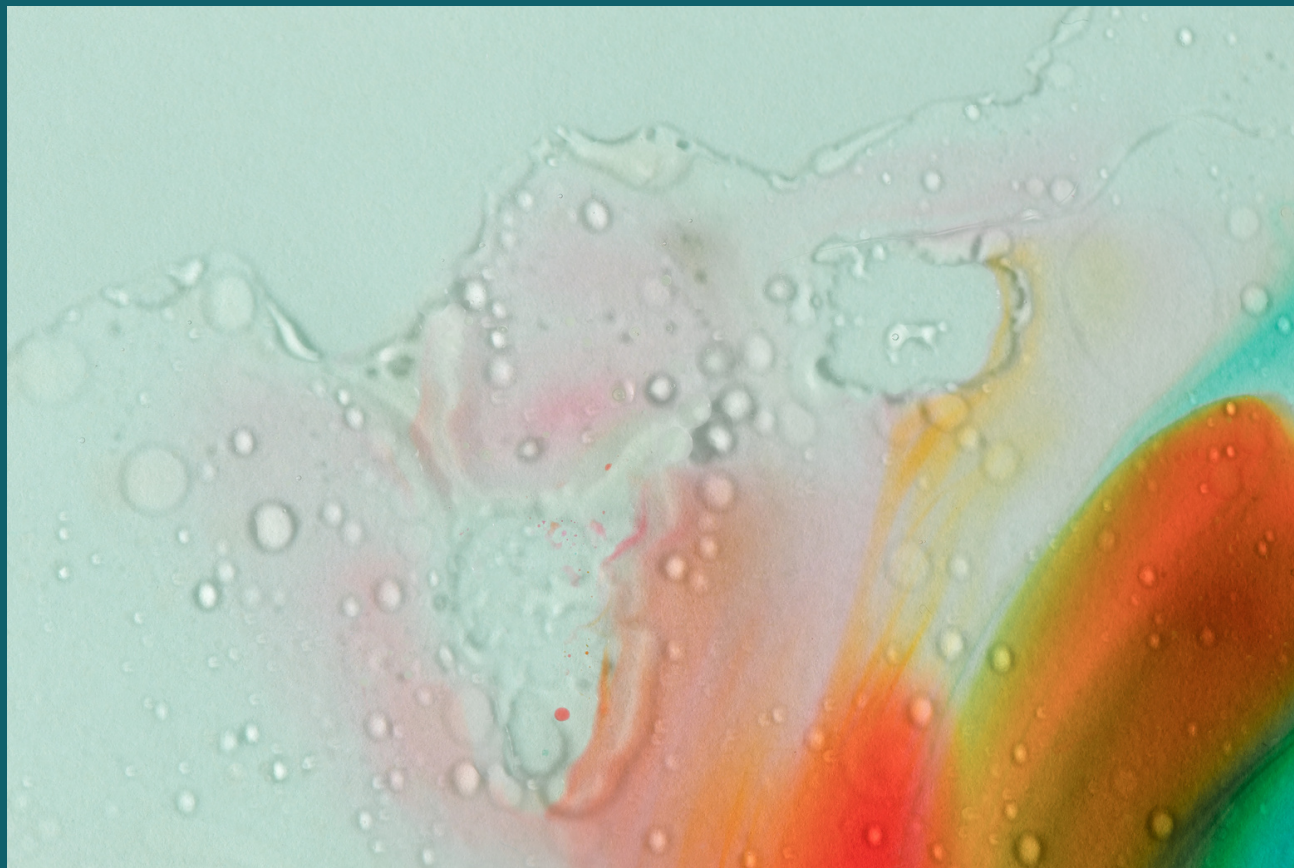# 5 Deeper Understandings to Narcissism

01

Reality Check: About Naricissim

Most people are not narcissists but can be self-absorbed with their issues, which can feel hurtful and triggering.

The present REALITY is a true narcissist is INCAPABLE of meeting your needs or taking any accountability for their actions.

IT DOES NOT HELP YOU OR THEM to hold a fantasy of what they could be capable of in the future and to keep trying for what is not reality today.

Detecting a True Narcissist

- Lacks true understanding for you & others
- Archetypal behavior is to attempt to control everything
- Demands & manipulates to get appreciation & attention from their environment
- Believes that you & others need to be perfect to make them feel & look better to others
- Perceives everything defensively, as a threat
- Does not take responsibility for how they harm/hurt you or others

03

Staying Present with a Narcissist

Trying to hold a narcissist accountable, negotiate with, argue with, or get defensive with them only fuels the fire.

Disengage and bring awareness to your breath.

Stay conscious, and remind yourself it is not actually about you. Remove yourself from the situation, and ideally the relationship, when you can do so safely. Once removed, hold to your boundaries and connect with caring others.

04

Upholding self-repect

Use DBT Skill: FAST

1. Be <u>FAIR</u> to yourself & the other person
2. NO <u>APOLOGIES</u>. This may be an opposite action for you
3. <u>STICK</u> to your values. Know your top 5 values
4. Be <u>TRUTHFUL</u>. This is when we lie, fabricate, or omit things, because we feel unsafe. Your truth is good enough!

In-doubt? Ask loving & close others for support

05

Intuition & Knowing

Trust your gut & your heart. Although we all possess intuition, we often fail to listen.

Tune in to your heart, instincts, and emotions as they steer you towards what is true and beneficial for your well-being.

Build and connect with supportive heart-centered people who can lift & support you.