

Aryanism vs. Victimism

Power Strategies & Covert Narcissism

Aryanism (Supremacist Ideology)

Aryanism refers to a racial ideology that falsely claims that “Aryans” are biologically superior to other races. It became most infamously embedded in the ideology of Adolf Hitler and the Nazi Party in Germany.

Core Features of Aryanism:

- Belief in racial hierarchy
- Myth of “pure bloodlines”
- Dehumanization of other groups
- Justification of violence and exclusion

This ideology fueled genocide during the Holocaust and continues to influence supremacist movements. It is widely discredited scientifically and morally.

“Victimism” (Victim Identity as a Power Strategy)

“Victimism” is not a formal academic term, but people sometimes use it to describe a social or psychological dynamic in which:

- A person or group consistently frames themselves as victims
- Personal responsibility is avoided
- Moral authority is claimed through perceived suffering
- Criticism is reframed as persecution

In psychology, related concepts include:

- Victim mentality
- Learned helplessness
- Covert narcissism

Unlike Aryanism, which is a racial supremacist ideology, “victimism” describes a behavioral or rhetorical pattern that can appear across political, social, religious, or interpersonal settings.

Key Difference

Aryanism

Racial supremacy ideology

Claims superiority

Historically tied to genocide

Explicitly hierarchical

“Victimism”

Psychological/social pattern

Claims persecution

Seen in many social contexts

Often morally framed

Interestingly, extremist ideologies sometimes combine both:

- Claiming superiority, and
- Claiming they are under attack

This combination can be particularly volatile.