpersonal victimhood: The personality construct and its consequences. *Personality and Individual Differences*, 165, 110134. *Personality and Individual Differences*. 168. 110294. [10.1016/j.paid.2020.110294](https://doi.org/10.1016/j.paid.2020.110294).

39.

On my vakninmusings YouTube channel. Where are we, a month after the atrocities committed in south Israel by 3000 Gaza Palestinians?

I am using the phrase “Gaza Palestinians” rather than the habitual Hamas because by now it has become clear that civilians and criminals who breached the fence committed most of the heinous crimes.

[Hamas terrorists](#) were relatively disciplined throughout the 12-24 hours incident (it took the hallowed and hollowed IDF that long to reach the scene in any meaningful way).

Israel dawdled for 3 unnecessary and costly weeks before it mustered the courage and determination to invade the aerially devastated Gaza Strip. A stream of triumphant messages followed the ground invasion.

40.

[Old people](#) are more experienced and less mentally ill (certain mental health disorders ameliorate with age). But they are affected by cognitive decline and impairment which render them heavily impaired and, therefore, dangerous.

LITERATURE

Stern Y, Albert M, Barnes CA, Cabeza R, Pascual-Leone A, Rapp PR. A framework for concepts of reserve and resilience in aging. *Neurobiol Aging*. 2023 Apr;124:100-103. doi: 10.1016/j.neurobiolaging.2022.10.015. Epub 2022 Dec 19. PMID: 36653245; PMCID: PMC10424718.

Wagster MV, King JW. Lost - and Found - in Translation. *Neurobiol Aging*. 2023 Apr;124:98-99. doi: 10.1016/j.neurobiolaging.2022.12.008. Epub 2022 Dec 17. PMID: 36641370.

What to Know About Cognitive Decline in Older Adults
Medically Reviewed by Jennifer Robinson, MD on May 02, 2023
Written by WebMD Editorial Contributors

Geriatric Neurology
Jason A. Cohen, Joe Verghese, in *Handbook of Clinical Neurology*, 2019

41.

Does Khamenei have a point? [Has Israel been defeated in Gaza](#), or at least stymied there? Has the much vaunted offensive bogged down?

Published on November 21 on my [vakninmusings](#) YouTube channel. I misspoke: 2-3% should have been 20-30%.

42.

As with every protracted conflict, both the Israelis and the Palestinians spew out counterfactual propaganda regarding the events that led to the crisis of [Palestinian refugees](#) (more precisely: internally displaced people) in 1947-9.

43.

Available on <http://www.youtube.com/vakninmusings>

[War involves](#):

Masculinity: valor, heroism, courage (overcoming fear), selflessness, altruism, self-sacrifice for the greater good, protectiveness.

Negative identity formation: dehumanizing, objectifying, and demonizing the enemy, morality play (good vs, evil).

Role playing in an adversarial rule-based game (as revealed when veterans on both sides meet after the war is over).

Winning validates (divine blessing and being chosen, Got mit uns).

Cultural-social activity that facilitates intimacy, bonding and cooperation, innovation, and emergent, cathartic new order.

Tension between individual and collective (special ops as middle ground)

44.

[Wars are fueled by victimhood and narcissism](#) (talk on the Eyes Wide Open podcast with Conor Ryan).

45.

Was [Jesus born](#) 2023 or 2024 years ago? Was he born in year zero?

The first year AD was 1 - so, Jesus could not have been born in year zero. The very concept of zero was invented much later.

Numerous historical minutia in the gospels indicate that Jesus must have been born before 4 BC. For example, He is said to have been born during the reign of King Herod, who died in 4 BC.

Merry Christmas, everyone!

Santa Sam

46.

[Jesus' mother, Mary](#), was a virgin before she gave birth to him - and remained a virgin in perpetuity. This is the official (Catholic) doctrine.

But Jesus had brothers and sisters - plenty of siblings.

St. Paul wrote (Galatians 1:18-19):

‘Then after three years I went up to Jerusalem to see Peter, and abode with him fifteen days. But of the other apostles saw I none save James the Lord’s brother.’

This very same James is also the son of one, Alpheus! All the brothers of Jesus are the sons of this Alpheus whose wife’s name was ... Mary!

Matthew 1:25:

“And he [Joseph] knew her [Mary] not until she had brought forth her first-born son...”

First-born meaning there were others who followed (second-born, third-born, etc.)

Matthew 13:55-56:

“Is this not the carpenter’s son? Is not his mother called Mary? And his brethren, James and Joses and Simon and Judas? And his sisters, are they not all with us?”

Mark 6:3 (referring to Jesus):

“Is this not the carpenter, the brother of James, and Joses, and of Judas, and Simon? And are not his sisters here with us?”

According to both Matthew and Mark, three women stood by the cross at the crucifixion: Mary Magdalene, Mary the mother of James and of Joses, and the mother of Zebedee’s children (Salome).

Salome was Virgin Mary's sister and, therefore, Jesus' maternal aunt.

John (an eyewitness to the events) identifies Mary as Jesus' mother - but distinguishes her from Mary, wife of Alpheus and two other women (for a total of four women rather than three):

John 19:25:

“Now there stood by the cross of Jesus (1) his mother, and (2) his mother's sister, (3) Mary the wife of Cleophas [Alpheus], and (4) Mary Magdalene.”

Mary, wife of Alpheus, could not have been the sister of the Virgin Mary, as the Church would have us believe. In Jewish families, two sisters cannot share the same name.

John implies that Mary, mother of Jesus was not the wife of Alpheus, father of James and Joses, and Judas, and Simon, who are identified as the brothers of Jesus by all the other gospels!

Reporting from the Marriott hotel
Go Spell Vaknin

47.

WATCH Narcissistic Post-enlightenment World (with Ginger Coy)
<https://www.youtube.com/watch?v=Vky0h1MdPto>

WATCH Trump Warning: My Moral and Professional Obligation
<https://www.youtube.com/watch?v=rMdD3cbWQFQ>

Read column in Brussels Morning here: <https://brusselsmorning.com/is-trump-a-proto-fascist/36495/>

Recent (2023) statements by the front runner in the Republican primaries for Presidential candidate, Donald Trump, were eerily reminiscent of pronouncements by Adolf Hitler. Trump compared his rivals and adversaries to vermin to be destroyed, promised to establish concentration camps, and blamed immigrants for poisoning the blood of the USA.

But does this foaming at the mouth amount to fascism?

48.

Interview on Voice of the People with the veteran journalist Slobodan Tomik. We discussed the endgame in [Ukraine and in Gaza](#). Macedonian only on Vistel (Vistinska Televizija).

49.

To calibrate the [Julian calendar with the Gregorian](#) one and to move the Spring Equinox back to March 21, 10 days were dropped from the civil calendar in October 1582. Thursday, October 4 was followed by Friday, October 15. People rioted in the streets throughout Europe, convinced that they have been robbed of 10 days.

But this was merely a convenient fiction. The Spring Equinox in the Gregorian calendar was, indeed, celebrated on March 21 in perpetuity. But, according to the Julian calendar, in the 17th century it arrived on March 11th, in the 18th century on March 10th, in the 19th century on March 9th, and in the 20th century on March 8th - 13 days earlier than even the erroneous date adopted by the Nicea Council.

The Gregorian calendar was controversial in Protestant countries. Britain and its colonies adopted it only in 1752. They had to drop 11 days from the civil calendar and move the official new year from March 25 to January 1. For centuries, dates followed by OS (“Old Style”) were according to the Julian calendar and dates followed by NS (“New Style”) according to the Gregorian one. Sweden adopted the Gregorian Calendar in 1753, Japan in 1873, Egypt in 1875, Eastern Europe between 1912 to 1919 and Turkey in 1927. In Russia it was decreed by the (bourgeois) revolutionaries that thirteen days would be omitted from the calendar, the day following January 31, 1918 becoming February 14, 1918.

It was Pope Pius X who, in 1910, changed the beginning of the ecclesiastical year from Christmas Day to January 1, effective from 1911 onwards.

All that time, the Christian Orthodox continued to observe the Julian calendar. In 1923, a Conference of Orthodox Churches in Constantinople reduced the number of leap years every 900 years and attained a discrepancy between the calendar and the natural solar year of merely 2.2 seconds per year.

According to this calendar, the Spring Equinox will regress by one day every 40,000 years.

They, too, had to drop 13 days to bring the Spring Equinox back to March 21st. Hence the gap between December 25 (Gregorian calendar) and January 7 (revised Julian-Orthodox calendar).

50.

WATCH War as Narcissistic Fantasy (with Trisha Goddard on TALKTV)
<https://www.youtube.com/watch?v=5NC7119fXXg>

On the one hand, there is the [pornography of extreme, gory battle](#). War is thus perceived as the ultimate reality TV, a video game come alive, or a horror film incarnate. There is vicarious gratification in witnessing all this safely, from the comfort of one’s living room, having been spared the atrocities. A smug sensation of accomplishment, of having gotten away with it.

Distant wars also legitimize aggressive and entitled virtue signaling and competitive morality, a noxious self-aggrandizing and ostentatious form of self-imputed altruism.

There are, of course, those who empathize with the dying and the wounded and the suffering and do their best to help without seeking the attendant accolades of the professional do-gooder.

51.

Lessons about the [North-South divide](#):

Education is only one path to social mobility. In other societies, reputation and social networking matter much more.

The West has institutionalized corruption (aka lobbying) and now preaches to the developing world about nepotism, cronyism, and venality.

Technology should never be the end - only the means to an end.

The indigenous population knows the best solutions to its problems. We need to listen rather than preach, hector, and dictate.

Sam Vaknin, former economic advisor to governments.

52.

[Climate change](#) is not only a crisis - it is an opportunity: it amounts to a redistribution and reallocation of economic resources.

Global warming will give rise to new industries and activities, new ocean traffic lanes, new flora and fauna, new venues for tourism, and new holidays.

Rather than futilely attempting to reverse the irreversible - we need to adapt to climate change. It is here to stay - and so are we.

53.

[Terror organizations](#) can be eradicated only when they do not enjoy popular support and when they engage mostly in self-enrichment via crime (examples: al-Qaida, ISIS, narco-terrorists in south America).

In all other cases, faced with resolute attrition by state actors, terror groups convert into political parties (see Viet Cong, Taliban, Hezbollah, IRA, ETA, Sandinistas, etc.)

54.

I am not a [conspiracy theorist](#) because whenever I could account for events either by human stupidity and neglect or by human scheming and malice - I knew that the former explanation is infinitely more likely.

55.

We misunderstand [Donald Trump's appeal](#) and misconstrue the Palestinian state.

56.

No ethical consensus regarding what constitutes a Just War and the permissibility of civilian casualties.

There are international conventions and courts + domestic laws + Army guidelines.

PSYCHOLOGY OF [WAR CRIMES](#)

Bonding and intimacy among combatants, but even with the enemy which is life-threatening: Objectification, Dehumanization via splitting and reaction formation, attribution errors.

Paranoid ideation and persecutory delusions.

Self-empowerment, reassertion of control: Perception of necessary self-defense, greater good, preemption (anxiolytic), resolution or closure (vengeance, retribution, ledger settling accounts), righteousness.

Raw purity, exaltation, apotheosis (omnipotence), catharsis (Colonel Kurz in Apocalypse Now): sadistic, narcissistic psychopaths.

57.

The woke liberal left is ostensibly against all forms of discrimination, racism, and aggression.

But it makes an exception for and legitimizes [antisemitism](#) and violence - including sexual violence - against Jews because, in their eyes, Jews are synonymous with the oppressive and rapacious elites, maintain a "settler colonial outpost" (Israel), and are, therefore, the aggressors, never the victims.

58.

It is amazing how often [unmitigated idiots \(think Elon Musk\) are eulogized by towering intellectuals](#).

Example: Bismarck ruined the balance of power in Europe that guaranteed peace for decades. He introduced military might as the arbiter in international affairs. He destroyed the Holy Alliance and then had to recreate it from scratch. He fathered the two world wars that devastated the Continent and, most of all, his beloved Germany.

Yet, Kissinger called him a genius.

59.

College students are unleashed on smug intellectuals and a bloated bureaucracy. Elon [Musk's DOGE?](#) Nope. Mao's Cultural Revolution.

Democracy can never survive because it is self-contradictory: voters are barred from deciding to abolish it. In this sense, [democracy](#) is as totalitarian as any dictatorship.

The [USA is reverting to its roots](#). It was founded and governed by the billionaires of that era, rich slaveholders, in order to minimize taxation and (British) government interference. The USA was never meant to be a full-fledged democracy (remember the electoral college?)

[Checks and balances](#) is a counterfactual myth. If the US President decides to ignore the decisions of the Congress and the verdicts of the courts, there is nothing any of them can do about it. Impeachment is a joke, the power of the purse irrelevant. It is a tyranny in all but name.

60.

If the cage is sufficiently large, it creates the [illusion of freedom](#). When the enclosure is adequately provisioned it is misperceived as home.

61.

Everything that makes you "happy" comes from the outside. "[Happiness](#)" is society's way of controlling you.

62.

[What awaits us all?](#) An interview with [@slobodantomik](#)

63.

Planet, universe much better off should the human species be supplanted and replaced by the next stage in evolution.

The [next stage in evolution](#) could be a variation on the human species, could be a mixture of the human species with machines, so cyborgs, or could be a total replacement of the human species by another form of intelligence such as AI.

It is presumptuous to adopt God's POV (can we control our own evolution, what would be good for the planet).

We are limited entities.

No perfect information about ourselves and the environment. Logician and mathematician Kurt Godel: we cannot create perfect logical and mathematical system. If we did, they would become inconsistent and self-defeating. It is a grandiose set of mind.

What is better? Why is it better? What makes something or some environment better?

64.

Interview for the [Frontline Club of journalists, London, UK](#). With the veteran cameraman and reporter Vaughan Smith.

Topics: the psychology of propaganda and cluster B personalities as engines of progress.

[Return](#)

Me,

Me,

And

Me

351.

I have been nominated for the [2023 Global Mental Health Award](#).

Starting in July, summits will be held all over the world (see schedule of the G20 Health Series Summits on the left side of the image). This is the invitation.

I am faced with tough competition, but it is an honor to be one of the finalists.

352.

Academia.edu, the world's largest academic website, with close to 230,000,000 members, ranked me in the [top 0.1% of all academics in the world](#).

Swipe left: my work is cited in over 1460 academic works (articles, papers, and books). The actual figure is much higher, closer to 5000 (some articles cite Vaknin, S. and so on).

353.

Article in Journal of Psychiatry and Neurology about IPAM (my [Intrapsychic Activation Model](#)).

More about my work in psychology as well as many additional articles: <http://www.narcissistic-abuse.com/mediakit.html>

A correction: I am now a former visiting professor in SFU, Russia.

CIAPS (Commonwealth for International Advanced Professional Studies) is based in Cambridge, UK, Toronto, Canada; and with an outreach campus in Lagos, Nigeria.

354.

[Picsart](#) is an AI-assisted photo editor app. When you ask Picsart to depict someone, they return a processed image of that person, a rendition of him or her. Until now!

[@photographyfaust](#) typed "Sam Vaknin" into Picsart and this is what she got!

Visit her Instagram account to learn more about her truly bizarre experience when she tried various inputs to get Picsart to yield a human image of me - to no avail!

It seems that Picsart exposed who I truly am: a nonhuman intelligence from a galaxy far away! No wonder I am so dead set against granting the masses access to AI 😏

355.

Passed 15,000 followers on LinkedIn including more than [14,000 mental health practitioners and academics](#) from all over the world: psychiatrists, psychologists, therapists, professors, researchers, authors, and neuroscientists.

356.

Anniversary of my first year as [Visiting Professor of Psychology in Southern Federal University \(SFU\)](#), Rostov-on-Don, Russian Federation. I taught there between 2017-2022.

In the description of the video I uploaded today to my YouTube channel, you can find a link to download a file with a few of my classes in SFU (Warning: big file, 40 Gb).

357.

One day

Soon

[I will stop.](#)

My heart will stop.

My brain will stop

This whirring contraption of ideas

Will stop.

My lungs, too.

My eyes will glaze over

With the horrified realization that it is all true.

One dies.

A furnace breeze will ruffle

Through yellowed papers

And sepia memories

In the minds of others.

Until they, too,

Will stop.

Poetry of Healing and Abuse <http://www.narcissistic-abuse.com/contents.html>

358.

[Translations of my videos to Portuguese and to Russian.](#) Swipe left to see the channels.

359.

More than 1750 [academic papers cite my work](#) and I am ranked among the top 0.5% of 230,000,000 academics in the world (swipe left).

<https://calmu.academia.edu/SamVaknin>

360.

On the phone, hushed voices, in our bedroom, late afternoon, Noa declines an offer to meet with her lover. I stand in the corridor, book in hand, listening intently, refusing to believe.

Her side of the conversation consists of a half-hearted demurrer balanced by a lot of hopeful incredulity. How do you know the key will be under the rug - she questions her interlocutor - and how can you be sure they won't be at home?

This is how this phone conversation proceeds and Noa can see a penumbral Sam projected by the hallway lighting and then she can see me entering the room and looking at her, dumbfounded. She casts a glance my way and ignores me, continues the exchange as though nothing entered her field of vision.

Continued here: <https://samvak.tripod.com/harmony-en.html>

[Short Fiction About Narcissists and Psychopaths](#) YouTube playlist.

361.

Mother tells me not to say anything at school about what is happening at home. Nothing is happening at home. Come morning, I wake up from my restless sleep and either I wetted my bed or I didn't. If I did, mother silently packs off my soaked pajamas and the damp sheets, casting a harsh glance at the black stain that seeps into the bed's upholstery. The house already reeks and she opens the shutters and lays the linen on the window panes, half out and the dry half in.

Continued here: <https://samvak.tripod.com/wronghome-en.html>

Short Fiction About Narcissists and Psychopaths playlist on my YouTube channel:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

362.

(Swipe left) Invited by the [European Society of Medicine](#) to write an article about my recent advances in the study of personality disorders for their Medical Research Archives. This year's journal will be dedicated to "Challenges and Opportunities in Personality Disorders".

363.

I am not a [nice person](#). Should I fake it or remain true to myself, authentic?

364.

The pinnacle of [narcissistic supply](#)! Even animals in the wild call out my name! King Solomon had nothing on me!

365.

IN [MONGOLIAN](#)! "Malignant Self-love: Narcissism Revisited" published by [@enkhempire](#)

Watch the interviews with the publisher on my YouTube channel.

[Narcissism is a dreamscape, surrealistic, an alien planet](#). Welcome to the tour!

Narcissism makes perfect sense to the narcissist. It is an organizing principle which imbues the narcissist's life with meaning, purpose, and direction.

On the occasion of the publishing of the Mongolian language translation of "Malignant Self-love: Narcissism Revisited".

Part 2 of an interview with the Mongolian publisher Enkhbayar Jargalsaikhan (Enkh Empire <https://m.facebook.com/enkhempirepublishing> Instagram: [@enkhempire](https://www.instagram.com/enkhempire))

And my wife, publisher Lidija Rangelovska (<https://www.facebook.com/NarcissusPublications>)

366.

In my case, the only way to lose weight is to take a haircut!

But the books make up for it. I travel the world mainly to visit [bookstores](#). Books are the closest I ever get to true love!

367.

My mother instructed us severely:

"If daddy's youngest brother calls, don't answer. Nor he neither his wayward sister are part of our family. Your father excommunicated them forever and cursed their lineage. They have disgraced us. Now they are perfect strangers."

I liked my uncle - boyish and outgoing, hair long, and smooth, and often brushed and dried, his clothes the latest fashion from abroad. He was a seaman. His visits smelled of outlying cities and sinful women thin-clad in bustling ports. He carried stacks of foreign bills stashed in his socks and bought my mother foreign, costly fragrances (she buried them among her lingerie until they all evaporated).

At the bottom of his magic chest lay booklets with titillating tales of sizzling sex and awesome drug lords. I waited for his visits with the impatience of an inmate. He was the idol of my budding wilfulness and nascent freedom. I resented our forced estrangement.

And so began [my mutiny](#). Lured by the siren songs of far-flung lands, of sexual liberation, and of equality, I travelled to my grandma's home, an uninvited guest. My uncle, whose name now we could not pronounce, was there. We strolled the windswept promenade of Beer-Sheba, kicking some skeletal branches as we talked. He treated me as an adult.

Continued here: <https://samvak.tripod.com/redemption-en.html>

Short Fiction About Narcissists and Psychopaths:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

368.

Have just received my copy of this amazing [tour de force confessional](#). A story of extreme child abuse turned into an exploratory journey of self-redemption. I am proud and honored to have written the foreword to it.

My foreword to [One Way to Get Out of the Kitchen: From Subservience to Narcissism](#) by Roberta Elsie Jay.

369.

Watch my [videos translated into Portuguese](#) by Mirna Liz:

<http://www.youtube.com/@narcisismocomminaliz>

370.

The conflict between the [absence that I am](#) and the presence that I wish I were is ongoing. I was denied as a child, I was not allowed to become, so I never formed. I remained an unfulfilled promise or a dream.

Courtesy of [@narcissistic.abuseawareness](#)

371.

"We have a [Jewish](#) guest, from Israel today" - he hesitated - "He will say grace for us. In Hebrew."

The hall reverberated. My host impelled me forward. A sea of crimson skullcaps as they rested foreheads on locked, diaphanous digits. I uttered the Jewish prayer slowly, improvising some. The alien phrases recoiled from the masonry, bounced among the massive trestle-tops, ricocheted from the clay utensils, the crude-carved cutlery, the cotton tablecloths. A towering Jesus bled into a candled recess.

The abbot led me to a chair and placed a bowl of nebulous soup in front. He stuck a wooden spoon right in the swirling liquid and went away. I ate, head bowed, maintaining silence, conforming to the crowd's ostentatious decorum. The repast over, I joined the abbot and his guests in the procession to his office. He recounted proudly the tale of my most imminent conversion.

They looked aghast. One of them enquired how I found Jesus. I said I hadn't yet. The abbot smiled contentedly. "He is not a liar" - he averred - "He doesn't lie even when lying leads to profit". "Perhaps the profitable thing to do is to be truthful in this case" - one bitterly commented.

Continued here: <https://samvak.tripod.com/jesus-en.html>

Short Fiction About Narcissists and Psychopaths:

https://www.youtube.com/watch?v=wtLdPsCsQPc&list=PLsh_y_ett4o3haxsa62BXUwz8mB6eXWur

372.

[When you wake the morning](#)

red headed children shimmer in your eyes.

The veinous map

of sun drenched eyelids

flutters

throbbing topography.

Your muscles ripple.

Scared animals burrow
under your dewey skin.
Frozen light sculptures
where wrinkles dwell.
Embroidered shades,
in thick-maned tapestry.
Your lips depart in scarlet,
flesh to withering flesh,
and breath in curved tranquility
escapes the flaring nostrils.
Your warmth invades my sweat,
your lips leave skin regards
on my humidity.
Eyelashes clash.

More poetry of healing and abuse by Sam Vaknin here: <http://samvak.tripod.com/contents.html>

373.

[My books: http://www.narcissistic-abuse.com/thebook.html](http://www.narcissistic-abuse.com/thebook.html)

Find and Buy MOST of my BOOKS and eBooks in my Amazon Store:
<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

Video courtesy of [@mirna_liz37](#)

374.

[Joint Event on Neurology and Addiction keynote presentation.](#)

4th Global Conference on Addiction Medicine, Behavioral Health, and Psychiatry, Boston, October 2023.

I am no longer with Southern Federal University (the event was planned before the war in Ukraine started).

375.

I experience [my False Self](#) through a glass darkly, partition, observer only.

Truthful voices distant, dimmed, echoes.

Depersonalization and derealization.

It serves as a decoy, it "attracts the fire". It is a proxy for the True Self. It is tough as nails and can absorb any amount of pain, hurt and negative emotions. By inventing it, the child develops immunity to the indifference, manipulation, sadism, smothering, or exploitation – in short: to the abuse – inflicted on him by his parents (or by other Primary Objects in his life). It is an invisibility cloak, protecting him, rendering him invisible and omnipotent at the same time.

The False Self is misrepresented by the narcissist as his True Self. The narcissist is saying, in effect: "I am not who you think I am. I am someone else. I am this (False) Self. Therefore, I deserve a better, painless, more considerate treatment." The False Self, thus, is a contraption intended to alter other people's behaviour and attitude towards the narcissist.

Re-Interpretation

It causes the narcissist to re-interpret certain emotions and reactions in a flattering, socially acceptable, light. The narcissist may, for instance, interpret fear as compassion. If the narcissist hurts someone he fears (e.g., an authority figure), he may feel bad afterwards and interpret his discomfort as empathy and compassion or courage, having balls. To be afraid is humiliating – to be compassionate or brave is commendable and earns the narcissist social commendation and understanding (narcissistic supply).

Emulation, Mimicry

The narcissist is possessed of an uncanny ability to psychologically penetrate others. Often, this gift is abused and put at the service of the narcissist's control freakery and sadism. The narcissist uses it liberally to annihilate the natural defences of his victims by faking empathy.

This capacity is coupled with the narcissist's eerie ability to imitate emotions and their attendant behaviours (affect). The narcissist possesses "emotional resonance tables". He keeps records of every action and reaction, every utterance and consequence, every datum provided by others regarding their state of mind and emotional make-up. From these, he then constructs a set of formulas, which often result in impeccably accurate renditions of emotional behaviour. This can be enormously deceiving.

376.

[My YouTube channel on narcissism](#) is highly academic and encumbered with 10 dollar words (you see?). But since the beginning of this year, it has been skyrocketing: subscribers are up 40% to 300,000 and views are up 70%. I have added 500 hours of prime quality content in just 10 months.

This past year has been one of the most productive and creative in my life: published 3 books, 50 columns (in Brussels Morning), 400 videos, gave dozens of interviews to media all over the world.

I also collaborated with multiple mental health practitioners (15,000 of them follow me on LinkedIn). I have just received the contract for my next academic book. What a year!

I wish you the same contentment and accomplishments in your lives!

Last image (swipe left) courtesy [@mirna_liz37](#)

377.

Sometimes, on your trip, you find an [unexpected friend](#). I have always liked turtles and tortoises. They have been my first pets as I attempted to survive my childhood.

Tortoises are the perfect allegory of mental health: tough on the outside, soft inside, adaptable to many environments, peaceful, deliberate, constant, and efficacious.

PS

The tortoise is the one on the left in this photo.

378.

Through [someone else's eyes](#).

379.

[Icelandic](#) is my kind of language. Transcripts of my videos available here: <http://www.vaknin-talks.com>

380.

[Lecture in Mexico City](#), January 27, 11 AM. Write to [@jimenamera](#) to obtain the address of the lecture hall. The lecture is in English with simultaneous translation and lasts 3 hours (including 90 minutes of Q&A).

Having a decaf cuppa ahead of the lecture to an audience in [Mexico City](#). If you wish to organize a FREE lecture or a PAID seminar in your location, please contact me.

I have released the Q&A segment of the Mexico City event on my YouTube channel and will publish the lecture itself later this week.

381.

2 videos in Spanish - swipe left. Congreso Internacional de Estudios Literarios, January 2024: Member of the Scientific Committee and presentation about the [psychology of the protagonists of Dostoyevsky's novels](#).

[Certificate of participation in the Congreso Internacional de Estudios Literarios](#), January 2024: Member of the Scientific Committee and presentation about the psychology of the protagonists of Dostoyevsky's novels.

382.

[Sam Vaknin, Introject](#).

383.

[I get really catty when:](#)

1. People denigrate me with the n-word (narcissist) ungrateful for my pioneering work in the field of narcissistic abuse (which I was the first to describe, 30 years ago);
2. People emerge from the woodwork with infantile nonsense like god, astrology, homeopathy, anti-vaxxing, or Q-Anon and other deranged conspiracy theories;

3. People claim expertise on issues and topics they know nothing about;
4. People ask me questions because they are too lazy to search my YouTube channel or google the answer;
5. People are too stupid to grasp how dumb they are;
6. People address me disrespectfully as if we are best buddies, though I couldn't tell them from Adam (or Eve) for the life of me.
7. Covert narcissists faking it as "victims", healers, gurus, and "empaths".

And this is a partial list.

384.

Ghosting

Like a ghost
I pass away, imprinted
In your lives
The minds and retinas of lovers
Strewn across my path
Ephemeral.

In kingdoms
Where I once ruled
Invisible
A memory of slaughtered dreams
And thwarted sunshines.

I wish to hold a hand across the Time
That sacks me.
Perchance
The apparition of a smile.
Skin flouting skin.
The bony chill of lovemaking
In search of love.

I shall be no more, I know.
No one will carry me henceforth,
Merely aspired, I am
A dissipated recollection of an existence failed.

Poetry of Healing and Abuse <http://samvak.tripod.com/contents.html>

Image courtesy of [@mirna_liz37](#)

385.

Some people just lend themselves to [caricature](#)!

Courtesy of Tamara Lynn

386.

[Lecture in Zagreb](#) to mental health clinicians.

387.

[Between the covers of my books](#)

Tattered worlds await.
People smeared on pages
Desiccated.
My gaze revives their intercourse
In every way.

Itinerant, I wonder
voluminously
A hefty fly on crumbling walls
Of ink and lachrymosity.

Tomes of my pains and memories
bound in my hide.

A palimpsest on the
brittle parchment
That is me.

My private archaeology.

Then sepia dust.

Poetry of Healing and Abuse <http://www.narcissistic-abuse.com/contents.html>

388.

The next generation of [OK, Shoshanim](#). Courtesy of Lucia Lorenzo.

389.

[Birthday interview](#) with Scott Douglas Jacobsen of In-Sight and Good Men's Project.

390.

My appointment has just been extended as a [professor of psychology and management](#) in the Faculty of CIAPS (Commonwealth Institute for Advanced Professional Studies) in the UK (Cambridge and Birmingham), Canada (Ontario), and Nigeria (Lagos). [My page in the faculty of CIAPS](#) (scroll to the left) <https://ciaps.org/faculty/sam-vaknin/>

391.

The only thing I love more than [food](#) is more food. Overeating and hoarding (including of money) are forms of anxiolytic (anxiety-reducing) self-soothing.

Photo courtesy of [@reframingtheself](#)

392.

[I peer review book proposals for publishers](#) such as Routledge and Bloomsbury. I always choose to get paid in books rather than in cash. Books have always been the only constant in my life, a

sanctuary from horrors and torments, the repository of unrequited attachment, they afforded me a sense of safety wherever I had ended up, and provided the transmission mechanism from the slum of my birthplace to the adventures that awaited me among the rich, the mighty, and the learned.

Photo courtesy of [@reframingtheself](#)

393.

Sam Vaknin's keynote presentation in the [International Congress on Mental Health and Psychiatry](#), December 2024, Paris, France.

394.

The back cover of the first edition of "[Malignant Self-love: Narcissism Revisited](#)", the first book ever written about narcissistic abuse (published online in 1997 and in a print edition 1999). Nothing much new has been added since then.

395.

[YOLO=You Only Live Once, WOLF=We Only Live Forever.](#)

No Ego, No Superego, Only Id.

No horizon: no future consequences to present actions (malignant mindfulness), sense of impunity and immunity (will always get away with it).

Opportunities perceives as malfunctions of reality and the resulting disequilibrium must be seized regardless of costs or consequences (carpe diem).

Lack of impulse control, disinhibition, attentional narrowing.

Rise of narcissism in modern civilization renders other people a burden or even dangerous.

Narcissists and psychopaths are over-represented in mission critical professions.

Narcissists and psychopaths in the family and among friends, on dating and in the workplace makes self-sufficient atomization and solitude the only survival strategy if one abjures narcissism.

Schizoid men saw the business opportunity in such social trends and developed technologies that are asocial, mislabeling them as social.

396.

[Kathi Stringer](#), a mental health educator and author, was among the very first to spread the word about my work on narcissistic abuse in the 1990s through her website. To express her commitment to these then new ideas about narcissism, she purchased 100 copies of the first edition of "Malignant Self-love: Narcissism Revisited" (I have never charged for any of my content online). A few days ago, she sent me this song and I am sharing it with you.

397.

This is how [AI imagines and visualizes my mind](#), based on my talk with Dr. Martin Burckhardt. Swipe left.

398.

[Being a Jew](#) is a life sentence which I am proud to bear. Interview with Conor Ryan, Eyes Wide Open.

399.

Video presentation in 4th World Congress of Psychiatrists and Psychologist in Paris, June 2024. The topic: "[Narcissists under Pressure in Peer Groups](#)".

400.

On Vistel TV (vvtv.mk) in Skopje, North Macedonia at 17:15 local time. Going to talk to the veteran journalist, Slobodan Tomik [@slobodantomik](#) about [Israel's war in Gaza, parliamentary elections in the EU, Russia's invasion of Ukraine, China and the USA](#). For more, see my vakninmusings YouTube channel.

401.

[I experience people as dim apparitions](#), inert characters in a boring novel or a tedious, overlong film – lifeless, except when they provide me with narcissistic or sadistic supply at which point they spring to life (like so many nutcrackers or gingerbread men) and become radiant, kinetic, idealized beings.

People pass through my perimeter, devoid of all significance, their limbs askew, their mouths gaping. They invariably exit stage left, never to be brought to mind.

Stuttering, then freezing frames in obsolete films or in burning celluloid photographs.

They cease to exist when they cease to give and I expect to be treated as transactionally.

Nostalgia for the period, for memories of abundant, high-quality supply – never for people. I don't miss anyone ever: they are mere sepia memories trapped in the amber of my mind.

The Second Coming by William Butler Yeats

Do Not Go Gentle into That Good Night by Dylan Thomas

402.

When you grow old
Your fingerprints
Start fading.
The lines and whorls
That make up
Your identity
Break down
Disjointed.
You are rendered
Hard to tell,
To capture.
Safer to commit crimes
With gloves off.
Or just to touch
Someone
Post mortem
With your blurring

Fingertips.

[Poetry of Healing and Abuse](http://www.narcissistic-abuse.com/contents.html) by Sam Vaknin <http://www.narcissistic-abuse.com/contents.html>

403.

I don't care what happens after I die. I will not be present in my own death. It is my life that I am concerned with: the pleasure it affords and the risks it poses.

I deserve and demand credit for my work as long as I am alive because I expect to be respected and because plagiarism is theft.

But post-mortem [legacy](#) is for suckers. It is a narrative intended to facilitate social control.

Why would I care about what people have to say about me after I have died and have become worm menu? It is the height of nonsensical irrationality!

404.

[I experience people as dim apparitions](#), inert characters in a boring novel or a tedious, overlong film – lifeless, except when they provide me with narcissistic or sadistic supply at which point they spring to life (like so many nutcrackers or gingerbread men) and become radiant, kinetic, idealized beings.

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The Second Coming by William Butler Yeats

Do Not Go Gentle into That Good Night by Dylan Thomas

405.

I am one [hot narcissist](#)! 40 celsius here (105 Fahrenheit). A globe in heat. Scroll left.

406.

Listen to my [BBC World Service/PBS/NPR Interview](#) (starts 14:21):

<https://www.bbc.co.uk/programmes/w172zb8ynfjzwx>

Active links available here:

<https://samvak.tripod.com/mediakit.html>

Type the links into the address bar of your browser.

407.

The new academic year is upon us. I have been serving as a professor of clinical psychology and of finance and business management in CIAPS (among other higher ed institutions in several countries) since 2012. This year, I will be posting some of my lectures in CIAPS on my YouTube channel.

[CIAPS \(Commonwealth Institute of Advanced Professional Studies\)](#) is based in Cambridge, UK; Birmingham, UK; Ontario, Canada; and Lagos, Nigeria.

On my channel you can also find my lectures in Southern Federal University, Rostov-on-Don, Russia where I served as Visiting Professor of Psychology for 5 years (2017-22). Many additional lectures in SFU are available via <http://www.narcissistic-abuse.com/mediakit.html>

This year, I have seminars and lectures scheduled in several countries. They are for clinicians only, but I will be posting the video recordings on my YouTube channel.

408.

[I never was a child](#): I was a Wunderkind, the answer to my mother's or father's prayers and intellectual frustration.

I wrote in "Malignant Self-love: Narcissism Revisited" in 1997:

"Forcing a child into of adult pursuits is one of the subtlest varieties of soul murder. Very often we find that the narcissist was deprived of his childhood. He may have been a Wunderkind, the answer to his mother's or father's prayers and the salve to her frustrations. A human computing machine, a walking-talking encyclopaedia, a curiosity, a circus freak – he may have been observed by developmental psychologists, interviewed by the media, endured the envy of his peers and their pushy mothers.

Consequently, such narcissists constantly clash with figures of authority because they feel entitled to special treatment, immune to prosecution, with a mission in life, destined for greatness, and, therefore, inherently superior.

The Wunderkind narcissist refuses to grow up. In his mind, his tender age formed an integral part of the precocious miracle that he once was. One looks much less phenomenal and one's exploits and achievements are much less awe-inspiring at the age of 40 – than at the age of 4. Better stay young forever and thus secure one's Narcissistic Supply.

So, the narcissist refuses to grow up. He never takes out a driver's licence. He does not have children. He rarely has sex. He never settle-down in one place. He rejects intimacy. In short, he refrains from adulthood and adult chores. He has no adult skills. He assumes no adult responsibilities. He expects indulgence from others. He is petulant and haughtily spoiled. He is capricious, infantile and emotionally labile and immature. The narcissist is frequently a 40 or 60 years-old brat."

Image courtesy of [@mirna_liz37](#)

409.

[Found footage](#) of someone who looks a lot like Sam Vaknin (only more intelligent). Don't try this at home! If you come across this madman, barricade yourself and call the authorities, including a psychiatrist. This "man" is unarmed and sectioned! Pity about the t-shirts, though!

Compilation courtesy Dorcas.

410.

[@vakninsamnarcissist](#) is my [archival account on Instagram](#) with hundreds of texts and images about narcissism, narcissists, narcissistic abuse, and dozens of other topics. You are welcome to visit it!

411.

(Swipe left) A [day in the life of an aging scholar](#): 1. The elephant in the bookstore 2. Don't look a gift rabbit in the eyes (thank you, Chiara Rudi!) 3. How a Jew started all this shit (narcissism). Photos courtesy of [@reframingtheself](#)

A day in the life of: swipe left. [Typically crazy day](#) yesterday: buying books by the cart in Akademska Kniga (an amazing bookstore!), discovering my inner biker, and getting introduced to a literate cat who knows more about narcissism than all the self-styled "experts" online combined (hint: the book by its side 😊). In between: an interview in Telma TV. Phew!

Photography: [@reframingtheself](#)

412.

[Baguette](#) discloses a traumatic event from his childhood and the consequences of parenting by a broken mother. But there is a message of hope to the victims. Be sure to watch the highlight with the previous videos and photos in this series which are both heartbreaking and uplifting!

Video courtesy of [@mirna_liz37](#)

413.

Chaired the sessions of the [Addiction World Conference](#) earlier this month. Watch the videos in the Addiction playlist on my YouTube channel, including my recent lecture in Mexico City.

414.

[My first class as Visiting Professor of Psychology and Visiting Professor of Economics in South East European University in North Macedonia](#). The topic: Lifespan Development Psychology. I am a long time Professor of Clinical Psychology and a Professor of Business Management in CIAPS (Cambridge and Birmingham, UK; Ontario, Canada; and Lagos, Nigeria).

(Swipe left). [My first lecture as Visiting Professor of Psychology in SEEU](#) is available on my YouTube channel. CIAPS (where I serve as Professor of Clinical Psychology and Professor of Business Management) has announced my appointment in SEEU as well.

The lecture posted on my YouTube channel is an introduction to lifespan development psychology, a fascinating, integrative, new field.

415.

My responses in English. [Iran, Israel, Hizbullah, Hamas, Shia, Sunnis in the Middle East](#) - what's next? Full interview tomorrow on Telma TV. The full interview in my vakninmusings YouTube channel.

416.

A [day in the life of](#): swipe left. Typically crazy day yesterday: buying books by the cart in Akademska Kniga (an amazing bookstore!), discovering my inner biker, and getting introduced to a literate cat who knows more about narcissism than all the self-styled "experts" online combined (hint: the book

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Photography: [@reframingtheself](#)

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The lecture posted on my YouTube channel is an introduction to lifespan development psychology, a fascinating, integrative, new field.

418.

Ohrid. Kasarna Hub.

October 26. 6 PM.

Sam Vaknin

[“Narcissistic Abuse: Into the Dark Side and Back”](#).

Be there. Free entry.

[Lecture to clinicians and community activists.](#)

Scenes from [my stay in the scenic Heritage Site city of Ohrid](#). Empathizing with the birds in the lake. Granting an interview to TalkTV. Strolling. Recording hours of new lectures for my poor students. Started this trip with a lecture to clinicians and community organizers about narcissism, what else. Photos courtesy of [@reframingtheself](#)

419.

Keynote speaker in [5th Global Conference on Addiction Medicine, Behavioral Health, and Psychiatry](#). My topic: suggestible patients in therapy.

420.

Another week, another [class in South East European University \(SEEU\)](#). This time: From Freud to Fairbairn, from Psychoanalysis to Object Relations.

421.

Featured Speaker in [World Neuroscience and Psychiatry Conference 2025](#), Bangkok, March 2025. Talk on The Aggressive Narcissist.

422.

[Biden, Putin, Trump, Russia, Ukraine, Israel](#) and all the rest. Guest of Slobodan Tomik in Vistel TV. Rerun at 10 PM on Saturday.

423.

The [dissolution of my life](#) reflects the disintegration of the world around me, of the very fabric of civilization.

Decay and decadence are contagious and transcend the boundaries of the collective to infect the individual.

424.

Organizing Committee Member and Speaker in [World Neuroscience and Psychiatry Conference 2025](#), Bangkok, March 2025. Talk on The Aggressive Narcissist.

425.

Countdown to the [mega-seminar in Zagreb](#) with hundreds of clinicians from all over Europe in attendance.

he Power of Intention Center organizes a [free seminar](#) by Professor Sam Vaknin. More details below, and you can sign up on this link: <https://snaganamjere.com/sam-vaknin/>

LECTURER

Sam Vaknin, PhD

Professor of Clinical Psychology and Management Studies in CIAPS (Commonwealth Institute of Advanced Professional Studies), Cambridge and Birmingham, UK; Ontario, Canada; and Lagos, Nigeria;

Visiting Professor Of Psychology and of Economics in South East European University (SEEU), North Macedonia

Former Visiting Professor of Psychology, Southern Federal University, Rostov-on-Don, Russia (2017-22).

SEMINAR

Cost: FREE

Length: 7 hours with 4 breaks of 15 minutes each.

Title: “[Cluster B Personality Disorders: Recent Advances in Diagnosis and Treatment](#)”

Audience: organized by Intention Power Center

Venue: Hotel “Antunović”, Zagreb, 102 Zagreb Avenue, Croatia

Timing: 8th December 2024, 10.00 a.m.- 5.00 p.m.

Language: English (no translation)

Synopsis:

The field of personality disorders is at an impasse, reflected in the competing diagnostic models in the DSM 5-TR (the categorical lists of diagnostic criteria imported verbatim from the DSM-IV-TR vs. the dimensional, descriptive alternative models, relegated to the appendices).

We need to reconceive of cluster B personality disorders as post-traumatic dissociative conditions involving self-states (subpersonalities with pseudoidentities). This seems to be the most clinically rigorous way to rid ourselves of excessive comorbidities and polythetic diagnoses.

Recasting cluster B personality disorders as post-traumatic conditions which involve dissociation goes a long way towards resolving these outstanding conundrums and provides for hitherto absent efficacious treatment modalities.

Yesterday, I started to upload to YouTube the [5 videos of the clinicians seminar in Zagreb](#).

426.

[Nostalgia](#).

427.

The only two things I love more than [food](#) are: books and more food. Consequently, I resemble a Jewish bowling pin. It is Christmas in the countries of Orthodox Christianity which still adhere to the old calendar. Opportunity for both comestibles and combustibles (and books, of course, always books).

Photo courtesy of [@reframingtheself](#)

428.

A trip down memory lane courtesy of the Wayback Machine. Snapshots of the first ever website and the first ever support group dedicated to narcissistic abuse.

In 1995, after ten years of research, I finished writing my magnum opus, [“Malignant Self-love: Narcissism Revisited”](#).

For my birthday in 1997, my wife and collaborator, Lidija Rangelovska [@reframingtheself](#) uploaded the FAQs part of the book to a Geocities website. It was the first website ever on narcissistic abuse.

Later that year, I opened and moderated the first support group for victims of narcissists. I then established another 5 groups on Suite101.

For an entire decade, I was the only voice online. It took nine years before I lost this distinction. In 2009, I also opened the first YouTube channel on narcissism and narcissistic abuse.

I pioneered the field and coined most of the language in use today. I am now largely forgotten and obscured, eclipsed by an avalanche of charlatans and self-styled “experts”. Only the Wayback Machine preserves the truth in its bowels, in the archaeology of the internet.

429.

The [Evolving Role of HR Managers by CIAPS](#)

Join our exclusive 1-hour CIAPS Webinar

Date: 29th January 2025

Time: Starts at 10 am and ends at 11 am

Location: Online

Fee: Attendance by Invitation only

Contact Us

For inquiries or more information, please get in touch with us via

Email: events@ciaps.org WhatsApp: +447424898596 Website: www.ciaps.org

Don't miss this opportunity to redefine your role in HR and lead your organisation to success!

430.

[Perplexity](#) is a search engine app of all the major AI chatbots, like ChatGPT and Claude. Here is what it has to say about my work in psychology.

431.

[Workshop by Goldberg and Associates at the University of Toronto](#) features my work inter alia. Topic: divorce, custody, dissociative disorders, betrayal trauma, parental alienation (a real thing?).

432.

The [Alice books by "Lewis Carroll"](#) are my favoritest books in the whole world. I possess a dozen editions, at the very least.

On Israeli radio, I discussed the hidden messages in "Alice in Wonderland" with Benny Hendel. The recordings (in Hebrew) are available in archive.org.

I even wrote a sequel to the books (commissioned by a UK publisher of cookbooks!). It is available here: <https://samvak.tripod.com/aliceanniversary.html>

This magnificent edition by the original publisher contains the color illustrations by Tenniel, text hitherto excised from the published tomes, correspondences and prefaces by Carroll and, of course, the precious, mind-bending texts.

Thank you [@reframingtheself](#)

433.

Certificates of attendance and excellence at the [World Neuroscience and Psychiatry Conference](#), March 2025. My presentation: "The Aggressive Narcissist".

[Return](#)

**Public
Intellectual,
Private
Rants**

765.

[Nothingness is freedom](#), a profound liberation, embracing your authentic essence.

766.

[Your luck](#) doesn't make you - YOU make your luck.

767.

Never make yourself the custodian or guarantor of [other people's emotions or happiness](#).

768.

[Europe is faced with a real war, not a cold one](#). The invasion of Ukraine engendered a domino effect, a vortex which might easily consume countries such as Belarus and Moldova and adversely affect Russia's neighbors: Romania, Poland, the Baltic states, and Scandinavia's new NATO members. Even far-flung polities such as Bulgaria and Serbia are bound to be sucked into the maelstrom.

It is time to prepare for a repeat of the 1930s: increase defense spending, reintroduce conscription, and enhance the production of armaments across the board. We must not repeat the mistakes that helped foster Hitler's myth of invincibility in 1936-1939: no appeasement this time.

Continued in the video on my vakninmusings channel.

769.

People misperceive [truth tellers](#) as cruel, envious, hateful, and rejecting.

People misperceive deceitful fakes as empathic, kind, nice, and compassionate.

And this is the truth.

770.

Both Freud and Marx maintained the view that all religions are mass psychogenic illnesses: socially sublimated delusional disorders. But many people hold dearer than life various artefacts associated with these beliefs, counterfactual as they may be.

[Burning the Qur'an](#) is an act intended to provoke pain and indignation in these faithful. It is nothing short of cruel and sadistic. Taunting the mentally ill should invariably be outlawed. There ought to be limits to free speech and this should be one of them.

Video, based on a column in Brussels Morning, available on my vakninmusings YouTube channel.

771.

Some people are torn between the need to love someone - and a dread of intimacy, the ineradicable need to be a loner.

Aloneness is a golden cage.

Luxurious prison.

Beloved grave.

Such people are attached to being alone, love it, confuse [solitude](#) with freedom and independence.

But many of them - not all! - do feel lonely and crave a partner in their lives.

So, to square the circle, they always choose mates who are unavailable and thus do not threaten their cherished hermetic existence.

772.

[Spirituality](#), spiritual factor, spiritual faith healing

Mental healing, psychic healing

Empirical self, nominative self

Geisteswissenschaftliche Psychologie

Naturwissenschaftliche Psychologie

Verstehende Psychologie

Existentialism, existential psychology

Being-in-the-world and world design

Dasein, authenticity, and essence

Humanistic psychology and human-potential movement

Fulfillment model

773.

[Borderline Personality Organization Scale \(BPO\)](#)

Diagnostic test designed in 1985. It sorts the responses of respondents into 30 relevant scales. It indicates the existence of identity disturbance, primitive defenses, and deficient reality testing.

[Catalepsy](#)

The rigid maintenance of a position of the entire body or of an organ over extended periods of time ("waxy flexibility"). "Human sculptures" are patients who freeze in any posture and position that they are placed, no matter how painful and unusual. Typical of catatonics. See: Cerea Flexibilitas

774.

This unsavory turn of events has been predicted long ago: [compassion fatigue](#), the point in time when Ukrainian refugees become a burden rather than welcome guests, subject to outpourings of compassion.

The maximal geopolitical and military positions of both Russia and Ukraine preclude any diplomatic resolution of the conflict. Mind you, Ukraine is the victim here, so enforced symmetry would be immoral. Morally, Russia has to give.

But the indolent, decadent, and sated West is fatigued. The novelty wore off as did the self-congratulatory feel good grandiose factor. The whole conundrum has lost its jaded entertainment value. Time to move on to another reality TV show.

The recent events in Czechia reify this Europe-wide self-indulgent mood. A Roma man was murdered by a Ukrainian newcomer. This has been only the latest in a string of bloodied skirmishes between these two minorities.

Continued in the video and in my column in Brussels Morning.

775.

All you need to know about [healing and recovery via self-love](#).

776.

There is only one way to go about it: the [EU needs to suspend members](#) which hanker after Moscow and Beijing more than they care to imitate Brussels and Berlin.

The EU is the reification of a philosophy, the reincarnation of an ideology of liberal democracy at its fairest and best. Countries like Hungary and Poland taint and compromise this vision. They have no more claim to the EU than Turkey does. They should go their separate ways. They have no place in the EU.

My column in Brussels Morning available in video format on my vakninmusings channel.

777.

Assemble these definitions into a Mental Health Dictionary!

[Catatonia](#)

A syndrome comprised of various signs, amongst which are: catalepsy, mutism, stereotypy, negativism, stupor, automatic obedience, echolalia, and echopraxia.

Until recently it was thought to be related to schizophrenia, but this view has been discredited when the biochemical basis for schizophrenia had been discovered.

The current thinking is that catatonia is an exaggerated form of mania (in other words: an affective disorder).

It is a feature of catatonic schizophrenia, though, and also appears in certain psychotic states and mental disorders that have organic (medical) roots.

[Catatonic Behavior](#)

Severe motoric abnormalities, including stupor or catalepsy (motoric immobility), or, at the other end of the spectrum, agitated (excessive), purposeless, repeated motoric activity, not in response to external stimuli or triggers.

Also (apparently motiveless) resistance or indifference to attempts to being moved or to being communicated with (extreme negativism).

Catatonic behavior often comprises mutism, posturing (stereotyped motion), echolalia, and echopraxia.

CCMD

Chinese Classification of Mental Disorders. The Chinese equivalent of the DSM. Currently in its third edition (CCMD-3). Recognizes culture-bound syndromes (e.g., Koro) as diagnosable and treatable mental health disorders.

Cerea Flexibilitas

Literally: wax-like flexibility. In the common form of catalepsy, the patient offers no resistance to the re-arrangement of his limbs or to the re-alignment of her posture. In Cerea Flexibilitas, there is some resistance, though it is very mild, much like the resistance a sculpture made of soft wax would offer.

Circumstantiality

When the train of thought and speech is often derailed by unrelated digressions, based on chaotic associations. The patient finally succeeds to express his or her main idea but only after much effort and wandering. In extreme cases considered to be a communication disorder.

Clang Associations

Rhyming or punning associations of words with no logical connection or any discernible relationship between them. Typical of manic episodes, psychotic states, and schizophrenia.

Clouding

(Also: Clouding of Consciousness)

The patient is wide awake but his or her awareness of the environment is partial, distorted, or impaired. Clouding also occurs when one gradually loses consciousness (for instance, as a result of intense pain or lack of oxygen).

Cognitive Dissonance

Cognitive dissonance is when someone holds simultaneously two conflicting views, thoughts, values, or bits of information which call for diametrically opposed decisions or actions.

This state of things generates an inner conflict and triggers several primitive (infantile) defense mechanisms such as denial, splitting, projection, and reaction formation.

Compulsion

Involuntary repetition of a stereotyped and ritualistic action or movement, usually in connection with a wish or a fear. The patient is aware of the irrationality of the compulsive act (in other words: she knows that there is no real connection between her fears and wishes and what she is repeatedly compelled to do). Most compulsive patients find their compulsions tedious, bothersome, distressing, and unpleasant - but resisting the urge results in mounting anxiety from which only the compulsive act provides much needed relief. Compulsions are common in obsessive-compulsive disorders, the Obsessive-Compulsive Personality Disorder (OCPD), and in certain types of schizophrenia.

Concrete Thinking

Inability or diminished capacity to form abstractions or to think using abstract categories. The patient is unable to consider and formulate hypotheses or to grasp and apply metaphors. Only one layer of meaning is attributed to each word or phrase and figures of speech are taken literally. Consequently, nuances are not detected or appreciated. A common feature of schizophrenia, autism spectrum disorders, and certain organic disorders.

Confabulation

The constant and unnecessary fabrication of information or events to fill in gaps in the patient's memory, biography or knowledge, or to substitute for unacceptable reality. Common in schizophrenia, Cluster B personality disorders (narcissistic, histrionic, borderline, and antisocial), in organic memory impairment (such as Korsakoff Syndrome, dementias), and in the amnesic syndrome (amnesia).

Conflict Tactics Scale (CTS)

Diagnostic test invented in 1979. It is a standardized scale of the frequency and intensity of conflict resolution tactics – especially abusive stratagems – used by members of a dyad (couple).

Confusion

Complete (though often momentary) loss of orientation in relation to one's location, time, and to other people. Usually the result of impaired memory (often occurs in dementia) or attention deficit (for instance, in delirium). Also see: Disorientation.

Culture-bound Syndrome

Recurrent dysfunctional behavior linked to troubling experiences regarded, in a specific locale by its native denizens, or in a specific culture, as aberrant or sick.

Defense Mechanism

A psychological process that protects or isolates a person from the effects of anxiety, internal and external stressors, and perceived or real dangers, usually by reducing, altering, or blocking his or her awareness of them. Defense mechanisms mediate the individual's reactions to emotional and physical hurt, inner conflicts, and stressors of all kinds. Most defense mechanisms are adaptive when first formed but later become maladaptive (e.g., splitting, acting out, projective identification, projection, intellectualization). Others - such as suppression or denial - can be adaptive in certain circumstances and if they are flexibly applied, are not severe, and are safely reversible. Defense mechanisms are measured and evaluated using the Defensive Functioning Scale.

Delirium

Delirium is a syndrome which involves clouding, confusion, restlessness, psychomotor disorders (retardation or, on the opposite pole, agitation), and mood and affective disturbances (lability). Delirium is not a constant state. It waxes and wanes and its onset is sudden, usually the result of some organic affliction of the brain.

Delusion

A belief, idea, or conviction firmly held despite abundant information to the contrary. The partial or complete loss of reality test is the first indication of a psychotic state or episode. Beliefs, ideas, or

convictions shared by other people, members of the same collective, are not, strictly speaking, delusions, although they may be hallmarks of shared psychosis. There are many types of delusions:

I. Paranoid

The belief that one is being controlled or persecuted by stealth powers and conspiracies.

2. Grandiose-magical

The conviction that one is important, omnipotent, possessed of occult powers, or a historic figure.

3. Referential (ideas of reference)

The belief that external, objective events carry hidden or coded messages or that one is the subject of discussion, derision, or opprobrium, even by total strangers.

[Delusions \(or Ideas\) of Reference, Referential Ideation](#)

The counterfactual conviction that unrelated events and people are somehow specifically meaningful to the person and intentionally effected. A patient with delusions of reference is convinced that he is the topic of malicious gossip, the victim of pranks, or the recipient of messages (for instance, through the media). See also: idea of reference, persecutory delusion.

[Dementia](#)

Simultaneous impairment of various mental faculties, especially the intellect, memory, judgment, abstract thinking, and impulse control due to brain damage, usually as an outcome of organic illness. Dementia ultimately leads to the transformation of the patient's whole personality. Dementia does not involve clouding and can have acute or slow (insidious) onset. Some dementia states are reversible.

[Denial](#)

Defense mechanism. Ignoring unpleasant or painful facts, filtering out data and content that contravene one's self-image, prejudices, and preconceived notions of others and of the world.

[Dependent Personality Disorder](#)

DPD; A compulsive, pervasive, and excessive craving to be attended to and taken care of that leads to clinging, stifling, and humiliating or submissive behaviors. Codependents are paralyzed by their anxiety of being abandoned.

They are indecisive and demand constant and repeated reassurances and advice from a myriad sources, thereby "transferring" responsibility for their decisions to others. Codependents rarely initiate, though they often harbor repressed ambition, energy, and imagination. They lack self-confidence and distrust their own abilities and judgment.

This reliance on others leads to self-negating behavior. The codependent never disagrees with meaningful others or criticizes them, lest s/he loses the support and emotional nurturance they do or could provide.

The codependent molds himself/herself and bends over backward to cater to the needs of his nearest and dearest and satisfy their every whim, wish, expectation, and demand.

Nothing is too unpleasant or unacceptable if it serves to secure the uninterrupted presence of the codependent's family and friends and the emotional sustenance s/he can extract (or extort) from them.

The codependent feels helpless, threatened, ill-at-ease, child-like, and not fully-alive when alone. This acute discomfort drives the codependent to hop from one relationship to another.

The sources of nurturance are interchangeable. To the codependent, being with someone, with anyone, no matter whom - is always preferable to being alone.

778.

[Money](#) means a lot, but beyond a certain quantity, it does not equate to or generate happiness. On the contrary: it diminishes it.

779.

It is not about enjoying life. [Life](#) is not Disneyland.

Life is hard work and not fun at all.

It is about self-actualization: realizing your full potential.

780.

[Depression](#) may be better conceived as a cognitive distortion rather than a mood disorder. It involves catastrophizing and a host of infantile psychological defense mechanisms. But sometimes it is a positive adaptation.

781.

([Rant](#) starts 05:56) Sado-masochism applies to non-romantic relationships as well: same dynamic of using sadism to provoke reactive abuse for masochistic supply.

The narcissist is the cause of the reactive abuse, he makes it happen. So, it enhances his sense of omnipotence (grandiosity) - the opposite of narcissistic injury.

Source of cognitive distortions such as grandiosity or catastrophizing (both predispose to depression) could be: compensatory to early childhood abuse and trauma; brain abnormalities; societal anomie; technology; peer pressure and conformity; fatalistic, defeatist, or deterministic culture; or expectations (esp. of significant others).

RANT

If you give flowers to a woman on a first date you may end up in prison as a sexist lovebomber.

But if you recommend suicide to a patient, you get paid for a therapy session.

If you befriend people IRL, you are a mentally ill codependent people pleaser.

But if you befriend them online, you are cool and hip.

If you read books, you are an incel nerd.

But if you play video games, you fit in and fun to be with.

If you speak the truth, you can be sued.

If you flatter and cajole and fake and bullshit, you are a global guru.

Sex is meaningless and casual, promiscuity is an accomplishment, virginity a repellent liability, adultery is universal and fun;

Divorce and reciprocal abuse are the norms in all manner of so called "relationships", intimacy is threatening, courting is harassment;

Expertise is suspect, mocked, and rejected;

Charitable acts are vile conspiracies, technology is slavery, erudition is derided, truthism and malignant grandiose egalitarianism abound;

Entitlement pervades; career criminals are martyrs, law enforcement monsters, con artists and actors rule and rock;

Social interactions and sexuality are vanishing, loneliness is in vogue;

The occult, the paranoid, and the irrational are considered superior to science and rationality, books and learning are niche pursuits;

Birthrates tumbled under the replacement rate, marriage and parenthood are widely shunned and frowned upon;

Only the virtual is real, censorship is praised, rabid and escalated self-promotion touted;

Plutocracies and authoritarian psychopaths govern, poverty, hardship, and sickness the norm worldwide.

And this was before Nature declared war on us.

I count my blessings: I don't have much longer to live. This is one planet I would be delighted to check out of. It is not mine and I have no idea how I ended up here. I want to go home.

I hate this brave, new world where:

Illiteracy is 140 characters long and has a face-book;

Everyone has a thousand virtual "friends", but virtually no real friend;

Every child has a mother and multiple fathers, but no parents;

Knowledge is a matter of opinion and opinions a matter of fads;

Our idols sport muscles and vocal cords, but little else besides;

The right to vote is universal, but the will to vote is not;

Everyone has a right to free speech, but little of value to say;

Extramarital sex is considered recreation and monogamy a throwback;

The only ideology is self-gratification and collectives are mere dim memories;

The only certainty is uncertainty and the only permanent fixture is change (for change's sake);

Obsolescence is the driver of innovation, but science, art, and literature are obsolete;

As men and women lose their traditional roles, confusion and inter-gender enmity reign. In a unisex world, homosexuality, or sexual abstinence are rational choices. As malignant, narcissistic individualism is on the rise, the species is dying out. In many countries - including major ones such as Japan, Russia, and Germany - the population is declining precipitously.

More than one third of the youth of these places opt for celibacy and singlehood. Sperm counts have plummeted by a whopping 70%.

We are in the throes of vanishing.

782.

The ultimate expression of love is to give your loved ones the freedom to seek happiness in any way and with whoever they see fit.

[Possessiveness and jealousy are the antonyms of love.](#)

783.

The [mentally ill](#) are a fraternity of brothers and sisters all around the globe.

No one can truly understand the desperate doomed attempt to make sense of the world, of others, of ourselves - to no avail.

Cancer of the soul for life, our constant companion

Learn to forgive yourself - you are doing the best you can but you are disabled

Forgive them for they know not what they are doing and they are afraid of you and infuriated at your shortcomings which deny them their dreams.

Aspire to do better, to succeed, to surmount your handicap - but welcome defeat and embrace failure as the fixtures of your life

Grieve not for who and what you could have been and rejoice that you are despite all odds

784.

An [evil person](#) at the service of a good cause does not render that person good or the cause evil.

A good person at the service of an evil cause does render that person evil.

785.

[Simplicity trumps complexity](#) every time. What cannot be captured fully in few words is not worth saying.

The simple pleasures in life are the most rewarding.

The most basic messages motivate us maximally.

The most atavistic relationships are the most durable.

The most primordial fears are also the most potent.

Primeval structures outlive complex ones and overtake them.

Complexity is an illusion, the outcome of our human limitations and pathologies.

In truth, nature, life, the cosmos and everything in it are all profoundly and aesthetically simple.

786.

Here is some breaking news: [Russia and Ukraine compete in the same export markets for grain and fertilizer](#). Russia has zero incentive to help Ukraine with its outflows of both. Russia has all the reasons in the world to obstruct Ukraine's exports, especially since both polities are at war.

Continued in the video on my vakninmusings YouTube channel.

787.

[Reductionism and a replication crisis](#) are dooming psychology to remain a literary pursuit rather than a science.

With Azam Ali [@azamaliofficial](#)

This excerpt is available on my vakninmusings channel.

788.

The [irrational belief in a god](#) or other supernatural beings is a feeble-minded, grandiose, or demented copout, an infantile defense against existential angst and the terror of being alive in an indifferent, meaningless, inexorable universe.

For every cathedral and work of art inspired by [religion](#), there are millions of people who died and are still being massacred in its name.

Religions are mass delusional disorders and psychogenic illnesses. They should be medicated, not followed or worshipped.

789.

How the [stupid took over the world](#).

790.

All told, [China's growth rate](#) was a measly and unprecedented 0.8% in the second quarter of 2023. Youth unemployment is at 20%. The property sector is teetering on the verge of a meltdown with housing projects uncompleted and mortgage strikes.

The Chinese leadership is convulsing: rapidfire interest rate cuts by the central bank follow on the heels of delirious stimulus plans released frantically by China's State Council. Growth is projected to be an increasingly unlikely 5% this year, a disenchanting figure even so.

There is very little room for stimulus spending or tax cuts in the wake of the massive public outlays during the pandemic.

Over the past 15 years, mounting sovereign debts crises in Europe and an anemic rebound in America's economy were more than offset by the emergence of Asia – and, in particular China and India - as a global powerhouse.

Yet, the warning signs were there: China's economic "miracle" has long been based on an artificial rate of exchange for its currency, the Yuan (RMB); on unsustainable dollops of government largesse and monetary quantitative easing which led to the emergence of asset bubbles (mainly in real-estate) and to pernicious inflation; and, frankly, on heavily-redacted statistics.

791.

[Censorship](#) in authoritarian regimes, most of which are indeed in the east or global south, is overt and institutionalized. The red lines are promulgated publicly and punishments for transgressions are enshrined in criminal law.

In the West, censorship is far more pernicious: it is stealthy, self-imposed, and adheres to standards of political correctness that reflect the interests and concerns of the identity politics of vocal victimhood groups.

Worst of all: the very existence of censorship is denied in the West as public intellectuals, the mainstream media, and societal and legal institutions uphold the counterfactual myth of "free speech".

Continued in the video on my vakninmusings channel.

792.

Does a [good mother love her child unconditionally](#)? Yes and no. She never conditions her love on her child's performance and on the gratification of her needs. But she does impose discipline, set boundaries, and pushes her child to separate from her.

793.

The words "[supernatural](#)", "[paranormal](#)", and "[parapsychology](#)" are prime examples of oxymorons. Nature, by its extended definition, is all-inclusive and all-pervasive. Nothing is outside its orbit and everything that is logically and physically possible is within its purview.

If something exists and occurs then, ipso facto, it is normal (or abnormal, but never para or "beyond" the normal). Psychology is the science of human cognition, emotion, and behavior. No human phenomenon evades its remit.

794.

We are physical objects, after all. [What can physics teach us about human relationships?](#)

795.

Is "[disassociation](#)" a [word in psychology](#)? <https://dictionary.apa.org/disassociation>

Use this simple test to determine conclusively whether the psychology expert or coach you are listening to know their stuff or is con artist charlatan.

796.

Politics, in all its forms, has failed. The notion that we can safely and successfully hand over the management of our daily lives and the setting of priorities to a political class or elite is thoroughly discredited. Politicians cannot be trusted, regardless of the system in which they operate. No set of constraints, checks, and balances, is proved to work and mitigate their unconscionable acts and the pernicious effects these have on our welfare and longevity.

Ideologies - from the benign to the malign and from the divine to the pedestrian - have driven the gullible human race to the verge of annihilation and back. Participatory democracies have degenerated everywhere into venal plutocracies. Socialism and its poisoned fruits - Marxism-Leninism, Stalinism, Maoism - have wrought misery on a scale unprecedented even by medieval standards. Only Fascism and Nazism compare with them unfavorably. The idea of the nation-state culminated in the Yugoslav succession wars.

It is time to seriously consider a much-derided and decried alternative: [anarchism](#).

797.

Did Prigozhin fake his own death? I would have had I been in his shoes. But it seems that another one has bitten the dust. Literally. Prigozhin plummeted to his death together with 9 of his lieutenants in an exploding private jet a mere 2 months after having squared off against Russia's inept and corrupt military establishment, aka Putin's long arm.

Prigozhin is only the latest in a long list going back at least two decades. [Putin's adversaries](#) meekly surrender their business empires, die (Berezovsky, Nemtsov), almost die (Navalny), or spend the better part of their lives in lethal penal colonies (Khodorkovsky, Navalny).

Russia is frozen in time. Nothing has changed since the days of Peter the Great. Here is an excerpt from the first edition of my book, "Putin's Russia", published in 2002 (!)

798.

There are [4 conditions to any self-transformation and personal growth](#): self-awareness, empathy, emotions, motivation.

799.

By now, it is a trite observation that [meaning is context-dependent](#) and, therefore, not invariant or immutable. Contextualists in aesthetics study a work of art's historical and cultural background in order to appreciate it. Philosophers of science have convincingly demonstrated that theoretical constructs (such as the electron or dark matter) derive their meaning from their place in complex deductive systems of empirically-testable theorems. Ethicists repeat that values are rendered instrumental and moral problems solvable by their relationships with a-priori moral principles. In all these cases, context precedes meaning and gives interactive birth to it.

However, the reverse is also true: context emerges from meaning and is preceded by it. This is evident in a surprising array of fields: from language to social norms, from semiotics to computer programming, and from logic to animal behavior.

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800.

[Self-love](#) is a healthy self-regard and the pursuit of one's happiness and favorable outcomes. It rests on four pillars:

1. Self-awareness: an intimate, detailed and compassionate knowledge of oneself, a SWOT analysis: strengths, weaknesses, others's roles, and threats
2. Self-acceptance: the unconditional embrace of one's core identity, personality, character, temperament, relationships, experiences, and life circumstances.
3. Self-trust: the conviction that one has one's best interests in mind, is watching one's back, and has agency and autonomy: one is not controlled by or dependent upon others in a compromising fashion
4. Self-efficacy: the belief, gleaned from and honed by experience, that one is capable of setting rational, realistic, and beneficial goals and possesses the wherewithal to realize outcomes commensurate with one's aims.

Self-love is the only reliable compass in life. Experience usually comes too late, when its lessons can no longer be implemented because of old age, lost opportunities, and changed circumstances. It is also pretty useless: no two people or situations are the same.

But self-love is a rock: a stable, reliable, immovable, and immutable guide and the truest of loyal friends whose only concern in your welfare and contentment.

801.

[Language](#) is a transmission mechanism.

An intergenerational conveyor belt.

A vector of mind contagion.

802.

The war in Ukraine forced Europe to face up to its energy dependencies and brought it to the brink of a crisis. Net zero emissions regulatory upheavals only enhanced the mayhem. The obvious answer seems to be the diversification of energy sources away from much maligned [fossil fuels and into renewables](#).

803.

[Self-awareness](#) is knowing who you are. Authenticity is being and acting who you are. But can you ever be authentic in conditions of fear and uncertainty?

804.

All [wisdom of life](#) in under 1 minute.

With Portuguese subtitles in the NarcisismocomMirna YouTube channel.

805.

This is the [world we have created](#): a giant prison with all the inmates at each others's throats.

806.

[Growth, like progress](#), is a culture bound Western ethos. In Japan, growth is collectivist, in the West, it is individualistic.

Growth is desirable, a goal (teleology), and linear-derivative. Not always true. Infantilism is a positive adaptation in certain environments, for example. Growth is cyclical (Freud). There is no end goal, it is about survival (evolutionary).

Growth is not the same as skill acquisition, personal autonomy, agency, independence.

807.

Exactly like Kosovo in former Yugoslavia, tiny mountainous [Nagorno-Karabakh](#) is culturally and historically significant to both foes.

Exactly like Kosovo, it enjoyed an autonomous status within the surrounding territory of Azerbaijan during the good ole' times of the USSR.

Exactly like Kosovo, the Armenian majority drove out the indigenous Azeris in an act of ethnic cleansing made possible by the abrupt disintegration of the Russian land empire.

In 2020, the picture had been reversed, with about 90,000 Armenians displaced, setting their abodes ablaze to deny them to the incoming Azeri settlers.

808.

To remove doubt: Rogers was working in the 1940s. The world was very different then: more innocent and trusting, less hypervigilant, paranoid, and atomized.

[Rogerian therapy](#) is now practiced very differently with the client and therapist usually spatially separated or partitioned by an intervening desk.

Therapy is a very intimate relationship. We have failed to find the balance between boundaried behavior by the therapist and empathic resonance with the patient and her emotions.

Pioneer in regarding countertransference as diagnostic and healing technique. It sometimes involves projective identification.

Client-based therapy tried to introduce basic humane and human gestures that comfort, contain, hold, enhance the patient's trust and sense of safety, and buttress the bond of the therapeutic alliance.

Power and knowledge asymmetries in therapy, medicalization (expert, patient, medications)

Dehumanizing and objectifying the patient: the reductionist and goal-oriented approach

WATCH Sylvia: The Struggle for Self-Acceptance | Saybrook University

<https://m.youtube.com/watch?v=l-ZdeOYwjgY>

WATCH Carl Rogers and Gloria - Counselling 1965 Full Session

<https://m.youtube.com/watch?v=ee1bU4XuUyg>

READ Therapists and Touch: 5 Reasons Clients Should Be Hugged

<https://psychcentral.com/blog/caregivers/2018/09/therapists-and-touch-5-reasons-clients-should-be-hugged>

809.

What are the hallmarks of a [sick family of origin](#), a pathogenic family that induces mental illness in its members?

Translation courtesy the NarcisismocomMirna YouTube channel.

810.

[Why Do We Love Pets?](#)

The presence of pets activates in us two primitive psychological defense mechanisms: projection and narcissism.

Projection is a defense mechanism intended to cope with internal or external stressors and emotional conflict by attributing to another person or object (such as a pet) - usually falsely - thoughts, feelings, wishes, impulses, needs, and hopes deemed forbidden or unacceptable by the projecting party.

In the case of pets, projection works through anthropomorphism: we attribute to animals our traits, behavior patterns, needs, wishes, emotions, and cognitive processes. This perceived similarity endears them to us and motivates us to care for our pets and cherish them.

But, why do people become pet-owners in the first place?

Caring for pets comprises equal measures of satisfaction and frustration. Pet-owners often employ a psychological defense mechanism - known as "cognitive dissonance" - to suppress the negative aspects of having pets and to deny the unpalatable fact that raising pets and caring for them may be time consuming, exhausting, and strains otherwise pleasurable and tranquil relationships to their limits.

Pet-ownership is possibly an irrational vocation, but humanity keeps keeping pets. It may well be the call of nature. All living species reproduce and most of them parent. Pets sometimes serve as surrogate children and friends. Is this maternity (and paternity) by proxy proof that, beneath the ephemeral veneer of civilization, we are still merely a kind of beast, subject to the impulses and hard-wired behavior that permeate the rest of the animal kingdom? Is our existential loneliness so extreme that it crosses the species barrier?

There is no denying that most people want their pets and love them. They are attached to them and experience grief and bereavement when they die, depart, or are sick. Most pet-owners find keeping pets emotionally fulfilling, happiness-inducing, and highly satisfying. This pertains even to unplanned and initially unwanted new arrivals.

Could this be the missing link? Does pet-ownership revolve around self-gratification? Does it all boil down to the pleasure principle?

Pet-keeping may, indeed, be habit forming. Months of raising pups and cubs and a host of social positive reinforcements and expectations condition pet-owners to do the job. Still, a living pet is nothing like the abstract concept. Pets wail, soil themselves and their environment, stink, and severely disrupt the lives of their owners. Nothing too enticing here.

If you eliminate the impossible, what is left - however improbable - must be the truth. People keep pets because it provides them with narcissistic supply.

Continued here: <https://samvak.tripod.com/animal.html>

811.

There is no such thing as "[crazy](#)", "insane", "normal", and sane". So, what about illnesses like Schizophrenia and Bipolar Disorder?

Lisa's YouTube channel YouTube Channel <https://www.youtube.com/c/LisaAlastuey/featured>

812.

Both the Russian Empire and the USSR of yore leveraged access to the [Black Sea](#) to project influence – and menace – in multiple domains: the Mediterranean, North Africa (recent example: Libya), southern Europe, and the Middle East (e.g. Syria and the Russian naval base in Tartus).

The much celebrated – and recently battered by Ukraine - Black Sea fleet has been a continuous presence in Sevastopol in Crimea ever since 1793. It is the only deep water port at Russia's disposal and can therefore be used in winter, too.

Under international law of the seas, Russia by right should own only about 10% of the coastline. In reality, though, it deters any attempts to encroach on its control of more than one third of it. It invaded Georgia and established Abkhazia – a Black Sea hugging Kremlin puppet “state” – precisely for this reason.

Military considerations apart, most of Russia's non-energy exports, such as grain and fertilizers, transit via Black Sea ports. This is especially vital now: Western sanctions served to redirect Russia's trade at non-complying countries which can be supplied only via these littoral outlets.

But the same applies to Ukraine: about 50% of its exports – mainly wheat, barley, and sunflower oil - were processed prior to the war in Odesa, the country's most sizable Black Sea port.

813.

On my Nothingness YouTube channel

HISTORICAL ROOTS of [VICTIMHOOD](#)

Fatalism and determinism

Sacrifice vs. Victimhood: Chosen by God, Path to apotheosis (narcissism), Catholic martyrology, Protestantism

Jewish victimhood (slavery in Egypt, Roman exile, Holocaust)

Entitlement: calculus of rights and obligations

Overgeneration of grievances and rights (USA founding documents)

Anti-Colonialism (Western narrative adopted by colonized)

Secular religions (Nazism, Communism, nationalism) reaction formation

MODERN VICTIMHOOD

Organizing principle that replaces gender, race, nation-state

Ahistorical

Mental illness

Malignant egalitarianism

Planet as a victim, animals as victims

Together with [Jordan Peterson](#) and other scholars, I helped Ginger Coy compile a taxonomy of the psychopathology of woke movements. It is now available on public.substack.com, Michael Shellenberger's and Peter Boghossian's blog. Watch my interview with Ginger Coy on my [vakninmusings YouTube channel](#).

[Victimhood in history and its contemporary renditions](#) in a far ranging talk with Ginger Coy, compiler of the Woke Psychopathology List and Chart. Available on my [vakninmusings YouTube channel](#).

814.

On Saturday, a Jewish holy day, more than 1500 Palestinian fighters, affiliated with [Hamas](#), penetrated the security wall (fence) from the Gaza Strip and entered the territory of the State of Israel. They took over several villages and towns, killed about 900 Israelis, most of them civilians, including women and children, and abducted more than 100 Israelis, both military personnel and civilians, including children. Another 2,500 are wounded, about 400 of them in critical condition.

Interview regarding the Hamas-Israel war on "[Glasot na Narodot](#)", a talk show by the veteran journalist Slobodan Tomik on VTV TV. Translated by Jean Stanoevski of Constan.

Excerpt from a longer interview I granted to Newsweek regarding [Israel's war with Hamas and Hezbollah](#), 2023. With the excellent and erudite [@remus.cernea](#)

Watch it on my [vakninmusings YouTube channel](#).

815.

Excerpt from a longer interview I granted to Newsweek regarding [Israel's war with Hamas](#) and [Hezbollah](#), 2023. With the excellent and erudite [@remus.cernea](#)

Watch it on my vakninmusings YouTube channel.

816.

Interview regarding the [war between Hamas and Israel](#) and the EU's enlargement to the Balkans.

817.

CORRECTION and APOLOGY: The [Hamas beheaded soldiers and murdered babies](#). But mercifully, they did not behead the babies. My apologies for getting this detail wrong.

There is a trauma response playing on both sides. Israel is a product of the Holocaust and the Palestinians have their Naqba.

The Israeli-Palestinian conflict is a form of competitive victimhood: a clash between two entitled and self-centred dysempathic victimhood movements.

Like every conflict in history, it gives rise to:

Paranoid ideation and conspiracism

Narcissistic defenses (cognitive distortions such as grandiosity),

Impaired reality testing,

Magical thinking,

Splitting (dichotomous thinking): We are all good, our enemies are all bad.

Reactance (defiance and contumaciousness),

Recklessness,

Mood lability and emotional dysregulation,

Suicidal ideation coupled with religious righteousness (Masada, shahada)

The parties to the conflict abuse and manipulate each other by

externalizing aggression,

gaslighting,

and projective identification (provoking the other party to behave in a way that conforms to expectations and negates a negative self-image).

818.

Kanal 5 TV: "[Hamas is only a symptom](#). The disease is the occupation. The problem is: it is a zero-sum game".

819.

With the inimitable Vasko Eftov, discussing whether [Israel could become America's new Vietnam](#). [@vaskoeftov007](#)

820.

Why the [intelligence failure of Israel](#) on October 7? Kod on Telma TV.

821.

[Stop fighting](#). It pathologizes you. There is help in acceptance.

822.

If we succeed to change the [orientation of both Jews and Palestinians](#) from the past to the future and if we get rid of the shame-based retribution cycles, we have hope.

823.

[Only YOU can Heal Yourself](#). No One Can Do It for You.

824.

With China's acquiescence and then help, Russia transformed its invasion of Ukraine into a [proxy war with the West](#). This led to escalation in conflicts along the fault lines between East and West all over the world, including in the Middle East and soon in Taiwan.

We are in the throes of a global realignment of power, similar to the period of the 1950s and 1960s when the West tried to contain the USSR and Communist China.

The United States is polarized and paralyzed. It has no budget. It can barely support with military aid more than 2 conflicts at a time. NATO is underfunded and under-trained. As Ukraine is going to find out very soon, the West is not a reliable or long-term ally.

825.

[Recipe for success](#):

1. Stir victimhood
2. Add fake empathy
3. Claim ostentatious riches and adventures
4. Sprinkle paranoia and rage

Best served while laughing all the way to the bank.

826.

[Israel is committing an existential error](#) by seeking to expand the conflict on multiple fronts in order to cleanse the region of Iranian influence. Interview to Sitel TV.

Gaza would be a nightmare of [urban warfare](#) for the Israeli army that has been destroyed by decades of budget cuts and politicizing. With [@borjan_jovanovski](#)

827.

[Six General rules for LIFE](#), not only [in relationships](#):

1. You get as much respect from others as you respect yourself;
2. People will give you the absolute minimum unless you openly and vocally insist on more;
3. If it possibly COULD BE a lie or a fantasy - it very often is;
4. Loneliness, anger, and sadness are the worst ever advisors. Time is the best one;
5. If you want to see the true face of a person, try saying “no” to them;
6. Your behavior changed and bad outcomes avoided. This means that you have changed.

828.

Interview in tomorrow's edition of Nova Makedonija about the [Berlin Process](#) and the much delayed accession of the polities of the Western Balkans into an enlarged European Union.

Interview I granted to Nova Makedonija on October 9, predicting accurately the following [developments in the conflict](#).

829.

In jealousy-based societies, successful people are role models to be admired and emulated.

[Jealousy \(not romantic jealousy!\)](#) is a positive, motivating force.

In envy-based (narcissistic) societies (like the USA), the accomplished ones are taken down, hounded, and virulently hated.

Envy feeds on victimhood, conspiracism, and witch-hunting.

830.

The more you try to SUPPRESS an [intrusive thought](#) - the more pervasive and potent it becomes (Ironic Rebound)

Try the opposite:

Force yourself, knowingly and consciously, to contemplate ONLY the intrusive content.

Whenever another unrelated thought occurs to you, immediately recall the intrusive thought and focus on it in great detail.

Gradually, the intrusive thought will cease.

831.

[Bernie Madoff](#): how one [narcissist fooled them all for decades](#).

832.

[Truth-tellers](#) don't get laid. Truth-tellers get waylaid.

833.

FEATURES OF URBAN WARFARE

The more you destroy, the more concrete defenses you provide, rubble is optimal, booby traps

Small units

Killing zones and ambushes

Hidden enemy, constant guessing, surprises, shocks

Hand to hand combat

Underground, on the ground, from top of buildings (three-dimensional death envelope)

Grind, no clear end or horizon, feels like it could last forever: from shaping operations to actually urban warfare (invasion)

Advantages to defender: bloody, slow, complex (great equalizer)

Civilian collateral damage inevitable: attackers are bad guys

Need to besiege defenders in pockets (siege mentality, static trench warfare)

No prisoners, kill everyone in sight

Night operations (superiority of night vision technologies)

Assets (drones, robots): mechanical, impersonal airborne or land warfare (to clear rooms, for example), blowing up building in contested urban warfare – war as a video game

Combined arms maneuvers: infantry and commando units guide pilots and navy, artillery

Heavily armed force followed by isolation force

Personal responsibility, you are on your own, no one has your back

PSYCHOLOGICAL DEFENSES and OUTCOMES of URBAN WARFARE

PTSD

No movement or accomplishments, frozen scene, surreal

Gruesome death as constant companion

Sense of abandonment, extreme dependency on others: external locus of control, splitting, alloplastic defenses, defiance, acting out/crazymaking, moral collapse, magical or superstitious thinking

834.

[Empathy](#) reduces aggression, prevents malevolence, and is the antidote to narcissism.

835.

I am glad that what I have been saying since the 1990s is now accepted and adopted by [intellectuals all over the world](#). Thank you both Nelson Ferreira [@nelson.ferreira.visual.artist](#) and [@dr_bornamanesh](#)

836.

A [good enough mother](#) pushes the child away from her to explore and take on the world. She encourages the child to separate and individuate by frustrating the child strategically and wisely. She fosters in the child agency, personal autonomy, independence, and self-efficacy.

837.

Watch my [videos about geopolitics and economics as well as social issues](#) in my vakninmusings YouTube channel.

Video courtesy [@mirna_liz37](#)

838.

The truly strong and resilient are not afraid to [surrender](#), to give up the fight, to act with caution, and to expose their vulnerabilities. Nothing is more stupid, weak, inauthentic, and immature than defiance.

839.

To use [euphemisms](#) and then giggle shyly and nervously is prepubescent and immature behavior.

Yet, we are told to do exactly that as adults in our increasingly more infantile societies.

The latest additions: unalive (commit suicide) and neurodivergent (mentally ill or disordered or dysfunctional - or plain nutjob whacko).

Insert F word here (shy, nervous giggle).

840.

[Courage](#) is about not being afraid to be afraid.

Resilience is about not being afraid to be vulnerable.

[Strength](#) is about not being afraid to seek help.

841.

Are you too concerned with how you are perceived and with possible [rejection](#)?

You are catastrophizing and then you act on your own catastrophic scenarios as if they were facts and not just possible scripts!

You need to adopt a posture of: "This is who I am and I accept a certain amount of rejection as inevitable. Being rejected will not kill me!"

I say to myself: 1. Rejection will not kill me 2. It is their loss, not mine 3. Not everyone rejects me. So, the rejection has to do with them, not with me!

Of course, you need to avoid harming others or hurting them.

842.

Full text here: <https://samvak.tripod.com/jews.html>

Video here: <http://www.youtube.com/vakninmusings>

Rabid [anti-Semitism](#), coupled with inane and outlandish conspiracy theories of world dominion, is easy to counter and dispel. It is the more "reasoned", subtle, and stealthy variety that is pernicious. "No smoke without fire," - say people - "there must be something to it!".

In this dialog I try to deconstruct a "mild" anti-Semitic text. I myself wrote the text - not an easy task considering my ancestry (a Jew) and my citizenship (an Israeli). But to penetrate the pertinent layers - historical, psychological, semantic, and semiotic - I had to "enter the skin" of "rational", classic anti-Semites, to grasp what makes them click and tick, and to think and reason like them.

843.

Any [civilization](#) that values and emphasizes physical objects (land, possessions, money) over human life is a death cult.

Image courtesy of [@mirna_liz37](#)

844.

[Empathy](#) is a much more complex process than the dumbed down version we are fed by mass media, social media, and the entertainment industries.

845.

[Psychological defense mechanisms](#) (aka defenses) fulfill two functions: 1. They prevent the dissonance and anxiety that arise when one is confronted with internal or external information that challenges one's self-image and equilibrium; and 2. They help to deny, reject, and disavow parts of the personality, traits, or behaviors of themselves that the individual finds unacceptable or intolerable.

846.

You are perfectly [entitled to feel bad](#) and sad and even mad! It is alright to put yourself and your emotions first, ahead of others and their emotions. It is healthy.

847.

[Jew-hatred \(antisemitism\)](#) is the only ideology that unites logic-defying bedfellows such as Islamist fundamentalists, white supremacists, leftist liberal-progressives, conspiracy theorists, and criminalized terrorists.

848.

[Reaction formation](#) is when we protest ostentatiously and vociferously in order to deny or reject traits and behaviors in ourselves that we find unacceptable so as to avoid a dissonance.

A misogynist who keeps insisting that he loves women, a latent homosexual who is a rabid homophobe, a racist or an antisemite who insists: "Some of my best friends are blacks or Jews."

849.

People with [anxiety disorders](#) become anxious when they anticipate forthcoming anxiety and panic attacks.

They prefer to be anxious because anxiety is familiar, it is a comfort zone, it is home.

So, ironically, their anxiety is triggered at its peak when there is no reason to be anxious and when they are in a calm and tranquil state of mind.

850.

Peel the onion layers until all that's left is its aroma: [YOU](#).

Video courtesy of [@mirna_liz37](#)

851.

When they [accrue and accumulate](#):

The pedestrian, familiar, and habitual become abusive, horrific, and abhorrent; and

The glacial, surreptitious, and imperceptible are rendered discernible, overwhelming, and impossible to ignore.

852.

Empowered by technology, [contemporary Humanity](#) is comprised of 99% profoundly dumb people who compensate for their abysmal intellectual inferiority and nescience with pathetic and risible grandiosity and with insufferable victimhood entitlement.

The remaining 1% are truly gifted and endowed individuals whose veritable superiority renders them contemptuous and haughty.

853.

[People incapable of happiness and intimacy](#) reject life, that hurtful reminder of what could have been and will never transpire.

854.

Speculating about [WHY people do what they do](#) is useless. It is far more productive to observe their actions.

With Jim Moira, New Zealand.

855.

Psychology is pseudoscience, behaviors, unlike limbs, are spectra and highly idiosyncratic. Replication crisis proves that behaviors are so mutable that they are nonrecurrent (on the fly). Confusing behaviors and routines.

Adaptation applies to populations, not to individuals (thus sociobiology and behavioral ecology are more scientific). It is totally automatic. It cannot take into account cognitions, emotions, beliefs, values, and mental health disorders (such as psychosis).

Each psychological process and behavior involve thousands of co-expressed genes.

Focus on reproduction and reproductive success is utterly delusional and counterfactual. Example: rape is a misogynistic power trip, not about reproduction or even sex.

Ignores the role of intangibles such as meaning, truth, security, or happiness.

Domain (task) specific (modules) or domain general?

Computational models are behaviorist (input-processing-output). Dual Inheritance Theory DIT (Baldwin effect): genes+culture.

Determinism: stone age determined who we are (ignoring neuroplasticity).

We know very little about the environment in the past.

The conundrum of altruism: inclusive fitness applies only to relatives and reciprocity theories are counterfactual.

Exaptations, spandrels (byproducts), random variability are not adaptations but probably contribute more to survival.

Adaptations are complex, species universal, adaptively functional. Obligate (environment-invariant) or facultative. Most psychological adaptations are facultative.

Cultural universals are few and often confused with skills acquisition or conditioning (eg, via socialization and acculturation, social learning and modeling). Promiscuity as an example.

Environment of evolutionary adaptedness (recurrent selection pressures and boundary conditions) is retrodictive, teleological, and tautological.

Concept of mismatch (between erstwhile adaptations and changing environments).

Mismatch implies any number of possible original environments and explanations for the development of a trait.

Even hunter-gatherers lived in settlements, with rudimentary agriculture, and art.

Supernormal stimulus: impulse control.

[Evo-devo \(Evolutionary-Developmental Psychology\)](#): confusing biology with psychology (smiling, crying, facial expressions). This is an example of the pan-adaptationist fallacy.

Function to form (problem to solution): uncertain paternity led to male romantic jealousy (but exists also in childless couples, reaction to catastrophized loss and the intimacy part of the sex).

Form to function (reverse engineering solution to problem): morning sickness to avoid ingestion of toxins (nonsense: it is bad even when not pregnant, it stop in the second trimester, is biological).

856.

First, we took the [magic](#) out of the Universe and its Reality.

Then we demystified the human mind.

Now we are removing the wonder from the captivating dance of sex and intimacy.

The Great Disenchantment is upon us.

857.

[Psychotherapy and sex](#) used to be private, intimate activities.

Now both are ostentatious online spectacles.

858.

We are [pathologizing, medicalizing, and criminalizing every human behavior](#), handing over power over individuals to institutions. It is social control gone haywire.

859.

Nowadays, [honesty](#) is considered to be deplorable aggression and truth-telling an attempt to victimize. Confirmation bias and victimhood rule. Charlatans and con artists are having a field day.

860.

Fade away [The Dead](#)

You are forgiven

We

Have the business of Life

to run

Without

Your penumbral interference

and your skeletal remains

in our overflowing closets

So

render yourselves

the memories

that you have always been

and slink away in silence

into your kingdom

Await us

We are on our way

We won't be late to join you, rest assured

in peace

for we will be there soon

with you

a dim remembrance.

Portrait courtesy of Jean Stanoevski.

861.

Money, career, fame, affairs, siring children - are all intended to fend off inevitable [aging and death](#).

But busy as we are in anticipating the future and outwitting it, we neglect the present, our nearest and dearest, others, and life itself.

862.

When your [expectations are impossibly unrealistic](#), all accomplishments, however momentous, feel like failures.

863.

Find these [reveries](#) and many other memes on my Instagram.

864.

It is [impossible to be happy](#) in a world or in a relationship steeped in misery. Start by changing your environment.

865.

How [people mistreat you](#) is largely up to you. If you are being constantly disrespected, abused, and obstructed - here is how to change the situation.

[Dignity](#) is never about winning. It is about fighting for what you believe in.

Information asymmetry: you know about yourself much more than anyone will ever know about you.

So, people pick up cues from you (social learning theory and modeling) and follow them blindly, uncritically: if you [disrespect yourself](#) – they disrespect you, if you hate yourself – they hate you, if you self-defeat – they sabotage you, if you seek pain – they give it to you, if you are self-destructive – they gleefully ruin you.

If you consider yourself unattractive or unworthy or unlovable – so would everybody else. After all, you must know something that they don't.

If you broadcast guilt, you are guilty. If you wallow in shame and self-pity, people will give you good reasons to do so.

If you consider yourself a failure and a loser who can't get a single thing right – you will only and always succeed at failing. People will set you up for it.

You can convince people of the most outlandish and counterfactual claims about yourself – for better and for worse - if you yourself believe in them and passionately insist on their veracity.

But don't get people to like you by pleasing them or by altering yourself so as to reduce their discomfort.

The only way to turn your life around is to treat yourself the way you want others to treat you, the golden rule. Don't worry: people will pick up on your new transmissions and follow your lead. Ultimately, people seek to please and to conform.

866.

[High IQ](#) does not translate into success in the absence of perseverance, agreeableness, industriousness, stability (self-regulation), humility, a capacity for team work (minimal empathy and respect for others), mental health, a social support network, and luck. Many geniuses are homeless or incarcerated and all but forgotten.

867.

Insight and intuition are dissimilar ways of gaining knowledge. Child developmental model: internalization (reproduce external relationships as intrapsychic processes), introjection (internal object), identification (alleviate loss, reduce conflict anxiety), incorporation (foreign object assimilated). Causal chain disorders: lack insight, rich on intuition.

WATCH Narcissist? Trust Your Gut Feeling: 4 Rules to Avoid Bad Relationships (Intuition Explained) <https://www.youtube.com/watch?v=zFEb48Y-JZE>

WATCH Hypervigilance and Intuition as Forms of Anxiety
<https://www.youtube.com/watch?v=WFum2fmhJA4>

868.

Only two ways to attain [happiness](#): to have it all - or to have nothing whatsoever.
869.

[Paranoia](#) is way of staying in touch internally, inside your self-deceiving mind, with someone who is no longer in your life.

“S/he is conspiring against me and stalking me because s/he is still in love with me and I still matter to him/her. One day we will be back together - or one day I will avenge myself”.

870.

[Hiding](#) from people or threats won't make them go away.

871.

Your [good luck and misfortune](#) alike are mostly the sum total of your choices. Ultimately, there is only one thing you cannot control: the ineluctable fact of death.

872.

Creative people are feared and hated, ostracized and punished, unless they are willing to clown themselves or dumb down and conform to the biases, prejudices, and errors of the masses.

High IQ does not translate into success in the absence of perseverance, agreeableness, industriousness, stability (self-regulation), humility, a capacity for teamwork (minimal empathy and respect for others), mental health, a social support network, and luck. Many geniuses are homeless or incarcerated and all but forgotten.

Reality testing: reality perceived differently (autism). Coupled with recklessness, fearless godlike immunity, it leads to exploratory behavior.

Originality, novelty, difference: synoptic connectivity appears schizotypal or even psychotic (Schizotypy) (psychoticism and creativity). It is often disorganized initially (inspiration, intuition, dreams).

Attention multitasking generates unexpected insights and synergies.

Impatience, grandiosity or contempt and condescension: block out noise, ignore criticism.

Lability and dysregulation as sources of inspiration.

Proclivity for change, thrills, risk result in innovation.

Inordinate hardships in life, resilience tested.

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873.

If you try to [buy other people's love](#) - all you earn is their contempt. Neediness is like blood in the water - it turns everyone in your life into a predator.

874.

The mortal enemies of [stupid people](#) are the wise, the intelligent, and the educated.

The overwhelming vast majority of humanity are inordinately obtuse and terrifyingly nescient.

Technology and democracy empower the dumbest.

Outcome: the days of the wise, the intelligent, and the educated are numbered.

875.

When [perpetual misery is your comfort zone](#), you:

1. Choose and pursue the impossible and unavailable; and
2. Avoid, devalue, shoot down, and shut off the doable and the accessible.

876.

[Jokes](#) are a form of sublimated, attenuated sadism. Comedy and a sense of humor require the suspension of empathy. Read Bergson's magisterial analysis of the comic, "Laughter".

877.

[We live in an age](#) when genius is considered creepy, victimhood saintly, erudition suspect, faking brilliant, and integrity stupid.

878.

America's DSM [presidential elections](#) is a contest between craven dementia and psychopathic malignant narcissism.

879.

To understand [happiness](#), we need to study its absence.

Three components:

1. Having managed your life well, having self-actualized self-efficaciously (Maslow);
2. Having contributed to a collective (community) whose member you are;
3. Having conducted yourself with dignity and integrity, having respected and loved yourself.

Happiness is not gratification: it is a state of being, not a state of mind, it is internal, not external. So, self-sufficiency, not grandiosity, and not hedonism=not narcissism.

Happiness is individual, lack of happiness is universal.

So, I devised a map of happiness:

1. What could you not be happy without?
2. How does absence of happiness feel?

Andrei Tanase is a film director from Bucharest, Romania. He is currently working on a documentary film that aims to shed light on the pursuit of happiness. His, or anyone else's. The original name of the film is "In preajma fericirii" and is scheduled for completion towards the end of 2024.

880.

The [masses](#) feel that they are being held hostage and enslaved by rapacious, venal, and mendacious elites.

They regard these elites and their values as avowed enemies: the West, governments, academia, mainstream media, science, the finance industry, the Jews.

The enemies of the elites are the friends of the masses: terrorists, antisemites, conspiracy theorists, Russia, China, populist authoritarians, the alt right.

The masses abuse democracy and empowering technologies in order to destroy the established order.

This is Jose Ortega y Gasset's "Revolt of the Masses" which always results in ochlocracies and atrocities.

881.

[Technology](#) reflects and is responsive to social trends.

The tidal wave of narcissism led to the emergence of solipsistic, self-aggrandising social media.

The poor quality of infantile, entitled, self-indulgent, and narcissistic Millennials and Gen Z employees is what brought about artificial intelligence to replace them.

882.

Eloquence is not necessarily or always a sign of intelligence. Verbal pyrotechnics often disguise profound ignorance and muddled thinking.

This shallow and pathetic imitation of a true intellectual is known as “headline knowledge”.

883.

That you are saving and healing millions doesn't give you the right to hurt even one person.

884.

Mentally healthy people: 1. Control their impulses; 2. Are aware of the consequences of their actions; 3. Choose always to minimize harm to others and to themselves (self-love and empathy).

885.

Everything starts with a thought, with a dream, with a narrative.

Everything: buildings, books, films, wars, love, children. Reality itself.

We are beings made of visions, storytellers whose natural habitat is in their own minds.

886.

Presented as a class in CIAPS (Commonwealth Institute for Advanced Professional Studies), Cambridge, UK; Toronto, Canada; Lagos, Nigeria (<https://www.ciaps.org>)

Case study contains a narrative and a conclusion regarding an event, transaction, corporate entity, institution, or specific individuals within these structures.

Narrative: facts, context, theories, assumptions

Conclusion: analysis, criticism, solutions or path forward (vision)

Bear your audience in mind

It is study aid: should interest, entertain, enlighten, transform

It is a management diagnostic tool and prescriptive instrument

Human angle: motivations, defenses, actions, stakeholders

Fact gathering and fact checking: open sources, interviews, documents, statistics and numerical information (such as financial statements)

Context: industry, economy, trends (both in the specific marketplace and global), history (comparison to similar situations in the past)

Issues, problems, structure vs. function

Theories and heuristics

Structure of case study:

Abstract, Executive Summary, or Synopsis

Introduction and Goals
Facts and Findings
Analysis and Discussion
Conclusions, Recommendations, and Solutions
Limitations, unintended consequences, and opportunity costs
Literature (bibliography)
Appendices, Footnotes, Indices

The Process of Due Diligence <https://samvak.tripod.com/nm048.html>

887.

The popular sentiment is: it is legitimate to [fight evil with evil](#). Minusing a minus makes a plus.

The legal and ethical position is unequivocal: two wrongs never make a right. Breaking the law or acting immorally just in order to fight the wicked is the refuge of the scoundrel.

888.

Regard your [life as a movie](#). The main goal in life, the core task, and the engine of meaning is to direct the film so as to render it an accomplished hit, a work of art and a masterpiece of narrative.

At every inflection point and faced with any critical decision, you should truthfully answer the question: would I have paid money to watch this yarn that I am weaving, the flick that is my life? If the answer is NO, a transformative change of course is called for.

Directing the film should be your overriding priority. Every other thing should be subservient and secondary to it, everyone in your life should feature in it.

Yet, you should navigate this leitmotif and channel your creativity without a script, as an exercise in extemporizing. The twists and turns of the plot should come as a surprise first and foremost to yourself.

889.

A [nation](#) is the sempiternal reification and embodiment of a historical-cultural narrative.

A state is an artificial creation. It derives its legitimacy from (1) an internal consensus among its people and (2) from external recognition and acceptance by other states.

When a state loses either of these 2 prerequisites, its borders change or it ceases to exist altogether.

890.

Do we [hate those who resemble us the most - or the least?](#)

Negative identity via othering, alterity (Levinas), stereotyping, stigmatization.

But “nearly we” (Ernest Crawley) provoke aggression, hatred, envy because they challenge uniqueness, superiority, and privilege.

Projection, splitting, reaction formation.

Narcissism of small differences (Freud, 1917).

Intimacy and proximity breed contempt.

In a study titled "War and Relatedness" (<https://www.nber.org/papers/w15095>) , published by the National Bureau of Economic Research, the authors, Enrico Spolaore, Romain Wacziarg concluded:

"(T)he degree of genealogical relatedness between populations has a positive effect on their conflict propensities because more closely related populations, on average, tend to interact more and develop more disputes over sets of common issues ... (P)opulations that are genetically closer are more prone to go to war with each other, even after controlling for a wide set of measures of geographic distance and other factors that affect conflict, including measures of trade and democracy."

Developmental Othering failure.

Entitled Competitive Victimhood (Bradley) imposes costs on scarce resources by generating rights and entitlements and by creating social obligations and grievances.

Remedying empathy deficit and educating to dispel lies and fallacies.

WATCH From Lovebombing to Conflict (TalkTV Interviews with Trisha Goddard)
https://www.youtube.com/watch?v=h7czc7tEL_Q

891.

Pain is the body's signaling system. Fever is the body's way of fighting germs and viruses. Modern medicine suppresses both pain and fever. Not wise.

892.

In times of turbulence, the scum rises to the top. In the land of the blind, the one-eyed man is an outcast.

When the stupid masses are given voice and power via democracy and technology, the outcomes are idiot tycoons, ignorant public "intellectuals", retard influencers, and dumb rulers.

893.

Well-meaning empathic people often make things worse.

"Get a grip, move on, snap out of it, get over it"

"I and others have had the same experience"

"You have your whole life ahead of you, it is never too late, time heals all wounds"

"No need to be anxious or depressed"

"You have such a good life, others have it much worse"

Anxiety, depression, and trauma are subjective experiences, not objective facts. People react differently to the very same circumstances. Reasons: genes, temperament, upbringing, childhood and life experiences.

When someone is going through a difficult period, you need to validate their emotions and reactions:

“I understand what you are going through. You are right: it is really bad and your reaction is justified. I hope things get better somehow”

All other types of responses are wrong.

Invalidating one’s thinking implies: “something is wrong with you for thinking or acting this way”.

Always-on, [Pollyannaish](#) optimism is invalidating.

894.

[Our leaders](#):

Vladimir Liliputin

Ben Yummy-in Netan Yahoo

Joseph Bye Den

Donald Trumpet

Emanuel Maquereaun

Just-in True Dough

She Gene Pink

Recept Erdo Gun

Either Viktor or Ban

No wonder the world looks the way it does.

Sam F**knin

895.

To discern the [forest](#), you need to put distance between you and the trees.

896.

Which of these [shadow complexes](#) do you have?

God complex

Inferiority complex

Guilt complex

Hero, rescuer, fixer, healer, or savior complex

Martyr complex

Persecution complex

Brother-sister complex

Casanova complex

Don Juan complex

Oedipus/Electra complex

Parental complex (mother or father)

Romulus and Remus complexes

WATCH Complexes: Your Shadow's Double Bind (Internal Rhetoric)

<https://www.youtube.com/watch?v=mz2H9-Q165c>

897.

[Consumerism and income inequality](#) conspire to enslave us.

The second multiplier event of the project “Cultural studies in business: Re-orienting Cross Cultural Studies in Business: a European analysis” organized by Euro College, North Macedonia.

898.

There is a [constant conflict between the various parts of the psyche](#) (for example: shadow-unconscious and conscious). This creates dissonance and anxiety owing to a permanent state of double bind. This is where complexes and archetypes enter the game.

899.

Living a [life that you hate and fear](#) is always way worse than death. An existence of unremitting boredom, shame, and frustration is the same as enduring death while ostensibly alive.

900.

Do we [hate](#) those who resemble us the most - or the least? TalkTV with Trisha Goddard.

901.

There are great differences of opinion as to what constitutes the [unconscious](#).

Snippet from a lecture to clinicians in Zagreb, March 2024.

Video courtesy of [@reframingtheself](#)

902.

The masses feel that they are being held hostage and enslaved by rapacious, venal, and mendacious elites.

They regard these elites and their values as avowed enemies: the West, governments, academia, mainstream media, science, the finance industry, the Jews.

The foes of the elites are the friends of the masses: terrorists, antisemites, conspiracy theorists, Russia,

China, populist authoritarians, the alt right, the extreme left.

The masses abuse democracy and empowering technologies so as to uproot the established order.

This is Jose Ortega y Gasset's "[Revolt of the Masses](#)" which always results in ochlocracies, dictatorships, and atrocities.

903.

The only form of relevant, [helpful psychology](#) amounts to the formulation of insights derived from empathy, observation, and introspection.

904.

It is hard to [tell reality and fantasy apart](#). This is especially true if your mental health is compromised. Here is a tip.

905.

If you have no [ambition](#), no goals, and no expectations - you can never fail or let yourself down.

906.

Can we end up [gaslighting ourselves](#)?

907.

Most young people are ignorant and illiterate. Their "social activism" and "protests" are nothing but nauseating [narcissistic posturing and competitive virtue signaling](#).

908.

A healthy attitude: "I don't trust experts just because they are experts. I use my [critical thinking](#)."

A pathological (grandiose) approach: "I don't trust experts because I am more knowledgeable than they would ever be." (Malignant Egalitarianism).

To trust information just because an expert says so is a logical fallacy. To distrust information just because it hails from an expert is envious idiocy.

909.

[Men feel less comfortable to admit to having been traumatized](#) - it is perceived as a weakness, a deplorable and ridiculous vulnerability, effete and effeminate. If you have been victimized as a man, something must be wrong with you, maybe you are just stupid, gullible, and you had it coming (you deserve it).

910.

People are not interested in nuances, shades of grey, doubts, or in the truth.

They engage in [splitting within a morality play](#): all good vs. irredeemably evil, totally right vs. absolutely wrong, impeccable heroes or victims vs. malevolent predators and monsters.

And guess on whose side they always find themselves.

911.

The [ideal](#) in ages past was the Jack of All Trades, the Renaissance Man, with an all-rounded education, forged in the crucible of innovation and discovery.

Nowadays, we aspire to be specialists, money hungry experts on a tiny sliver of knowledge, oblivious to all else. We often fake even such alleged competence.

912.

[Victimhood movements](#) on both the left and the right show signs of mental illness. With Ed Dutton (<https://edwarddutton.com/>)

913.

The [secret to self-actualization](#) is balance and transparency with yourself and with others. Swipe left!

914.

[Love and time are risks](#), not opportunities. And, yet, life is pointless without both.

915.

[Suffering and loss](#) are misperceived as ...

Secure base: safe, predictable, familiar, ritualized (religious).

Self-punitive, resonates with introjects as way to silence bad object.

Expiating, purging, cleansing and therefore rewarding or leads to rewards (morality play and moral superiority).

Victimhood identity confers rights and entitlements.

Engine of personal growth and development, identity formation.

916.

[Dr. Fauci](#) committed mistakes during the pandemic. I was one of his earliest critics on camera.

But when a semi-literate white trash politician screams at one of the most preeminent medical scholars of our time: "You are not a doctor", you know that the end of civilization and the beginning of the era of moronic psychopathic narcissists are upon us.

917.

In the 1980 Japanese sci-fi film "Virus", millions protest violently and RATIONALLY demand to be inoculated with a new vaccine against the ravages of a lethal pandemic.

Fast forward to 2021 when millions demonstrated violently AGAINST being inoculated with new vaccines and doubted the very existence of a virus or the fatal disease it wrought.

This difference between the two periods is, in a nutshell, why [humanity is doomed](#).

918.

Entitlement and a sense of victimhood inexorably lead to aggression (even violence) and to the exclusion of others. Nazism was a [victimhood movement](#).

919.

[To be seen](#) is a prerequisite for mental health. If you are not seen, you are bound to develop mental illness. If you are addicted to being noticed, you have already developed a mental health pathology.

920.

[Capitalism](#) is founded on the outlandish maxim that altruism is the sum total of selfish acts.

921.

The [three worst ideas](#) ever:

Everyone should have ...

The right to free speech;

The right to a vote;

The right to own and use mass communication technologies.

Rights - like respect and trust - have to be earned.

The illiterate, the dumb, the insane, the criminal, and the penniless (who have nothing to lose and no skin in the game) should have none of the above three rights.

922.

The availability of [multiple options \(choice\) creates anxiety](#) and people hate it.

923.

People seek [self-improvement](#) for a goal: more money, sex, power, friends or a happier, more resilient relationship or children. This is a wrong, self-defeating orientation.

924.

[Every generation has its pathologies and the leaders that resonate with them](#). We have transitioned from the Age of Psychosis (religion) to the Age of Fantasy (narcissism). Now, we are on our way to the Age of Delusion.

I misspoke in 2:30. It should be HYPERREFLEXIVITY. Too many simultaneous thoughts!
Apologies.

Adriana Ferreiro <https://adrianaferreiro.com/>

925.

The [2024 presidential elections in the USA](#) are going to be the last free and fair ones. Even if Trump were to lose the popular vote (the way he did to Hillary Clinton), his armed militias will take to the

streets and to the Congress and this time, the insurrectionists will make sure they successfully “obstruct official proceedings”. Blood will be spilled.

Never mind who wins the elections, Trump would end up in the White House. There is no force left that can or dares oppose him.

About half the electorate – the Republicans - do not regard such an outcome with dread. They perceive democracy as a ruse of the progressive-liberal coastal elites and the Democratic Party as a bunch of authoritarian, godless traitors.

The gulf between the two camps is unbridgeable as they fiercely and violently differ on all issues, from family values to immigration and from the role of the Federal Government to America’s place in a globalizing world.

A one-party alternative – with the Democrats gone and their leaders incarcerated - seems very appealing now. Hence the ubiquitous popularity of the likes of Orban, Netanyahu, and Putin, role models among the rank and file as well as the leadership of the GOP.

926.

When you possess [rights](#), they impose obligations on others - as well as on you!

If you insist on having rights that translate only to other people’s duties - this is narcissistic entitlement.

927.

The state, the tidal wave of narcissism, and duplicitous and craven public intellectuals all but dispensed with [private empathy](#). Case study of Macedonia. Empathy is big business and cowardly, unscrupulous public "intellectuals" are cashing in on it.

928.

The USA is declining and decomposing and the Republican party have zoomed in on the sole agents and catalysts of these alarming processes: the Democrats and their democracy. The GOP also brandish a prescription for healing: the [2nd American Revolution](#).

929.

The [quack and charlatan](#) of today are the professors of tomorrow.

Dr. Bell, a professor of medicine in Edinburgh, taught Arthur Conan Doyle and served as the inspiration for Sherlock Holmes. The movie is “The Dark Beginnings of Sherlock Holmes (Murder Rooms)”.

930.

The three epochs in the [history of the modern pseudo-science of psychology](#): 1. The lab study of the dead brain in its correlation with live behaviors; 2. Theorizing about the mind: its structure and functioning; 3. The study of observable phenomena in populations or cohorts, using statistics.

931.

[Jung's collective unconscious](#), Zizek and Lacan, Narcissism Reconceived, Jews and victimhood, Gaza and Israel, Antisemitism.

Matthew Biberman, Director of the Louisville Conference on Literature and Culture, Professor of English, University of Louisville

<https://louisville.edu/english/people/current-faculty-new/s-matthew-biberman>

The LCLC PODCAST: <https://soundcloud.com/lclcoralhistory>

<https://www.thelouisvilleconference.com/>

Louisville Conference on Literature and Culture

<https://louisville.edu/artsandsciences/conferences/lclc>

and the call for papers is there.

YouTube

<https://www.youtube.com/@universityoflouisvilleengl5660/playlists>

932.

There is [no memory without emotions](#), no identify without memories, and no attachment without an identity.

933.

Would-be [assassins of political figures](#) engage in dichotomous thinking (splitting): evil vs. good. The politician is all evil, the assassin is on the side of good. It is a morality play.

The assassin's thinking is apocalyptic (catastrophizing): the world as we know it will come to its end should the wicked politician have his/her way. There is a sense of urgency, helplessness, anxiety, even panic.

The assassin's cognitive processes are distorted and his reality testing is impaired. He is grandiose ("Only I have the power and courage it takes to change the world and the course of history").

Should the politician survive the [assassination attempt](#), many of his followers and disciples are likely to regard it as a sign of divine protection and anointment.

When the assassination attempt succeeds, ensuing hagiography renders the politician an immaculate saint and a sacrificial lamb for the cause.

934.

[Stockholm Syndrome in international affairs](#):

Rather than feel helpless in the face of terrorist organizations and rogue states, humiliated by our own impotence ...

We ostentatiously befriend the offenders ("If I am on their side, they won't harm me").

We publicly justify and support the criminal bullies and the terrorists and we condemn the "police" (countries and law enforcement agencies which are out to destroy them).

935.

None of us can survive harsh [realities](#) without self-deception and fantasy. Society turns a blind eye to this necessity. You have no “[giant within](#)”. All you have is magical thinking, an infantile pathology. Your [mind](#) affects your body, but it has little direct impact on reality. Wishing or thinking very hard or focusing on something external doesn't make it so: it is a form of magical thinking, a infantile pathology.

936.

We become into our [inner silence](#) amid the cacophony of introjects.

937.

[Your mind affects your body](#), but it has little direct impact on reality. Wishing or thinking very hard or focusing on something external doesn't make it so: it is a form of magical thinking, an infantile pathology.

938.

[Shame](#) is self-directed, self-negating anger at one's helplessness in the face of overwhelming external circumstances or uncontrollable internal impulses.

939.

Don't seek popularity. Seek authenticity. Seek truthfulness. [BE YOU!](#)

940.

FACT: [Average IQ](#) has deteriorated dramatically in the past 40 years. Idiocracy.

7 randomly selected proofs: People insist that ...

1. Empaths exist
2. Trump loves America
3. Elon Musk is a genius
4. Wanting something real hard makes it happen
5. Children are bundles of joy
6. Women sleep only with alpha males and procreate exclusively with simps
7. All narcissists are demons with a pungent smell and black eyes.

Nuff said.

941.

We often [confuse obsession with attention](#).

Obsession is about YOU: You are being overwhelmed by vivid and intrusive dreams, wishes, fantasies, or desires.

The subject of the obsession always comes second, although it is constantly in the background.

Attention is when your focus is on the OTHER, on what they are communicating to you - not on you.

When you are obsessed, you are unable to maintain attention in communication because you are too focused on and immersed in your obsession.

942.

Another view regarding the [street riots in the UK](#): listen to grievances, do not stigmatize, not everyone there is a violent opportunist. With Trisha Goddard of TalkTV.

943.

[Trisha Goddard](#) on Chronic Illness and the Need to See and Hear People (Good Morning, Britain).

944.

Information does not amount to [knowledge](#).

Curiosity and education are not one and the same.

Anecdotes do not a science make.

Experience is not a synonym for expertise.

945.

Remember this: [tunnels always end in light](#).

946.

Humoral theory, libidinal types (Freud), Jungian typology (attitudinal types, functional types). Type A, B, D, and T [personality](#).

WATCH Myers-Briggs Type Indicator (MBTI): Fortune Cookie or Reliable Test?

<https://www.youtube.com/watch?v=9cNTGnIgdBI>

947.

You need [three types of courage](#) in your life but you should know what behavior constitutes courage and which is only mislabeled as such.

Courage is about not being afraid to be afraid.

Resilience is about not being afraid to be vulnerable.

Strength is about not being afraid to seek help.

948.

The other day I listened to Jordan Peterson expostulating on why the Jews are so powerful: because they are more intelligent than the gentiles. Wrong data aside, it was [antisemitism](#) at its most virulent.

Even positive stereotypes of Jews are forms of antisemitism.

Any sentence that generalizes and starts with “they are” is racist.

No two individuals are alike. We are not commodities.

949.

Millennials and Gen-Zers [refuse to grow up](#) and assume the mantle of adulthood. Why is that?

The youth of today are opting out of the political and social game and the public square. They are not participating in the life of collective, not even as rebels. They merely seek to sabotage the established order via avoidance, virtue signaling and self-aggrandizing morality plays, withdrawal, and passive-aggressive resistance. They constitute a new phenomenon: the avoidant revolutionary.

950.

[Woke splitting](#):

People of color, natives, and women are always right, good, and victims;

White people and men are always wrong, evil, and abusers.

951.

Ostentatious, active [ingratitude](#) is betrayal.

Good people shame us, remind us of who we are and we react aggressively with negative affects (narcissistic injury, helplessness).

Suspect manipulative motivations, social skills, and mental health of do-gooders.

Resolve cognitive dissonance by blaming them for the dissonance.

952.

People regard [mental illness](#) as an ASSET in a dystopian, surrealistic reality:

No one wants to mess with a crazy person

Mental illness afford access to information and insights denied mentally healthy and socially conformant people, including the ability to know what's right and predict the future

The mentally ill can behave in ways denied to others: disinhibited, inconsistent, menacing, impulsive, or inexplicable.

953.

Full video on my YouTube channel. You should work on your [ego ideal](#) (the way you think you should be or ought to be). Not everyone is built to socialize. Not everyone is built to have relationships. Not everyone is built to conform.

You have an image of how and what you should be ("ideal ego"). Your ideal ego sets you up for failure because it imposes on you expectations and standards that you find difficult to meet.

Rather than try to change who you are - modify your ego ideal. Rather than attempt to motivate or incentivize or coerce others to conform to your unrealistic ego ideal - change your ego ideal.

If you can't be humble about your shortcomings, at least be realistic as to your limitations: you cannot control others, life, circumstances, the environment, or the future. To believe otherwise is the

intoxicating manic phase of grandiosity.

Focus on your strong suits. Socializing and relationships are not your strong suits. When you emphasize your relative shortcomings rather than your relative advantages - it ends in failure and paranoid ideation.

When you keep placing yourself in impossible situations with the wrong people this leads to hypervigilance and to paranoid ideation.

Regarding boredom: it is usually a sign that you are not challenging yourself enough - or that you have no long-term vision/plan - or that you are insecure (don't trust yourself to be able to accomplish your goals).

Culture No Excuse for Abuse

One's culture is no excuse for abuse. Anyone abuses you - even a first degree relative - you cut them off. No contact. Anyone manipulates or coerces you into doing something - you UNdo it. No two ways about it. I have never used my culture as an alibi, as an excuse to not do the right thing.

954.

Never ask: "[What have I got to lose?](#)" Always ask: "What can I gain by choosing to behave this way?"

955.

What doesn't make you stronger sometimes [kills you](#).

956.

Every [dead end](#) (cul de sac) is an opportunity to explore a bypass.

957.

[Psychology is a pseudoscience](#) faking it as a branch of medicine under the guise of psychiatry. What went wrong along the path of this essentially literary discipline?

958.

Being [normal](#) and being mentally healthy are not the same thing.

959.

[Liking people](#) (empathy) is about giving.

Liking to be with people (gregariousness) is about taking.

Not one and the same!

960.

[One internal voice is authentic, yours](#) - the others are introjects: disembodied voices of parents, influential peers, role models, teachers, etc.

961.

Better one [literate cat](#) than ten ignorant humans! Meow to that!

962.

Controlling one's impulses, acting boundaried, and delaying gratification are not the same things as [faking](#) it or pretending.

Such behaviors evince respect or even empathy for others - feigning and faking are disdainful, manipulative, and contemptuous.

963.

Two wrongs never make a right. True. But [two rights often make a wrong](#).

964.

These automatic thoughts are at the core of [people pleasing](#) and parentifying children:

1. My happiness is always at someone else's expense (zero sum game);
2. I have to earn my happiness, I don't deserve it;
3. I have to somehow bribe people to stay with me, collaborate with me, help me, or tolerate me because I am a bad object (unworthy, unlovable, crazy, inadequate, dissolute, hopeless, and so on).
4. I need to compromise on my boundaries and rights owing to all the above.

People-pleasing involves grandiosity and catastrophizing:

1. "They are going to be devastated and harmed if I say 'no'. I am that important to their lives and well-being" (grandiosity); and
2. "If I say 'no', there will be disastrous consequences to me, especially emotionally, but maybe also in other ways (I will be making enemies)". This is catastrophizing.

965.

[Boundaries](#) are usually healthy. But they can be weaponized aggressively. Here are the 5 signs of a person who uses "boundaries" to breach and violate yours:

WATCH Boundaries vs. Borders: FIREWALL YOUR Relationships, Yourself

<https://www.youtube.com/watch?v=HSnTWIns9W0>

Gratuitously offensive (weaponizes boundaries)

Arbitrary and shifting (identity diffusion)

Aggressive and sadistically punitive, Passive-aggressive, covert, fragile, hypervigilant or paranoid

Grandiose (fantastic boundaries)

Noncommunicative (coercive telepathy)

Domain traits are on spectrum, NPD is not. So, numbers of narcissists much lower, no gender specificity.

Subclinical vs. clinical, disorder vs. style (e.g., malignant narcissist vs. dark tetrad).

966.

[Every experience in life and every encounter with others changes us.](#) We are never the same person again.

Narcissistic abuse is no exception.

But you can fully recover and heal from it, albeit a changed, wiser person.

967.

Never ask: “[What have I got to lose?](#)” Always ask: “What can I gain by choosing to behave this way?”

968.

[Two laws of giving:](#)

1. Overgiving is underappreciated.

2. When the top dog gives, s/he is being generous; when the underdog gives, s/he is being manipulative.

969.

Friday, 9 PM, on Vistel, [Slobodan Tomik talk to Sam Vaknin](#) about the world today and tomorrow.

Swipe left. Full episode on my vakninsmusings YouTube channel. Rerun at 10 PM tonight on Vistel TV.

Regional wars erupt only when some of the parties involved perceive a power asymmetry that would allow them to eliminate a foe or alter the geopolitical order.

This is why regional war in the Middle East is out of the question: both Iran and Israel are depleted economically, torn apart internally, and vulnerable to annihilating attacks.

Moreover: there is a coalition of moderate Sunni Arab states and Western powers pitted against Iran.

Similarly, the war between Russia and Ukraine will never spread or get out of hand. Even if Russia were to conquer the entire territory of its neighbor - NATO, a defensive alliance will not countenance going to war over it.

But there is a growing trend that is truly terrifying: the [legitimization of the use of nuclear weapons](#) even in conventional wars. Russia, North Korea, Israel, and China are all engaged in the ostentatious contemplation of the hitherto unthinkable.

Russia has just revised its policy to allow for the incorporation of its nuclear arsenal in all types of warfare. Israel considers the current conflict it is embroiled in an existential threat. North Korea is alarmed by the growing military collusion between the USA and South Korea and is flaunting its

nuclear arsenal. China has just lobbed an ICBM to signal its readiness to confront the West over Taiwan.

The utilization of tactical nuclear weapons in regional or local wars is in itself only a minor threat to world peace. But having crossed this threshold, having flung open Pandora's box, strategic nuclear weapons are liable to follow.

970.

[Love](#) is one of those elusive words that defies a lexical definition.

971.

We often [confuse obsession with attention](#).

Obsession is about YOU:

You are being overwhelmed by involuntary imaginative and intrusive dreams, wishes, fantasies, or desires.

The subject of the obsession always comes second, although it is constantly in the background.

Attention is when your voluntary focus is on the OTHER, on what they are communicating to you - not on you or on your interactions with them.

When you are obsessed, you are unable to maintain attention in communication because you are too focused on and immersed in your obsession.

Attention filters out irrelevant and useless information (noise). Obsession floods the individual with noise and then puppeteers its victim via compulsion.

972.

Blacks are a minority in the USA. So are the Jews, LGBTQ, and other groups.

But in today's [ochlocratic reign of the dumb \(idiocracy\)](#), the most despised, hated, and assailed minority are intelligent people: academics, intellectuals, experts, and professionals.

973.

[Traumatic events](#) shatter our views of people as essentially good and of the world as just, orderly, and structured. TalkTV with Trisha Goddard.

974.

The [Bible has been warning us about narcissists](#) almost 2000 years before the DSM and the ICD. Excerpt from my lecture in Sistina Hospital.

975.

Don't overthink [rejection and betrayal](#).

It is rarely about YOU, more often about who THEY are.

Keep doing your thing.

You are the only one that matters to you, your only meaningful audience.

Adopt your internal compass and follow it.

976.

What bothers me is that hundreds of thousands of Israelis and Jews condemn in no uncertain terms the occupation of the West Bank and the atrocities in Gaza.

I have yet to come across one [Palestinian who unequivocally disowns the massacres](#) of October 7 perpetrated by the psychopathic scum Sinwar and the barbaric Hamas.

Keeping mum in the face of crimes - Palestinian or Israeli - renders one an accomplice to these crimes.

977.

There are two forms of [egregious idiocy](#):

1. To question nothing; and
2. To question everything.

978.

It is very likely that your [anxiety disorder](#) is producing effects in both your body and your mind.

The minute you accept this fact, the anxiety will disappear!

Most of the time, we are actually anxious of being anxious (anticipatory anxiety)!

979.

Centuries ago, October 31 was called in England "All Hallows' Eve". People prayed to prepare the souls of the departed for the Catholic All Saints' Day on November 1.

October 31 was also the Celtic New Years' Eve - the "Samhain". On that night, the spirits of the deceased were supposed to possess living bodies before departing to the afterlife.

Pumpkins were not part of [Halloween](#) celebrations until late in the 19th century. The Irish and other Europeans actually carved up turnips. Poor immigrants to the USA could not afford turnips and turned to pumpkins instead.

Candid camera footage courtesy of [@mirna_liz37](#)

980.

The impacts of self-[hugging](#) are identical to the effects of being hugged by someone.

Skin to skin contact via hugging is anxiolytic and a precondition for wellbeing or even survival (Harlow's monkey experiments). Special neuroreceptors in the skin (c-tactile afferents) detect soft, pleasurable touch.

Hugging is soothing and induces solace and comfort. It reduces stress and pain (analgetic). It is beneficial to the heart and the immune system.

The gesture of hugging is a context-dependent language and a form of social signaling of connection and emotions: intimacy, trust, and communication.

Hugging releases in the body a cascade of hormones and other molecules: oxytocin (bonding, maternal secure base), endorphins (pain relief and wellbeing), serotonin (mood), and dopamine (pleasure).

981.

As opposed to the exact sciences, in the [social “sciences”](#) and in the humanities, 90% of all “innovations” are recycled, renamed, and rebranded old ideas and 80% of the “experiments” cannot be repeated with the same outcomes (replication crisis).

These “disciplines” are scams, or to be more charitable, observational literature cloaked in self-aggrandizing “mathematics”.

982.

Who is like the [greatest psychologist](#) like ever? LIKE WHO?

983.

How do [infants develop a subjective identity](#) and a grasp of external, separate objects?

984.

Frightened and [angry people](#) follow frightening and angry people.

985.

Perfect is the enemy of good enough.

[Perfectionism](#) leads to procrastination, never getting anything done!

Don't be perfect - be accomplished.

986.

[Public toilets](#) are divided by genitalia, not by gender.

Only people with identical genitalia should use the same public toilet, regardless of their self-imputed gender.

987.

They say that [beggars can't be choosers](#).

But choosers can't be beggars as well!

Be a chooser - not a beggar!

Never beg!

Always choose wisely!

988.

We often mistake [aesthetic arguments](#) for moral or even intellectual ones because we perceive beauty as evidence of truthfulness, goodness, or functionality.

So, rather than say “I find it ugly or unattractive”, we end up exclaiming: “This is wrong or evil or dysfunctional.”

989.

All previous [revolutions in human history](#) were aimed at replacing the old order with a new one. Building a better future (utopia). All were led by intellectuals.

The current revolution that is sweeping the globe is about replacing the old order with no order at all. It exalts destruction and nescience and derides construction and erudition.

990.

[We are all passengers on the proverbial Titanic.](#)

But rather than prepare for the looming iceberg, we fret about our position on the decks, the lunch menu, the musical selections of the orchestra, the amenities on board, and about who did or said what to whom and why.

991.

Some people can see the future with startling clarity.

Fewer can gauge the present accurately.

[No one can know the past truthfully.](#)

992.

I hold a very dim view of religion and regard spirituality as the cop-out of the feeble-minded and the weak. Yet, this [book](#) succeeded to captivate me. Martin’s ([@armandmartin7](#)) starting point is always science and he is hyper-rational. He builds his entire edifice and message on cutting edge discoveries in an astounding array of fields. With unwavering and incisive insight, he then leads the reader to the boundary between the mind and the spirit - and beyond.

At the same time, this tome is a scathing critique of modern civilization. A clarion call. A premonition founded on observation. And a manifesto passionately advocating fundamental renewal. Frankly, these are my favorite chapters. The book easily competes with masterpieces in the field.

993.

[Friends](#) are the people you go to when you are bad company: down, angry, sick, or otherwise in need.

Friendship is about succor, not about entertainment and having fun.

994.

[Social media](#) monetize your eyeballs (attention). The more lonely you are, the more money they make. Attention paid to nearest or dearest is advertising income lost to the social media platforms.

Social Media Want YOU Isolated, Angry, Envious, Scared (with Moshe Fabrikant, Israel) [@moshefabrikant](#)

995.

In our [contemporary dystopian world](#) ...

Destruction and disruption are perceived as the only virtuous creative acts;

Anecdotes and lived experiences - however limited and provincial - are the only founts of authority whereas academic scholarship is considered suspect, clueless, and ignorant;

Institutions are deemed to be the seats of evil. Anarchic individualistic nihilism cloaked in old-fashioned values and traditions is the new norm.

996.

[Success](#) requires luck, serendipity, an eye for opportunities. But above all, it demands hard work.

You could be a sadistic, contemptuous, immature narcissist (Steven Jobs) or just plain dumb (Elon Musk) and still make it big because you are a hard, persistent, persevering worker.

You could be the world's greatest genius, if you are an indolent slacker, you will end up in your mother's basement, living off of your father's retirement fund.

997.

“[Happy New Year](#)” sounds more and more trite and delusional with every passing year.

How about “Have a Not Worse New Year”?

Much more realistic.

Or maybe: “Have a New Year a-la carte, with all your dreams and wishes on the menu!”

998.

[Parental Intelligence \(PI\)](#):

Love

Care

Protect

Socialize

Discipline

[Nurture](#)

Teach

Let go

999.

If you deny your problem - you will never solve it.

If you deny your illness - you will never heal.

If you deny your role and contribution - you will never move on or feel safe.

[Denial](#) is at the root of all failure.

1000.

[People like people who like them in return.](#)

You are popular because you allow people to like themselves through you, to regard themselves as lovable through your gaze.

Obviously, this can be easily faked by manipulative con artists - and often is.

1001.

[Businessmen](#) are concerned only with survival. The worlds of business and finance are amoral.

They bend the knee and lick the boots of men in power.

They have done it with Hitler and Putin, they are behaving the same way with Trump.

1002.

[Freedom](#) is terrifying. To be authentic is to be existentially alone.

1003.

To [think outside the box](#) is genius.

To completely ignore the box is idiocy.

1004.

The [opposite of stupidity](#) is not intelligence: it is wisdom.

Often extremely intelligent people are also inordinately dumb.

Remember the IDIOT in idiot savant.

Photos courtesy of [@reframingtheself](#) and her pigeons.

1005.

I regard [misinformation and fake news](#) to be crimes against humanity, leveraging and taking advantage of the innate stupidity of the vast majority of people.

1006.

In terms of [IQ](#), the difference between someone with 160 IQ and the average person is like the difference between the average person and a chimpanzee. Fact.

1007.

[Western civilization is experiencing narcissistic collapse](#) and attempting to compensate via self-supply and fantasy.

Film Joker advocated anarchy, violence, and libertarianism to unshackle the long-suppressed and suffering individual from the oppression of social and cultural norms, mores, and institutions and the tyranny of ideologies.

Such Jokers have sprung to political prominence recently. Like Hitler before them, these charismatic demagogues collude with industry and tech who are, by nature, anti-government.

When individuals are not reined in by rules and institutions, they do not thrive: they become self-destructive and a menace to others.

Moreover: you cannot pick and choose which rules to follow and which institutions (like the family) to sustain (conservatism, traditionalism). The tidal wave sweeps all before it.

Ironically, self-styled conservatives and traditionalists are destroying social institutions and catapulting us back to the hunter-gatherer phase of civilization. In this sense, they are reactionary.

Ginger Coy's Concerning Narcissism on YouTube and Substack.

1008.

Where there is a lacuna unaddressed, a niche untackled, or a need unmet there is [money to be had and reputations to be made](#).

1009.

[Playing by the rules is slavery, not authenticity](#).

1010.

When an individual or a collective are hellbent on [self-destruction](#), there is nothing you can do but stand back and wait to pick up the pieces, if any are left.

1011.

Studies show that [people high on empathy misread other people](#) the way autistic folks do (whose empathy is actually impaired). The reason is: emotions.

1012.

At the dawn of humanity, [body fat](#) was a serendipitous and rare treasure. Once you have gained weight, hormonal and metabolic changes in your body make sure that you never relinquish it permanently.

1013.

No [identity](#) without continuous memories.

Courtesy of [@_kalleidoscope](#)

1014.

[Panic and anger](#) are bad advisors. They give birth to the twin mindsets of paranoia and aggression and the twin outcomes of self-defeat and self-destruction.

1015.

[Losses](#) are the engines that drive personal growth, renewal, and development.

We are all born handicapped and raise around our explorations of this scintillating cosmos the enclosures of identity and distinction, aka the self and personality.

[Life](#) is, therefore, a process of ever greater constriction, as we ossify into ourselves, from becoming to being, inexorably fossilized, trapped in the ambers of our lives, peering out of the ashen hourglasses of our dwindling sands, not comprehending, befuddled, bemused, or terrified.

We are ephemeral creatures made of dreams and stories and narratives that allow us to soar beyond the confines of our egos.

And yet, we rarely forgive ourselves for being who we are, for having cravenly eschewed and forsaken the alternatives, for having matured into error-prone cliches and subdued banalities.

We then often embark on self-punitive and gory crusades against our most miserable existence. We mete out harsh justice against ourselves: judge, jury, and executioner in one.

Yet, all this is wrong, so wrong.

1016.

Everyone is forced to make a developmental choice: betray your parents - or betray yourself. This is known as "[separation-individuation](#)".

1017.

Never confuse [control with caring](#). Control is not about you. Caring is.

1018.

Living alone might be easy, it is [dying alone](#) that is terrifying.

Gene Hackman and his wife.

An actor with his last audience gone, betrayed by his own mind, lost, disoriented.

In this forlorn week, he may have kept looking for her, the love of his life, wandering the monastic mausoleum that their home had become. Bodies everywhere: his wife, his dog, his own.

A growing number of us have no partner, no children, and no friends. We inhabit intimacy deserts with little to look forward to but our own solitary demise and the dubious pleasure of our own ineluctable presence.

Maybe this is why narcissism is on the rise: the gods need no companions and surmount death. We make ourselves into deities so as to avoid the solipsistic experience that being human has become, untethered from our social spaceships as we tumble head over heels, receding, drifting away into the deep space of our demented, petrified minds.

The movies Vortex by Gaspar Noe and The Father with Anthony Hopkins.

1019.

People nowadays call every [crisis and difficulty a trauma](#). Crises induce personal growth and maturation. Traumas induce regression and other dysfunctions.

[Return](#)

About the Author

Sam Vaknin (<http://samvak.tripod.com>) is the author of Malignant Self-Love: Narcissism Revisited and After the Rain - How the West Lost the East, as well as many other books and ebooks about topics in psychology, relationships, philosophy, economics, and international affairs.

He was the Editor-in-Chief of Global Politician and served as a columnist for Central Europe Review, PopMatters, eBookWeb , and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He was the editor of mental health and Central East Europe categories in The Open Directory and Suite101.

Visit Sam's Web site at <http://www.narcissistic-abuse.com>

Work on Narcissism

Sam Vaknin is the author of [Malignant Self Love: Narcissism Revisited](#), the pioneering work about narcissistic abuse, now in its 10th , DSM-V compatible revision

Sam Vaknin's work is quoted in well over [1000 scholarly publications](#) and in over [3000 books](#) (full list [here](#)). His [Narcissists, Psychopaths, and Abuse YouTube channel](#) and other channels garnered more than 35 million views and 155,000 subscribers.

His Web site "[Malignant Self Love - Narcissism Revisited](#)" was, for many years, an Open Directory Cool Site and is a Psych-UK recommended Site.

Sam Vaknin is a professor of psychology, but he is *not a mental health practitioner*, though he is [certified in psychological counseling techniques](#) by [Brainbench](#).

Sam Vaknin served as the editor of Mental Health Disorders categories in the [Open Directory Project](#) and on [Mentalhelp.net](#). He maintains his own Websites about [Narcissistic Personality Disorder \(NPD\)](#) and about [relationships](#) with [abusive narcissists](#) and [psychopaths here](#) and in [HealthyPlace](#).

You can find his work on many other Web sites: [Mental Health Matters](#), [Mental Health Sanctuary](#), [Mental Health Today](#), [Kathi's Mental Health Review](#) and others.

Sam Vaknin wrote a column for Bellaonline on [Narcissism and Abusive Relationships](#) and was a frequent contributor to Websites such as [Self-growth.com](#) and [Bizymoms](#) (as an [expert](#) on personality disorders).

Sam Vaknin served as the author of the Personality Disorders topic, Narcissistic Personality Disorder topic, the Verbal and Emotional Abuse topic, and the Spousal Abuse and Domestic Violence topic, all four on Suite101. He is the moderator of the Narcissistic Abuse Study List, the Toxic Relationships Study List, and other mailing lists with a total of c. 20,000 members. He also publishes a bi-weekly [Abusive Relationships Newsletter](#).

THE AUTHOR

Shmuel (Sam) Vaknin

Curriculum Vitae

Born in 1961 in Qiryat-Yam, Israel

Served in the Israeli Defence Force (1979-1982) in training and education units

Full proficiency in Hebrew and in English

Education

1970 to 1978

Completed nine semesters in the Technion – Israel Institute of Technology, Haifa

1982 to 1983

[Ph.D. in Physics and Philosophy](#) (dissertation: "[Time Asymmetry Revisited](#)") – [California Miramar University](#) (formerly: [Pacific Western University](#)), California, USA

1982 to 1985

Graduate of numerous courses in Finance Theory and International Trading in the UK and USA.

Certified [E-Commerce Concepts Analyst](#) by [Brainbench](#)

Certified [Financial Analyst](#) by [Brainbench](#)

Certified in [Psychological Counselling Techniques](#) by [Brainbench](#)

Business Experience

1979 to 1983

Commentator in Yedioth Aharonot, Ma'ariv, and Bamakhane. Published sci-fi short fiction in Fantasy 2000.

Founder and co-owner of a chain of computerized information kiosks in Tel-Aviv, Israel.

1982 to 1985

Senior positions with the Nessim D. Gaon Group of Companies in Geneva, Paris and New-York (NOGA and APROFIM SA):

- Chief Analyst of Edible Commodities in the Group's Headquarters
- Manager of the Research and Analysis Division
- Manager of the Data Processing Division
- Project Manager of the Nigerian Computerized Census
- Vice President in charge of RND and Advanced Technologies

– Vice President in charge of Sovereign Debt Financing

1985 to 1986

Represented Canadian Venture Capital Funds in Israel

1986 to 1987

General Manager of IPE Ltd. in London. The firm financed international multi-lateral countertrade and leasing transactions.

1988 to 1990

Co-founder and Director of "Mikbats-Tesuah", a portfolio management firm based in Tel-Aviv.

Activities included large-scale portfolio management, underwriting, forex trading and general financial advisory services.

1990 to Present

Freelance consultant to many of Israel's Blue-Chip firms, mainly on issues related to the capital markets in Israel, Canada, the UK and the USA.

Consultant to foreign RND ventures and to Governments on macro-economic matters.

Freelance journalist in various media in the United States.

1990 to 1995

President of the Israel chapter of the Professors World Peace Academy (PWPA) and (briefly) Israel representative of the "Washington Times".

1993 to 1994

Co-owner and Director of many business enterprises:

– The Omega and Energy Air-conditioning Concern

– AVP Financial Consultants

– Handiman Legal Services – Total annual turnover of the group: 10 million USD.

Co-owner, Director and Finance Manager of COSTI Ltd. – Israel's largest computerized information vendor and developer. Raised funds through a series of private placements locally in the USA, Canada and London.

1993 to 1996

Publisher and Editor of a Capital Markets Newsletter distributed by subscription only to dozens of subscribers countrywide.

Tried and incarcerated for 11 months for his role in an attempted takeover of Israel's Agriculture Bank involving securities fraud.

Managed the Internet and International News Department of an Israeli mass media group, "Ha-Tikshoret and Namer".

Assistant in the Law Faculty in Tel-Aviv University (to Prof. S.G. Shoham)

1996 to 1999

Financial consultant to leading businesses in Macedonia, Russia and the Czech Republic.

Economic commentator in "[Nova Makedonija](#)", "Dnevnik", "Makedonija Denes", "Izvestia", "Argumenti i Fakti", "The Middle East Times", "The New Presence", "Central Europe Review", and other periodicals, and in the economic programs on various channels of Macedonian Television.

Chief Lecturer in courses in Macedonia organized by the Agency of Privatization, by the Stock Exchange, and by the Ministry of Trade.

1999 to 2002

Economic Advisor to the Government of the Republic of Macedonia and to the Ministry of Finance.

2001 to 2003

Senior Business Correspondent for United Press International (UPI)

2005 to Present

Associate Editor and columnist, [Global Politician](#)

Founding Analyst, The Analyst Network

Contributing Writer, The American Chronicle Media Group

Expert, [Self-growth](#) and Bizymoms and contributor to [Mental Health Matters](#)

2007 to 2008

Columnist and analyst in "Nova Makedonija", "Fokus", and "Kapital" (Macedonian papers and newsweeklies)

2008 to 2011

Member of the Steering Committee for the Advancement of Healthcare in the Republic of Macedonia

Advisor to the Minister of Health of Macedonia

Seminars and lectures on economic issues in various forums in Macedonia

Contributor to CommentVision

2011 to Present

[Editor in Chief](#) of [Global Politician](#) and [Investment Politics](#)

Columnist in Dnevnik and Publika, [Fokus](#), and [Nova Makedonija](#) (Macedonia)

Columnist in [InfoPlus](#) and [Libertas](#)

Member [CFACT Board of Advisors](#)

Contributor to Recovering the Self

Columnist in New York Daily Sun

Professor of Clinical Psychology and Professor of Business Management at [CIAPS](#) (Commonwealth Institute of Advanced Professional Studies in [Cambridge and Birmingham UK; Ontario, Canada; and Lagos, Nigeria](#)) ([Detailed Bio](#)) ([Letter of Appointment](#))

Visting Professor of Psychology and Economics in South East European University (SEEU) (Letters of Appointment 2024-6 [1](#), [2](#))

Columnist in [Brussels Morning](#) ([sample](#), [sample](#))

2017-2022

[Visiting Professor of Psychology in Southern Federal University](#), Rostov-on-Don, Russia

Web and Journalistic Activities

Author of extensive Web sites in:

- Psychology ("[Malignant Self-love: Narcissism Revisited](#)") – an Open Directory Cool Site for 8 years
- Philosophy ("[Philosophical Musings](#)")
- Economics and Geopolitics ("[World in Conflict and Transition](#)")

Owner of the [Narcissistic Abuse Study](#) List, the [Toxic Relationships](#) List, and the [Abusive Relationships Newsletter](#) (more than 8000 members)

Owner of the [Economies in Conflict and Transition Study](#) List and the [Links and Factoid Study](#) List

Editor of mental health disorders and Central and Eastern Europe categories in various Web directories (Open Directory, Search Europe, [Mentalhelp.net](#))

Editor of the Personality Disorders, Narcissistic Personality Disorder, the Verbal and Emotional Abuse, and the Spousal (Domestic) Abuse and Violence topics on Suite 101 and contributing author on [Bellaonline](#).

Columnist and commentator in "The New Presence", [United Press International \(UPI\)](#), InternetContent, eBookWeb, [PopMatters](#), [Global Politician](#), The Analyst Network, Conservative Voice, The American Chronicle Media Group, [eBookNet.org](#), and "[Central Europe Review](#)".

Publications and Awards

"Managing Investment Portfolios in States of Uncertainty", Limon Publishers, Tel-Aviv, 1988

"The Gambling Industry", Limon Publishers, Tel-Aviv, 1990

"[Requesting My Loved One: Short Stories](#)", Miskal-Yedioth Aharonot, Tel-Aviv, 1997

"[The Suffering of Being Kafka](#)" (electronic book of Hebrew and English Short Fiction), Prague, 1998-2004

"The Macedonian Economy at a Crossroads – On the Way to a Healthier Economy" (dialogues with [Nikola Gruevski](#)), Skopje, 1998

"[The Exporter's Pocketbook](#)" Ministry of Trade, Republic of Macedonia, Skopje, 1999

"[Malignant Self-love: Narcissism Revisited](#)", Narcissus Publications, Prague and Skopje, 1999-2015

[The Narcissism, Psychopathy, and Abuse in Relationships Series](#) (electronic books regarding relationships with abusive narcissists and psychopaths), Prague, 1999-2015

"[After the Rain – How the West Lost the East](#)", Narcissus Publications in association with Central Europe Review/CEENMI, Prague and Skopje, 2000

[Personality Disorders Revisited](#) (electronic book about personality disorders), Prague, 2007

More than [30 e-books](#) about psychology, international affairs, business and economics, philosophy, short fiction, and reference

Winner of numerous awards, among them [Israel's Council of Culture and Art Prize for Maiden Prose](#) (1997), The Rotary Club Award for Social Studies (1976), and the Bilateral Relations Studies Award of the American Embassy in Israel (1978).

Hundreds of professional articles in all fields of finance and economics, and numerous articles dealing with geopolitical and political economic issues, published in both print and Web periodicals in many countries.

[Many appearances in the electronic and print media](#) on subjects in psychology, philosophy, and the sciences, and concerning economic matters.

Citations via Google Scholar page:

<http://scholar.google.com/citations?user=Yj7C8wOP-10J>

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My Web Sites:

Economy/Politics:

<http://ceeandbalkan.tripod.com/>

Psychology:

<http://www.narcissistic-abuse.com/>

Philosophy:

<http://philosophos.tripod.com/>

Poetry:

<http://samvak.tripod.com/contents.html>

Fiction:

<http://samvak.tripod.com/sipurim.html>

Follow my work on NARCISSISTS and PSYCHOPATHS

As well as commentaries on international affairs and economics

My work in Psychology: Media Kit and Press Room

<http://www.narcissistic-abuse.com/mediakit.html>

Biography and Resume

<http://www.narcissistic-abuse.com/cv.html>

Be my friend on **Facebook**:

<http://www.facebook.com/samvaknin>

<https://www.facebook.com/narcissismwithvaknin/> (**personal page**)

Subscribe to my **YouTube** channel (620+ videos about narcissists and psychopaths and abuse in relationships):

<http://www.youtube.com/samvaknin>

<https://www.youtube.com/user/samvaknin/community> (Community)

Follow me on **Instagram** and on **Threads**:

<https://www.instagram.com/narcissismwithvaknin/> (active)

<https://www.instagram.com/vakninsamnarcissist/> (archive)

<https://www.threads.net/@narcissismwithvaknin>

Read my **Blog**:

<http://narcissistpsychopathabuse.blogspot.mk>

<http://narcissistpsychopathabuse.blogspot.com>

Subscribe to my **other YouTube channel** (200+ videos about international affairs, economics, and philosophy):

<http://www.youtube.com/vakninmusings>

You may also join **Malignant Self-love: Narcissism Revisited on Facebook:**

<http://www.facebook.com/pages/Malignant-Self-Love-Narcissism-Revisited/50634038043> or
<https://www.facebook.com/NarcissusPublications>

<http://www.facebook.com/narcissistpsychopathabuse>

Follow me on **Linkedin, Twitter, MySpace, Pinterest, Tumblr, Minds, and Ello:**

<http://www.linkedin.com/in/samvaknin>

<http://www.twitter.com/samvaknin>

<http://www.myspace.com/samvaknin>

<http://pinterest.com/samvaknin/the-psychopathic-narcissist-and-his-world/>

<http://narcissistpsychopath-abuse.tumblr.com/>

<https://www.minds.com/samvaknin>

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<http://www.scribd.com/samvaknin>

Zadanliran is following my work as well:

<http://www.scribd.com/zadanliran>

Additional Resources

Testimonials and Additional Resources

You can read hundreds of Readers' Reviews at the Barnes and Noble, and Amazon Web pages dedicated to "Malignant Self-love" - HERE:

<https://www.amazon.com/dp/1983208175> (Amazon US)

<https://www.amazon.co.uk/dp/1983208175> (Amazon UK)

Participate in discussions about Abusive Relationships:

<http://www.runboard.com/bnarcissisticabuserecovery>

<http://thepsychopath.freeforums.org/>

Abusive Relationships Newsletters

<http://groups.google.com/group/narcissisticabuse/>

<https://groups.google.com/g/narcissistic-personality-disorder>

Abused? Stalked? Harassed? Bullied? Victimized?
Afraid? Confused? Need HELP? DO SOMETHING ABOUT IT!
You OWE IT to yourself and to YOUR LOVED ONES!

Brought up by a Narcissistic Parent?
Married to a Narcissist – or Divorcing One?
Afraid your Children will turn out to be the same?
Want to cope with this pernicious, baffling condition?

OR

Are You a Narcissist – or suspect that you are one...
These books and video lectures will teach you how to...
Cope, Survive, and Protect Your Loved Ones!

We offer you four types of products:

- I. **"Malignant Self-love: Narcissism Revisited"** (the print edition);
- II. **E-books** (electronic files to be read on a computer, laptop, Nook, or Kindle e-reader devices, or on a smartphone);
- III. **Cold Therapy** video lectures; and
- IV. **Counselling** with Sam Vaknin or Lidija Rangelovska (or both)

Find and Buy MOST of my BOOKS and eBOOKS in My Amazon Store:

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

I. PRINT EDITION

Copies **signed** and **dedicated** by the Author (use only this link!):

http://www.amazon.com/gp/product/8023833847/ref=cm_sw_r_tw_myi?m=A2IY3GUWWKHV9B

From the PUBLISHER

"Malignant Self-love: Narcissism Revisited" is now available also from the publisher (more expensive, but includes a bonus pack):

<http://www.narcissistic-abuse.com/thebook.html>

From AMAZON.COM

To purchase from Amazon use this link:

<http://www.amazon.com/Malignant-Self-Love-Narcissism-Sam-Vaknin/dp/8023833847>

II. ELECTRONIC BOOKS (e-Books)

From KINDLE (AMAZON)

Kindle Books about Narcissists, Psychopaths, and Abusive Relationships – use these links:

http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank (Amazon USA)

http://www.amazon.co.uk/s/ref=ntt_athr_dp_sr_1?_encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank (Amazon UK)

BUY SIXTEEN e-books about toxic relationships with narcissists and psychopaths - and get the PDF versions of ALL 16 books plus a huge bonus pack FREE!

Use either of these links and send the proof of purchase via email to samvaknin@gmail.com to receive the PDFs and Bonus Pack:

<https://www.amazon.com/dp/B07FK6316T> (Amazon USA)

<https://www.amazon.co.uk/dp/B07FK6316T> (Amazon UK)

III. Cold Therapy Seminar on DVDs

<http://www.narcissistic-abuse.com/ctcounsel.html>

IV. Counselling with Sam Vaknin or Lidija Rangelovska (or both)

<http://www.narcissistic-abuse.com/ctcounsel.html>

Free excerpts from the EIGHTH, Revised Impression of "Malignant Self-love: Narcissism Revisited" are available as well as a **NEW EDITION of the Narcissism Book of Quotes**.

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