

Union of Saints, Narcissistic Abuse

Narcissistic abuse can appear differently depending on the role someone plays in your life, but the underlying dynamics are similar: manipulation, control, devaluation, and exploitation. What narcissistic abuse might look like in each relationship context:

From a Friend

- Constantly turning conversations back to themselves, ignoring your needs.
 - Using you for validation, favors, or status, but disappearing when you need support.
 - Undermining your confidence subtly (mocking, backhanded compliments, gossip).
 - Creating competition instead of collaboration (“I could do that better than you”).
 - Gaslighting you about shared experiences (“That never happened — you’re too sensitive”).
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From a Boyfriend or Girlfriend (Romantic Partner)

- Love-bombing early on: excessive flattery, gifts, and promises that feel too good to be true.
 - Sudden shifts into criticism, withdrawal of affection, or silent treatment.
 - Controlling who you see, where you go, or how you spend money.
 - Jealousy framed as “love” but really used to isolate you.
 - Gaslighting: denying hurtful words/actions, making you question your memory or sanity.
 - Using your vulnerabilities against you in fights.
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From a Parent (Mother or Father)

- Making love and approval conditional on performance, obedience, or appearances.
- Belittling your achievements if they feel overshadowed.
- Exploiting you for their needs (emotional support, caretaking, status) rather than supporting you as a child.
- Creating guilt or fear to control you (“After everything I’ve done for you...”).

- Lack of boundaries: invading privacy, dismissing autonomy.
 - Playing siblings against each other (triangulation).
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From a Mother

- Over-involvement masked as “caring” but really about control (“I know what’s best for you”).
 - Emotional manipulation through guilt, silent treatment, or martyrdom.
 - Projecting her insecurities onto you (body image, relationships, worth).
 - Undermining your independence to keep you dependent.
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From a Father

- Withholding emotional warmth or approval unless you fulfill their expectations.
 - Using intimidation, anger, or withdrawal to maintain dominance.
 - Treating you more like an extension of their ego than as an individual.
 - Favoritism or neglect as a way of exerting control.
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From a Coworker

- Taking credit for your ideas or work.
 - Undermining you in front of others to elevate themselves.
 - Gossiping or spreading false information to damage your reputation.
 - Pretending to be helpful but sabotaging you behind the scenes.
 - Demanding constant attention, admiration, or special treatment at work.
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From a Boss

- Micromanaging or creating impossible standards, then criticizing you for “failing.”
- Taking advantage of your loyalty (unpaid overtime, emotional labor).
- Public shaming or humiliation as a control tactic.
- Playing favorites to create competition and instability.

- Gaslighting about workload, expectations, or promises (“I never said you could have that day off”).
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From a Colleague

- Excluding you from key conversations or opportunities.
 - Using charm and manipulation to get others on their side while undermining you.
 - Downplaying your contributions while exaggerating their own.
 - Passive-aggressive behavior (ignoring emails, withholding information, making “jokes” at your expense).
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👉 In all cases, **the core themes are manipulation, lack of empathy, entitlement, and control**. The abuser’s needs always come first, while yours are minimized or used against you.