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THE ULTIMATE GUIDE TO NARCISSISM

Identifying, understanding and
healing from narcissism

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As a firm believer in the importance of setting boundaries, I strive to help individuals navigate life's complexities with clarity and confidence.

With years of experience in coaching, I have honed my expertise in guiding individuals towards establishing and maintaining boundaries that serve their well-being. Through workshops, coaching sessions, and written content, I empower others to reclaim their autonomy and prioritize their needs.

At the heart of my approach lies the belief that setting boundaries is not about building walls, but rather creating spaces where authentic connections and mutual respect can flourish. I advocate for boundaries as an act of self-love and an essential aspect of personal growth and healthy relationships.

CONTENTS

PART 1

INTRODUCTION

What is narcissism?

PART 2

IDENTIFYING NARCISSISTIC ABUSE

What to watch out for.

PART 3

TRAUMA BONDS

10 common patterns of trauma-bonded relationships

PART 4

HOW TO STARVE A NARCISSIST

You've identified a narcissist in your life, now what?

PART 5

HEALING FROM NARCISSISM

Strategies to recover from narcissistic abuse.



**You didn't
ignore the red
flags, you just
didn't have the
lifeskills to
understand
their danger.**

AN ERA OF EMPOWERMENT

HOW NARCISSISM IS MOVING AWAY FROM A DIAGNOSIBLE DISORDER TO A PERSONALITY TYPE

Since the 80's, Narcissistic Personality Disorder was first recognized as a mental disorder and required a diagnosis from a psychiatrist. If you know anyone who is a narcissist, they aren't the first personalities to run to a psychologist for an assessment of their grandiose self-importance, entitlement and intimidating behaviour.

The inability for people to feel authorized to identify narcissism results in dysfunctional families, abusive marriages, childhood trauma, toxic workplaces and a general struggle to set boundaries and form or maintain healthy relationships. Everyone knows who the "toxic" individual is, but simultaneously feels unqualified to address it.

Thankfully experts in narcissistic relationships like clinical psychologist Dr. Ramani Durvasula have opened the discussion around narcissism moving away from a diagnosable disorder to a personality style.

So, what is narcissism? Depending on who you ask, it may be a description of our self-obsessed, selfie taking, influencer generation. As Dr. Ramani explains, "what separates a narcissistic person from someone who is self-centered or vain or entitled is the consistency and sheer number of these traits in one person. Just being superficial doesn't mean someone is a narcissist. Narcissism is about a deep insecurity and fragility offset by maneuvers like domination, manipulation, and gaslighting, which allows the narcissistic person to stay in control."

CHECKLIST

- ✓ A need for validation and admiration, also known as “narcissistic supply”.
- ✓ Egocentric. A narcissistic person’s needs will always come first in any relationship.
- ✓ Lack of empathy; they understand what empathy is but their empathy is performative,
- ✓ Entitlement. Narcissistic people believe they are special, must be given special treatment and that rules should not apply to them
- ✓ Defensiveness. A narcissistic person has a lurking inadequacy and fragility that they try to protect
- ✓ Narcissistic people have a great game meaning they can be charming, charismatic and confident
- ✓ Oppositional. Narcissistic people don’t like being told what to do.
- ✓ Grandiosity. A narcissistic person believes they are better than others and look down on those that they feel are “beneath” them.
- ✓ Narcissistic people are motivated by dominance, status, control and power.
- ✓ Thin-skinned. When you provide even the mildest criticism or feedback, you will be met with rapid, rageful and disproportionate reactions
- ✓ Inability to Self-Regulate. Narcissistic people don’t know how to express their emotions because that would be too shameful and vulnerable, and so they cannot regulate them.
- ✓ Project their shame on to others by being highly critical, dismissive, hurtful, insulting and jealous

NARCISSISTIC ABUSE TACTICS

Narcissistic people need control, domination, power, admiration and validation. They'll use these tactics to try and get it -

01

GASLIGHTING

Gaslighting generates doubts about your experiences, memory, perception and emotions. Gaslighting causes you to question your reality by denying events that happened, experiences you're having or words that were said.

02

DARVO

An abuser will DENY the behaviour, ATTACK the person confronting them about the behaviour, REVERSE VICTIM AND OFFENDER the roles, making themselves the victim and the other person out as the abuser.

03

DIMMER

Your needs, feelings, thoughts and sense of self will be DISMISSED and INVALIDATED. Your feelings, achievements and experiences will be MINIMIZED. Narcissists will use MANIPULATION to control you and EXPLOIT you to take unfair advantage by playing on your vulnerabilities. Lastly, narcissists will DOMINATE by threatening finances, custody, decisions and participation in the relationship.

04

FUTURE FAKING

A narcissist will promise changes or offer something you want to keep you in the relationship with no intention to ever following through.

TRAUMA-BONDED RELATIONSHIPS

Trauma-bonded relationships are created when an adult or child lives in an unpredictable and confusing environment that thrives on conditional love. When they express a need or set a boundary, the other person responds with silent treatment, victimization, rage or denial, teaching the adult/child to earn love, jump through hoops or believe abuse is part of a loving relationship. The trauma-bonded person learns to justify or normalize the invalidating behaviour in an attempt to have their needs met.

10 COMMON PATTERNS OF TRAUMA-BONDED RELATIONSHIPS

1. Justifying abusive and invalidating behaviour
2. Believing the future faking
3. Experiencing chronic conflict, breaking up and making up, having the same fights
4. Characterizing the relationship as magical, meta-physical or mystical
5. Fearing what will happen if the relationship ends
6. Becoming a one-stop supply shop for the narcissistic person
7. Hiding your feelings and needs
8. Rationalizing the relationship to other people or hiding the toxic patterns
9. Feeling pity and guilt for having a bad thought about the relationship
10. Fearing conflict

HOW TO STARVE A NARCISSIST

A narcissist is looking for a reaction. They are trying to get under your skin, ruffle your feathers, see that you're hurt, use your vulnerabilities as weapons, provoke big emotions, have you beg and plead and play their cat and mouse games. If you're done with playing, use these techniques to disengage.

THEN

Showing you're hurt or that their behaviour affects you

Sharing your accomplishments, hoping they'll be excited for you

Setting a boundary with a consequence but never following through

Trying to explain to them how you feel

Staying in toxic relationships hoping they'll change

NOW

Showing no emotion (grey rock technique)

Keeping personal achievements to yourself

Setting and holding firm boundaries with consequences

Short responses

Going no contact

VS

HEALING FROM NARCISSISTIC ABUSE



FIND SUPPORT

Narcissistic abuse is a form of emotional abuse. The manipulation can be confusing and leave you emotionally, mentally and financially broken. Entangling yourself from a narcissistic web requires support. Find a professional or a family/friend that you can trust, believes and validates your experiences, provide compassion and remind your that the abuse was not your fault.

SELF CARE+ SELF COMPASSION

How someone treats you is not your fault. It's important to not blame yourself for getting into, or staying in, a toxic or harmful relationship. Find ways to practice grace with yourself and lean back into the things you used to enjoy to rediscover your identity, passions and hobbies.



Forgive Yourself

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THANK YOU!

If you've identified that you are dealing with a narcissistic personality style in your personal or professional life and require more support, please reach out to learn more.



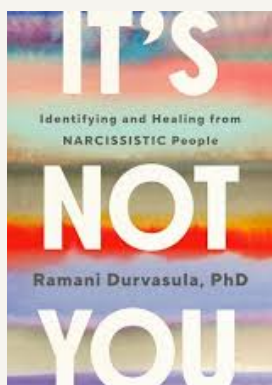
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IT'S NOT YOU

Dr. Ramani Durvasula, PhD