

Narcissism Victim Syndrome and Support: He said "my way or the Highway! So I stole his limo and took the higher way! "

Are you a victim of a power game or emotional/mental abuse? In your marriage, at work or in church? Are you a good person who has been through terrible relationships? Read more!

Psychically, emotionally, physically, cognitively and spiritually, we are made for connection and unconditional love. We want to belong, experience acceptance and be able to be our authentic selves in safety, trusting no loss of relationship if we are not perfect!

Every human needs the following to thrive:

Connectedness + Safety + Nurturing + Validation

Social rejection and disconnection hurt; literally like an injury, they have the same neurobiological impact as being physically wounded.

The truth is, the world is not divided into good and bad people. We all have a lighter and darker side. What matters is what we choose. That defines who we really are.

We now know that if you are:

Highly Sensitive + Christian + Co-dependent + Empathetic

That you are prone to mental abuse and easy prey for an abuser or narcissist

A narcissist shows five core qualities:

Despair + Megalomania + Lack of Reciprocity + Rejection + Entitlement

A narcissist is also a victim, raised in an unstable environment with unreliable authority figures. There was little to trust and they decided very young "Nobody and nothing can be trusted, I have to do it on my own". They learn young the art of charming manipulation, to manipulate with power, to take control and to create their own self serving kleptocracy. They are very credible and convincing. They know how to read people well and make them feel initially connected so that the narcissist can quickly discover someone's vulnerabilities for future (counter) use. Narcissists can also come over as attentive romantics; telling you exactly what you need to hear and believe to feel good about yourself. Narcissists are socially slim and strategic but cannot empathise with or mentalise what is going on inside someone else. Sadly, anyone who doesn't serve their kleptocracy will be quickly rejected. Above all, you are not allowed to feel or see their pain or inadequacy, that will make you their enemy and you will need to be eliminated, often with lawsuits.

Are you in a relationship with such a person? Someone who keeps you longing for those intimate moments, but keeps you insecure? Are you in a circle of attraction and rejection and being used and abused? Are you a highly sensitive person? Empathetic? A peacemaker? Or co-dependent, pleaser type? Did you grow up in a dysfunctional family and did you, to learn early on to walk on eggshells? Lets equip you to operate in mutuality.

Have you never learned the balance between dependence and independence? Do you find it difficult to be alone? Do you have trouble tolerating closeness and intimacy? Do you have trouble taking care of your own boundaries and needs, due to being alert about what others think about you or how they will react?

Get in touch and join one of our support group meetings.

If you have been in a marriage with a narcissist or are now going through a divorce, with the help of TA we can stop the game playing behaviour of the narcissist and help you out of the drama triangle. Come the practice soon!

