

## **Codependency and Narcissism: Soulmate or Cellmate?**

Does this sound familiar? When you met, did it feel like "coming home"? You had found your ultimate soul mate? Did you understand each other completely? But suddenly it turned into angry moods and confusion started coming in? Did you need to pay more attention and continually adapt? Did you feel trapped by "you're not okay at all and everything is your fault!" Are you actually living with a false reality that your partner keeps creating and dictating? Is your partner constantly changing? Charming one minute and reproachful or angry the next?

When you are in a relationship with a narcissist, you become entangled in a technique called "gaslighting" (a form of mental abuse that keeps making you question your sanity). This is used to convince you of their self-created reality. Gaslighting gives the feeling that you are responsible for all the nasty consequences that follow when their ego is not being served. In fact, narcissists are empty inside and they keep luring co-dependent people to fulfill their needs for admiration (\* co-dependence = unconsciously learned, early coping behaviors to maintain an unhealthy relationship; i.e. at the expense of their own autonomy and well-being). Narcissists need adaptive, empathetic, sensitive people around them to impersonate. You can see a narcissist as a kind of parasite that feeds on the emotions and feelings of others; it is as oxygen. People with Narcissistic Personality traits are themselves victims of a flawed, unsafe, unpredictable childhood. Moreover, there is a certain genetic predisposition and they hardly experience an inner, identity, or a "Self". Narcissists have instead developed an idealised self-image and facade and project their shortcomings onto others. The environment is then presented with a person who does not exist. Therefore, a narcissist needs someone else to impersonate, meet their needs, and make them feel alive. It's Drama, Drama, Drama when everyone keeps switching from one role in the drama triangle after another:

ACCUSER -> VICTIM -> RESCUER -> ACCESSOR -> VICTIM ..... ..

Unfortunately, a narcissist is not inclined to see or change their behavior. So we can only work on our half of the relationship and interactions.

Make no mistake, we are talking about pathology here, the advice is always "leave!" Leaving is nevertheless NOT self-evident and can have very dire consequences for your psychological well-being, reputation, finances and health if you do not do it in a wise, sensible and gradual way.

With the help of TA and psychotherapy I can support you in dealing with their psychological games, and developing your autonomous behavior. I can help you to strengthen exploring and indicating your boundaries. Moreover, together we can explore your personality and convert your co-dependent side to mutual dependence, based on healthy and conscious choices. The most urgent thing is that you come to understand how the relationship with a narcissist has affected your own intuition,

self confidence and twists the facts. A suitable counselor with knowledge of and experience in all narcissistic tricks is vital. Healing after narcissistic abuse requires recognition of what has happened over years, plus acknowledging your own role in het dynamic and that you have really been the victim. Acceptance of the confusion and administered "gaslighting" and distorted reality is also a part of it plus realising that the narcissist is actually mentally ill. Letting go and never going back in: your life, your thoughts, your own needs for harmony and especially your emotions is a whole learning process that we can enter together. With time and a focus on your own value and interest, advice comes. I believe in strengthening your own strengths and intuition therein.

Beloved, don't put it off anymore, take action for yourself today!

For pure, useful professional advice and information see: <https://verdwenenzelf.org/>