



NARCISSISTIC ABUSE

An Informational Guide

CREATED BY DENIZ AHMADINIA, PSY.D.
LICENSED CLINICAL PSYCHOLOGIST (29915)
@DRDENIZPSYD

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www.drdeniz.com

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HI, I'M

DR. DENIZ



LICENSED CLINICAL PSYCHOLOGIST

Dr. Deniz Ahmadinia is a licensed clinical psychologist (PSY29915) with expertise in the areas of trauma, anxiety disorders, and mindfulness meditation. She has extensive formal training in evidence-based therapies and integrates these modalities with holistic, mindfulness, and body-based techniques to maximize the effectiveness of therapy.

Dr. Deniz has been helping survivors heal from various types of trauma and abuse for over a decade, including emotional, sexual, physical, and combat. She firmly believes in empowering clients through education to aid in self-reflection, clarity, and making choices that are right for you.

Dr. Deniz



Welcome!

As you begin your journey into the discovery of emotional abuse, you will learn what narcissism is, common behaviors, qualities they are attracted to, and most importantly, the stages of healing. While children may experience an adult or parent in their life with these qualities, this guide is geared towards adults in romantic relationships.





Table of Contents



- Narcissistic Personality Disorder
- Types of Narcissists & Common Behaviors
- Cycle of Abuse
- Why Don't They Just Leave?
- Treatment Plan
- Resources

1

WHAT IS NPD?

The disorder begins by early adulthood and is indicated by at least five of the following to be clinically diagnosed as having Narcissistic Personality Disorder (DSM-5)

1. An exaggerated sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
2. Preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love
3. Believes he/she is “special” and can only be understood by, or should associate with, other special or high-status people (or institutions)
4. Requires excessive admiration
5. A sense of entitlement
6. Selfishly takes advantage of others to achieve his own ends
7. Lacks empathy
8. Is often envious of others or believes that others are envious of him/her
9. Shows arrogant, haughty, patronizing, or contemptuous behaviors or attitudes

Types of Narcissists

2



Overt Narcissist – Tend to fit the mold of what a narcissist presents like. These individuals are larger-than-life, arrogant, often loud and boisterous, love to be the center of attention, and often come across as obnoxious to most people.

Delusional Narcissist – Very grandiose in their beliefs and are often full of stories that are so over-the-top that rarely do other people believe them.

Malignant Narcissist – An (unofficial) term that describes the type of Narcissism that is in the middle of the (unofficial) Narcissistic spectrum.

Somatic Narcissists – Fixated on their body and appearance. They are often seductive and are pathological cheaters. To them, sex is a weapon.

Cerebral Narcissist – Take great pride in their intellect and are incredibly convincing. They are master manipulators.

Covert Narcissist – These Narcissists do not fit the mold of your standard Narcissist. In fact, they often come across like the exact opposite. They tend to be charming, likable, and humble. Making it very difficult to recognize, as they are often very convincing.

Classic Narcissist – A person whose set of behaviors are characterized by a pattern of grandiosity, self-centered focus, need for admiration, self-serving attitude and a lack of empathy or consideration (remorse) for others.

COMMON BEHAVIORS

TICK THE BEHAVIORS THAT YOU'VE EXPERIENCED

3



- ☐ **Rushes intimacy**
- ☐ **Fake persona-** charming personality – narcissists’ charm is part of their fake persona. It’s a manufactured role they play when they first meet a new supply, or when they go out in public. Hiding behind this charming facade allows them to hide who they really are, gain trust and maintain the appearance of innocence when they destroy the victim. This charm is false and, behind closed doors, the victim questions where “that guy” went; it’s in your gut that something is wrong, but you are powerless to do anything.
- ☐ **Hypersexual-** wanting sex quickly – often and with multiple people to keep them satisfied.
- ☐ **Center of attention** – narcissists will do everything to be the center of attention. If they do not get their way, expect them to act like a four-year-old, throwing tantrums, getting angry, drinking heavily, and delivering punishment upon arrival home.
- ☐ **Good listener** – they listen with intent of showing you how much they care about you but they are really building the script of what they have to act like to please you and win you over.
- ☐ **No Responsibility** – narcissists can’t accept responsibility for their actions. It’s never their fault; in fact, it probably is your fault or the blame of someone else, like an ex, boss, or friend. Don’t ever expect an apology from a narcissist because, in their warped mind, they have done nothing wrong.
- ☐ **Plays victim** – narcissists paint themselves as the victims, or innocent, in all aspects. A narcissist gains pity and uses this tool to gain control. Narcissists are actors and one of the award-winning roles they play is victim while, in truth, they are abusing, confusing, wreaking havoc, mistreating, and torturing the ones that love them. Often offended by someone telling them the truth, narcissists will act like trapped animals and lash out to defend their role of victim.

COMMON BEHAVIORS

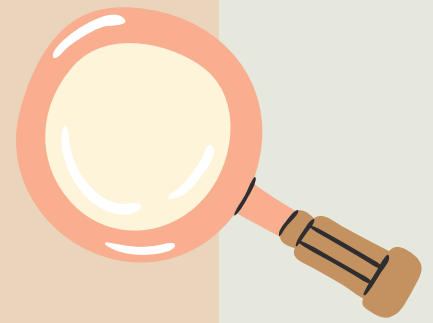
- ☐ **Parentification** – is the expectation that a child must care for his/her parent, siblings, and household as a surrogate parent. This causes the child to lose out on any type of normal childhood.
- ☐ **Infantilization** – using brainwashing tactics to ensure a child stays young and dependent upon the narcissistic parent.
- ☐ **Triangulation** – a tactic used by narcissistic parents to change the balance of power in a family system. For example, rather than allowing two siblings to work together, the narcissistic parent insists that he or she be the go-between. This controls the way the information flows, the way it is interpreted, and adds nuances to the conversation. It's also a way to feed narcissistic supply.
- ☐ **Narcissistic Supply** – a term used to designate the way narcissists feed on attention. The best sorts of attention are approval, adoration, and admiration, but other sources of attention – like fear – are acceptable to a narcissist. Children, small children, are used as an ongoing source of this attention.
- ☐ **Gaslighting** – a way in which narcissistic parents (and other abusers) use lies – intentional or not – to make their child question his or her own reality. A child may end up feeling as though he or she is crazy. An example would be, insisting that the sky is green, until the child believes it. Gaslighting is one of the most insidious forms of emotional and psychological abuse.
- ☐ **Withholding** – the abusive partner pretends not to understand or refuses to listen. “I don’t want to hear this again,” or “you’re trying to confuse me.”
- ☐ **Blocking/diverting** – the abusive partner changes the subject and/or questions the victim’s thoughts. “Is that another crazy idea you got from (friend)?” or “You’re imagining things.”

COMMON BEHAVIORS



- ☐ **Trivializing** - the abusive partner makes the victim's needs or feelings unimportant. "You're going to get angry over a little thing like that?" or "You're too sensitive."
- ☐ **The Silent Treatment** – often used to: control, punish, test boundaries, avoid responsibilities, and hurt the victim. After narcissists have groomed you to constant attention, going dark brings the victim confusion and pain.
- ☐ **Narcissistic Rage** – narcissists despise any challenge or insult, and when that happens, a narcissist can fly into a rage – spewing insults and becoming physical and aggressive with their children.
- ☐ **Fake Emotions**- unable to feel real emotions, narcissists mimic emotions that they think are appropriate in any given situation. They are actors and can as easily turn on the charm as they can turn on the tears. Using tears to manipulate the heart of the target victim (and declaring their own victimhood), they gain trust and show sensitivity.
- ☐ **Demands trust that isn't earned** – expects trust from their victims when they have either abused that trust in the past or have yet to show that they deserve that trust in the first place.
- ☐ **Their way is the only way**- "my way or the highway", very inflexible, demands that things be done a certain way even if that way is incorrect.
- ☐ **Pathological chronic lying** – on the low end of the lying spectrum, narcissists can be dishonest, cunning, sly, clever, and resourceful in creating lies. On the higher end of the spectrum, a pathological narcissist liar is deceptive, manipulative, deceitful, and unscrupulous. They attack the core of a victim's insecurities. They start by lying about themselves; then they move onto lying about their exes, their jobs, and accomplishments. They lie about their feelings for you in order to hook you into bonding quickly. In the end, they will lie about you and call you the crazy ex.

COMMON BEHAVIORS



- ☐ **Word Salad** – when the conversation with a narcissist is circular. It's a diversion tactic to bring in irrelevant facts and meaningless logic to confuse the victim. I think of it as being in a blender with words flying about your head that make no sense and have no logic to them. Evasions, diversions, and vague comments are designed to confuse the conversation and manipulate the victim into just giving up.
- ☐ **The law does not apply to them** – believing they are “above the law” so to speak and that the rules only apply to “lesser” peoples.
- ☐ **Smear Campaigns** – a method of damage control that narcissists implement when they know they have been found out. A common smear campaign might involve portraying the former victim as some sort of crazy, bipolar, addict, alcoholic, unstable, good digger, thief, cheater, or bad parent. By creating a series of lies, exaggerations, half-truths, suspicions and false allegations about the victim's behavior, these serve to undermine the victim's credibility and sanity.
- ☐ **Grooming** – a predatory act of maneuvering the victim into a position that makes them more dependent on the narcissist, more likely to trust, and more vulnerable to abusive behavior. Idealization is when the narcissist sweeps the victim off his/her feet while programming his/her behavior and reactions as they test the waters to see how much abuse the victim will tolerate before determining how the abuse proceeds. With subtle digs— mixed with kindness—the narcissist trains you to accept abuse and to ignore your intuition.
- ☐ **Lovebombing** – a manipulation that literally “bombs” the victim with compliments, texts, phone calls, flowers, gifts, selfies and “I miss you” texts (even if it's only been a few hours). They gobble up your time, slowly isolating you from your friends, and you want to spend more and more time with them. Narcissists will be comparing you to others in their past and telling you how different you are, how perfect you are for them. They rush intimacy, talk about moving in together, buying items together, and getting married quickly.

NARCISSISTIC ABUSE CYCLE



A photograph of a man and a woman sitting on a bed in a bedroom. The man, on the left, has a beard and is wearing a white t-shirt, looking away with a somber expression. The woman, on the right, has blonde hair and is wearing a white tank top, resting her chin on her hand and looking down thoughtfully. The background shows a lamp on a nightstand and a bed with a heart-shaped decoration and a small red Christmas tree hanging on the wall.

WHY DON'T THEY JUST LEAVE?

People who have never been abused often wonder why a person wouldn't just leave an abusive relationship. They don't understand that leaving can be more complicated than it seems.

Leaving can be the most dangerous time for a victim of abuse because abuse is about power and control. When a victim leaves, they are taking their abuser's control away and threatening their power, which could cause the abusive partner to retaliate in very destructive ways.

Aside from this danger, there are many reasons why people stay in abusive relationships. Below are just a few of the most common ones:

REASONS PEOPLE STAY

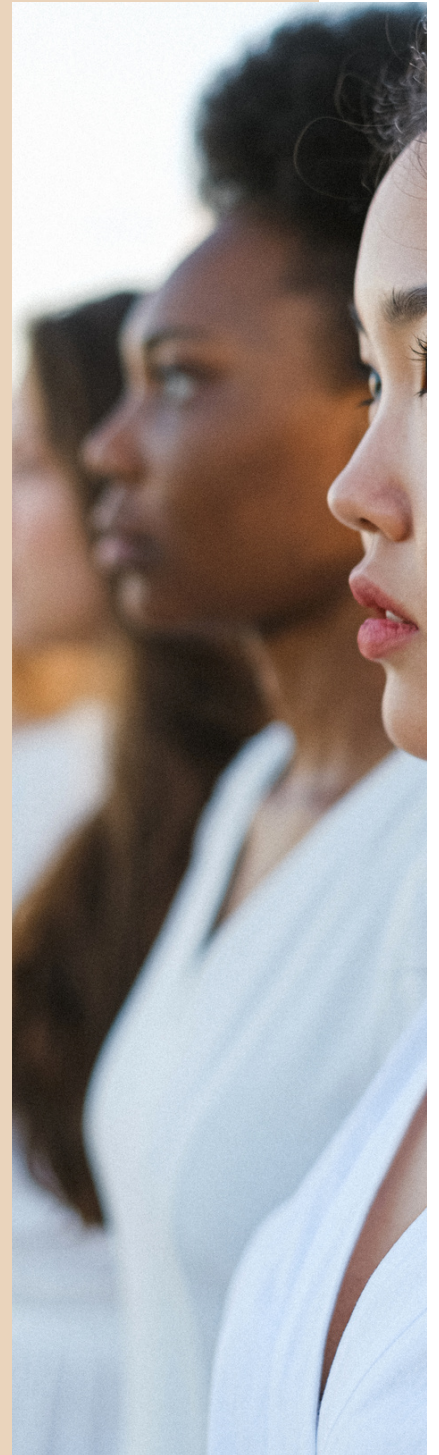
- **Fear:** A person may be afraid of what will happen if they decide to leave the relationship.
- **Belief That Abuse is Normal:** A person may not know what a healthy relationship looks like – perhaps they grew up in an environment where abuse was common. They may not recognize that their relationship is unhealthy.
- **Embarrassment or Shame:** It's often difficult for someone to admit that they've been abused. They may feel they've done something wrong by becoming involved with an abusive partner or worry that their friends and family will judge them.
- **Low Self-Worth:** When an abusive partner constantly puts a person down and blames them for the abuse, it can be easy for the victim to believe those statements to be true and that the abuse is their fault.
- **Love:** So often, the victim feels love for their abusive partner. They may have children with them and want to maintain the family unit. Abusive people can be charming, especially at the beginning of a relationship, and the victim may hope that their partner will go back to being that person. They may only want the violence to stop, not for the relationship to end entirely.

REASONS PEOPLE STAY

- **Cultural/Religious Reasons:** Traditional gender roles supported by someone's culture or religion may influence them to stay in an abusive relationship rather than end it for fear of bringing shame upon their family.
- **Language Barriers/Immigration Status:** If a person is undocumented, they may fear that reporting the abuse will affect their immigration status. Also, if their first language isn't English, it can be difficult to express the depth of their situation to others.
- **Lack of Money/Resources:** Financial abuse is common and a victim may be financially dependent on their abusive partner. Without money, access to resources, or even a place to go, it can seem impossible for them to leave the relationship. This feeling of helplessness can be especially strong if the person lives with their abusive partner.
- **Disability:** When someone is physically dependent on their abusive partner, they can feel that their well-being is connected to the relationship. This reliance could heavily influence their decision to stay in an abusive relationship.

WHO A NARCISSIST TARGETS

1. **Empaths** – empaths are self-sacrificing and love to share and give; a narcissist wants to take so it's a pretty good match.
2. **Codependents** – a codependent wants to make everyone happy and they need the love of a partner to feel loved; a narcissist will spot them in a crowd.
3. **People with low self-worth** – this person doesn't have the courage or self-love to speak up when someone does something abusive which makes them a great target.
4. **Divorced/lonely** (or newly out of a relationship) – this victim is vulnerable from the beginning and just wants to feel loved again; that is exactly what a narcissist will pretend to do.



WHO A NARCISSIST TARGETS

5. **People Pleasers** – those who love to help and heal everyone often give to others and never to themselves; a narcissist will look upon this as a gift.
6. **Intelligent-** narcissists seek out people who are bright and on top of their game. It's more fun for them to destroy someone who is successful. A good work ethic is a perfect target because they know this victim will fulfill their needs efficiently.
7. **Dependable** – victims who are dependable are a great source for the narcissist because they will always be there ready to do whatever is asked.



TRAITS OF WHO A NARCISSIST TARGETS

8. Nurturing – if you are this type of person, a narcissist gets very excited because they want to be cared for.
9. The fixer – if a person thinks they can love a narcissist enough to fix them, they identify this early and know the abuse won't be stopped. They do not think they have a problem.
10. No Boundary Setting Skills – a narcissist will begin slowly to test boundaries. The easier they can be broken, the better supply you will make.





Stages of Healing



4 Stages

1. Restoring Identity &
Cognitive Challenging

2. Self-Compassion

3. Facing Complicated
Feelings

4. Self-care,
boundaries &
engagement with
values





RESOURCES

Books
Youtube
Instagram

BOOKS

Should I Stay or Should I Go? Surviving a Relationship with a Narcissist – Dr. Ramani Durvasula, Ph.D.



Psychopath Free: Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People– Jackson Mackenzie



Divorcing Your Narcissist: You Can't Make This Shit Up– Tracey Malone



Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse– Shannon Thomas, LCSW



YOUTUBE CHANNELS

Doctor Ramani

<https://www.youtube.com/c/DoctorRamani/featured>



Melanie Tonia Evans

<https://www.youtube.com/user/MelanieToniaEvans>



INSTAGRAM ACCOUNTS

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@DR_ANNIEPHD



@MYEXISANARCISSISTANDIMADEITOUT



@NARCISSIST.SOCIOPATH.AWARENESS2



@STOPNARCISSISTICABUSE



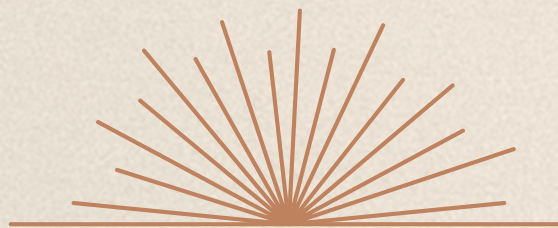
Thank you for reading!



You can find free additional resources online over at my website, as well as a sign up for the Healing Inner Child Course!

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Where evidence-based therapy meets embodied healing



@drdenizpsyd
drdenizpsyd@gmail.com
www.drdeniz.com