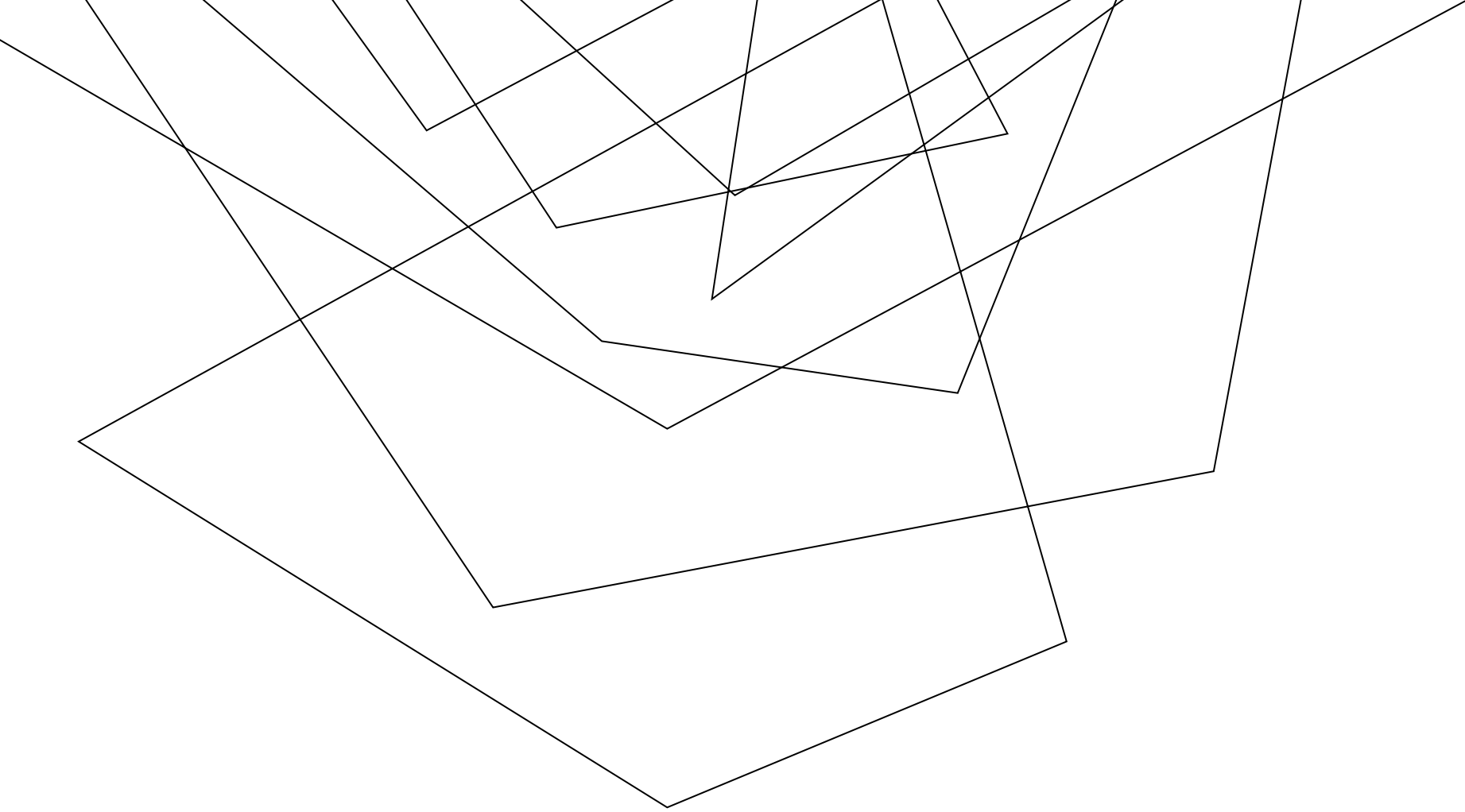


The top left corner of the page features a complex, abstract graphic composed of several thin, black, overlapping lines that form various geometric shapes, including triangles and polygons, creating a sense of depth and movement.

BEARING WITNESS TO NARCISSISTIC ABUSE

HOW YOU CAN HELP



WHO I AM

MY JOURNEY FROM VICTIM TO SURTHRIVER



TRACY A MALONE

VICTIM

Worst day of my life

Explained divorce

Family of origin

My vulnerabilities

JOURNEY

Survivor caucus CCADV

Website & Facebook group

Boulder & Arvada groups

Coaching

Group recovery support groups

SURTHRIVER

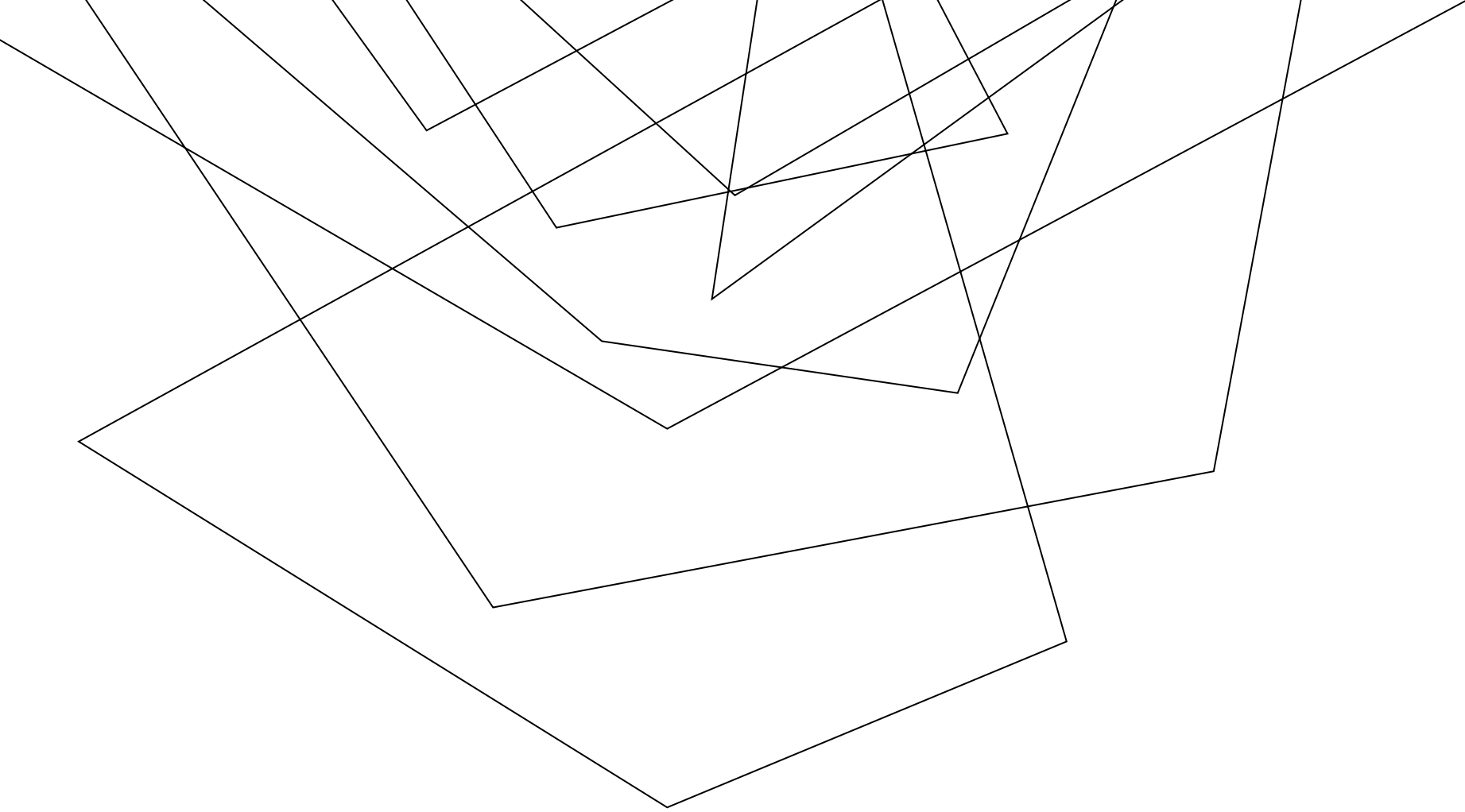
Author

Founder

NarcissistAbuseSupport.com

Speaker, Narc-educator

Coach



GENERAL INTRODUCTION

Why Your education is vital to the cause

INTRODUCTION TO NARCISSISTIC ABUSE

My work is dedicated to educating people about the behaviors, red flags, and means of escape from a narcissist. It's critically important to gain an understanding of the plight of victims of narcissistic abuse, on their journey towards becoming what I have coined, a "surTHRIVER". They need validation and support to understand what is happening to them in the process of healing. Narcissistic abuse awareness is at an all-time high. Now more than ever, victims are in greater need of finding the words to understand what is happening to them.

FACTS

Narcissists can be male or female and they traditionally display these behaviors by late childhood.

STATISTICS

It is estimated that 6.2% of the United States population has Narcissistic Personality Disorder (NPD). That equates to approximately 20 million people - 62% men and 38% women (**Stinson et al. 2008**). 10 victims per – 200,000,000.

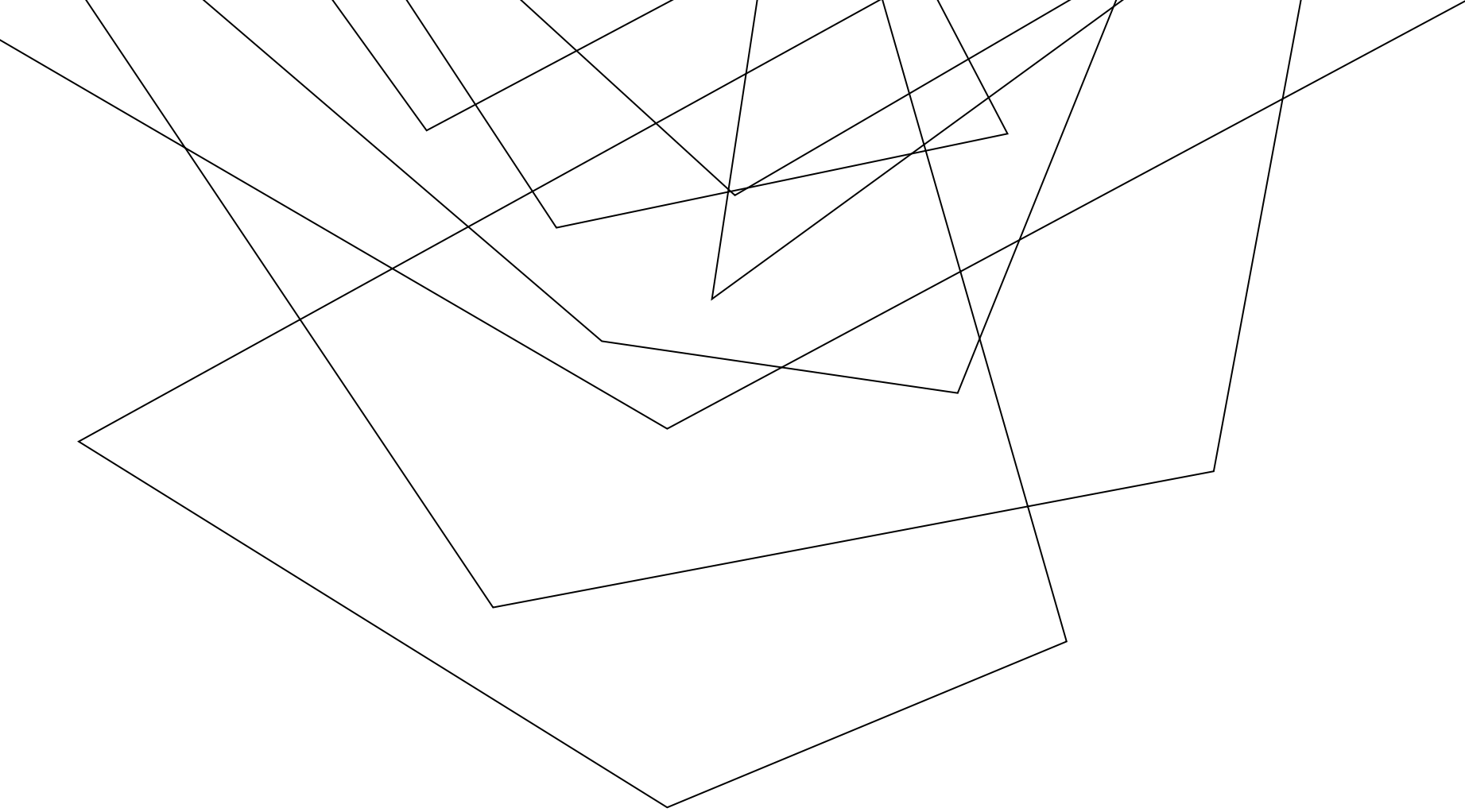
WHY MORE CHATTER

Awareness, education/books, YouTube university, podcasts, blogs and many brave people that did the work to heal giving voice to educate

COSTS

We are dealing with a health crisis that is not being addressed by academia to increase the awareness in training. Our court systems are unable to understand the tactics or protect children in divorce.

INVISIBLE ABUSE



DSM 5 CRITERIA

DSM 5 CRITERIA

According to the DSM-5, a person can be professionally diagnosed with narcissistic personality disorder by having at least five of the following characteristics:

- **A grandiose sense of self-importance** (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
- **Preoccupied with fantasies of unlimited success**, power, brilliance, beauty, or ideal love
- **Beliefs that they are "special" and unique** and can only be understood by, or should associate with, other special or high-status people (or institutions)
- **Requires excessive admiration**
- **A sense of entitlement** (i.e., unreasonable expectations of especially favorable treatment or automatic compliance with their expectations)
- **Interpersonally exploitative tendencies** (i.e., takes advantage of others to achieve their own ends)
- **Lacks empathy** is unwilling to recognize or identify with the feelings and needs of others
- **Often envious of others** or believes that others are envious of them
- **Shows arrogant, haughty behaviors or attitudes**



WHO ARE THE NARCISSISTS

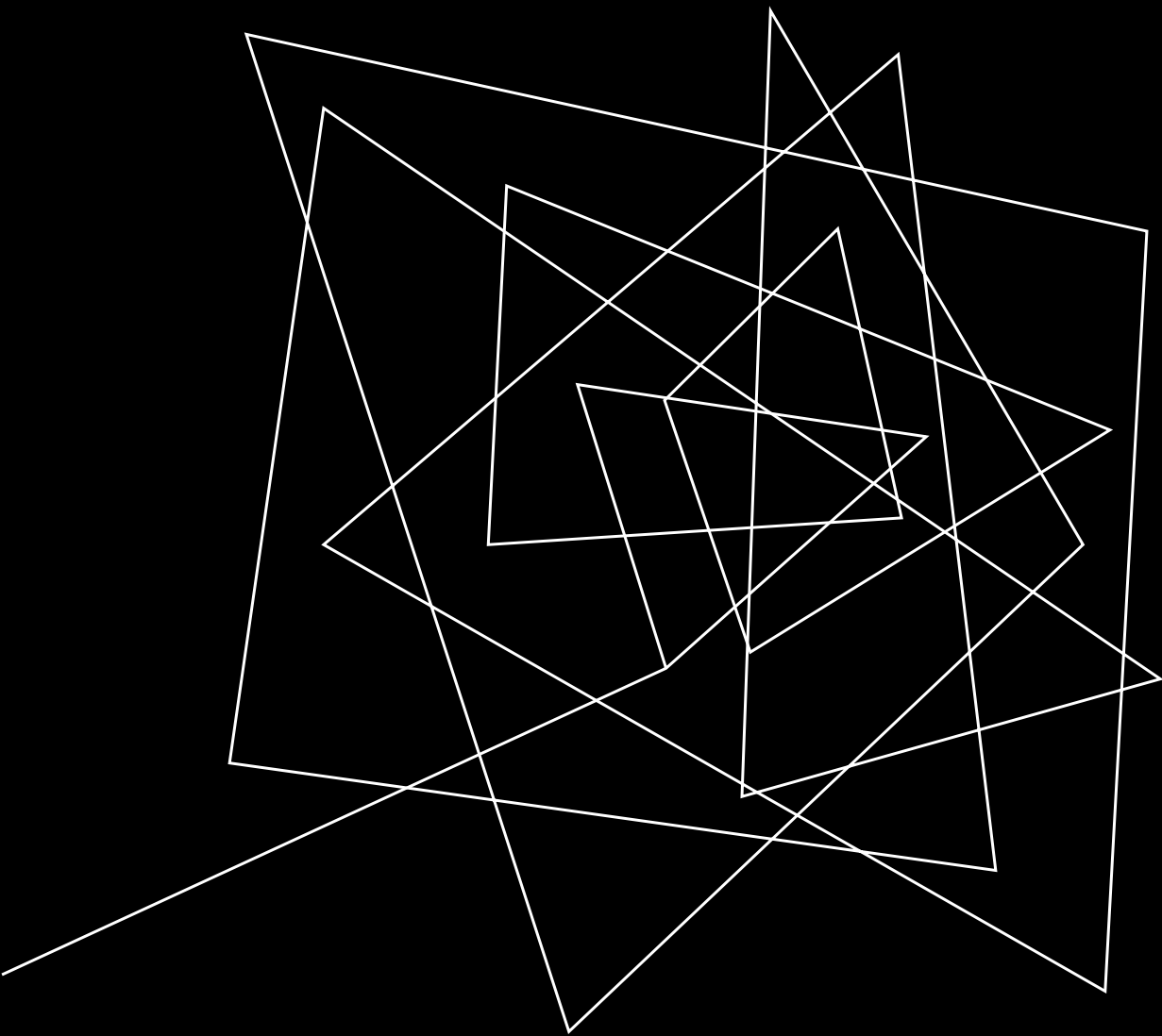
The players in the game

WHO ARE THE NARCISSISTS

Wounded people who have developed coping strategies to protect themselves without care for the people or tactics they deploy.

Can be any gender – race – class – sexual orientation – age – culture – religion

- Romantic relationships
- Coparenting situations
- Marital situations
- Family – parents – siblings – extended family
- Friends
- Work situations
- Spiritual leaders
- Their own child



OVERT/GRANDIOSE
COVERT
MALIGNANT

RICH NARCISSISTS
POOR NARCISSISTS

OVERT/GRANDIOSE NARCISSISTS

The overt/grandiose narcissist is the poster child of what is characteristically described in the DSM 5 - charming, charismatic, confident, attractive, and entitled. This is how most imagine narcissists to present themselves as the "constant mirror gazing" or "let's take a selfie" type.

Grandiose narcissist traits you may have seen:

- superiority
- entitlement
- flamboyance
- pompous
- controlling
- rages



COVERT NARCISSISTS

Covert narcissists are exceedingly difficult to recognize and even harder to expose because they have built a fake persona with everyone they know. Most that are unaware of the covert traits see a charming, helpful, caring, compassionate and often enlightened individual. However, covert narcissists stick with the same tricks and tactics, don't learn from them, and persist with the same level of crazy.

Weapons of passive aggressive covert behaviors:

- the silent treatment
- gaslighting
- reactive abuse
- playing the victim



MALIGNANT NARCISSISTS

Malignant narcissists are on the higher end of the narcissistic spectrum because they usually exhibit an evil side, possibly with sadistic traits.

They tend to be the ones who derive joy from taking down their enemies.

Malignant narcissistic traits you may have seen:

- power and social influence – motivated by the creed of power, they hang with successful people, have great jobs, lead companies
- more likely to have criminal charges brought against their victim
- takes pleasure in humiliating and causing pain
- master skills - malignant narcissists learn from their efforts. They test a strategy, evaluate its success, and then look for additional ways to abuse their victim.



RICH NARCISSISTS

There is no type of narcissist that is rich by default, but any could be. However, with financial success, the privilege that they believe they are entitled to will be sought.

Rich narcissists take the worst pieces of all the various types and create a hybrid of a covert malignant robot with one mission - to destroy you.

Narcissists with assets feel they are entitled to everything even if you are legally entitled to half. It is not uncommon that they will spend more than what you would have gotten originally, just so you get nothing.

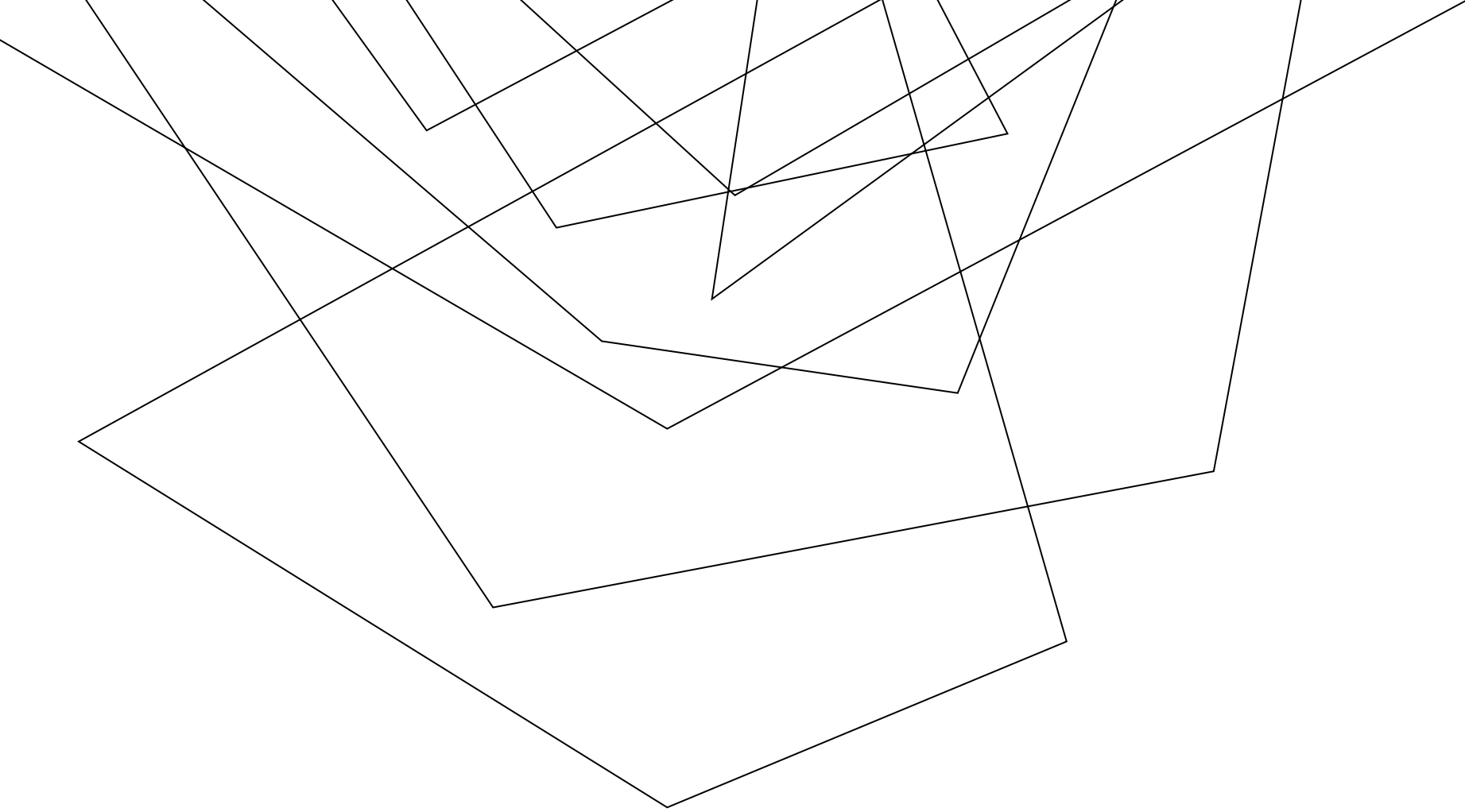
A wealthy narcissist will go to any lengths to ruin you, and your children too, for the mere pleasure of it. I opted to add this category to alert victims who may be divorcing a powerful and affluent narcissist that the difference between them and the other types is that the abuse won't stop once the relationship is final.



POOR NARCISSISTS

When a narcissist doesn't have means or assets, they tend to target people with assets and weasel their way into their hearts. Then they steal all their money.

Other victims of this type of narcissist equate them to conmen and con women because they had a financial goal, and they went after the victim only for that.




NARCISSISTIC MASKS

NARCISSISTIC MASKS

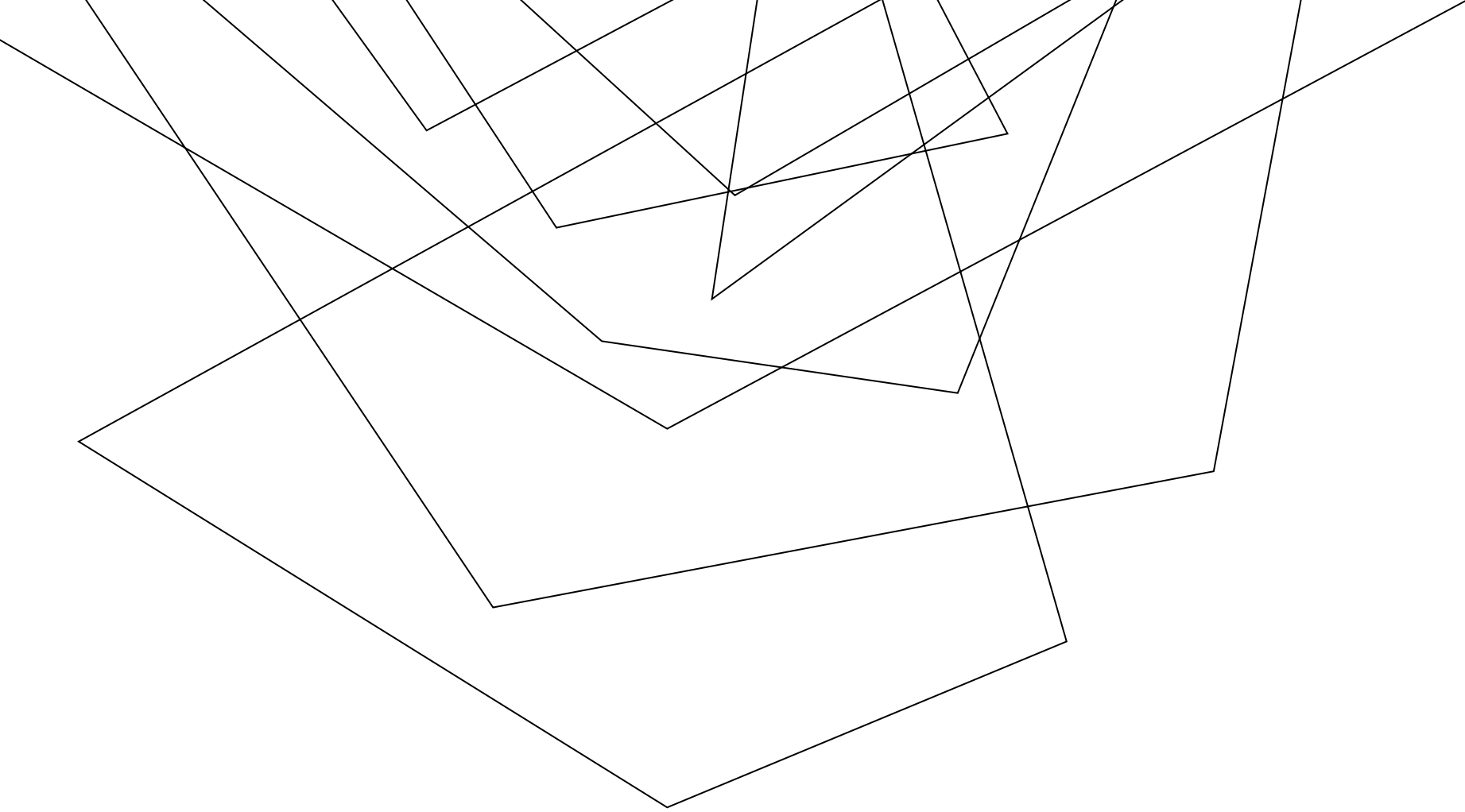
Narcissists create false persona to trick the victim into thinking they are someone they are not, yet everything the victim is looking for. Think of masks like a role in a play.

FALSE PERSONNAS

- The charming mask
- Generous mask
- Privileged mask
- Sensitive mask
- The rescuer mask
- Vulnerable mask
- Spiritual mask
- Privileged mask
- The victim mask
- Perfect parent



WE DON'T HAVE TO STAMP THE
PERPETRATOR WITH THE NARCISSIST
LABEL. WE NEED TO POINT OUT THE
PATTERNS AND BEHAVIORS AND
LEAD THE VICTIMS TO THE
RESOURCES THAT WILL VALIDATE
WHAT THEY ARE EXPERIENCING.



NARC-GLOSSARY

WE HAVE OUR OWN LANGUAGE

NARC-GLOSSARY

IDEALIZE STAGE

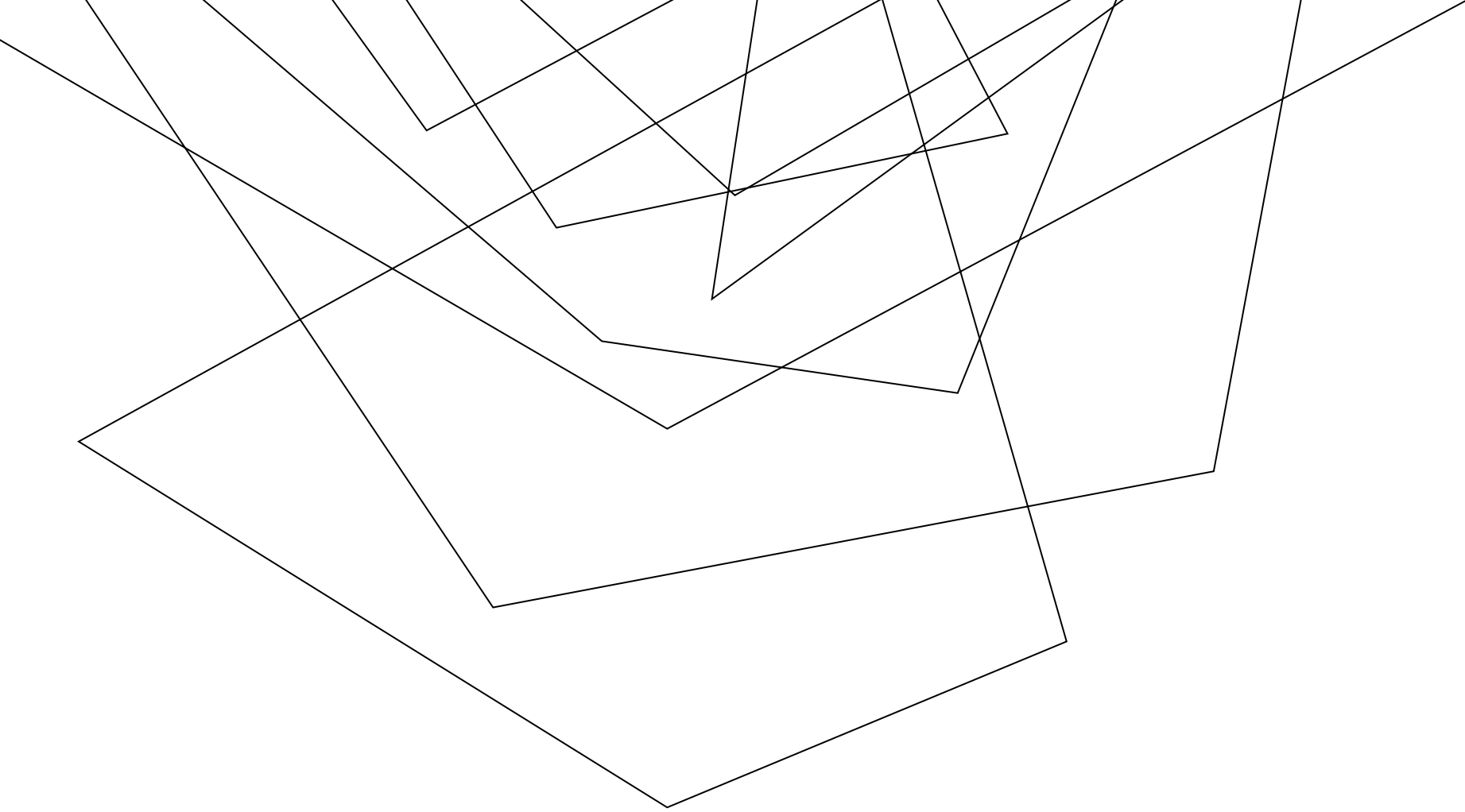
- Lovebombing
- Future faking
- Supply

DEVALUE STAGE

- Word salad
- Gaslighting
- Triangulation
- Flying monkeys

DISCARD STAGE

- Narcissistic injury
- Ghosting
- Reactive abuse
- No contact



NARC-TACTICS

How the victim internalizes them

NARC-TACTICS AND VICTIM TRIGGERS

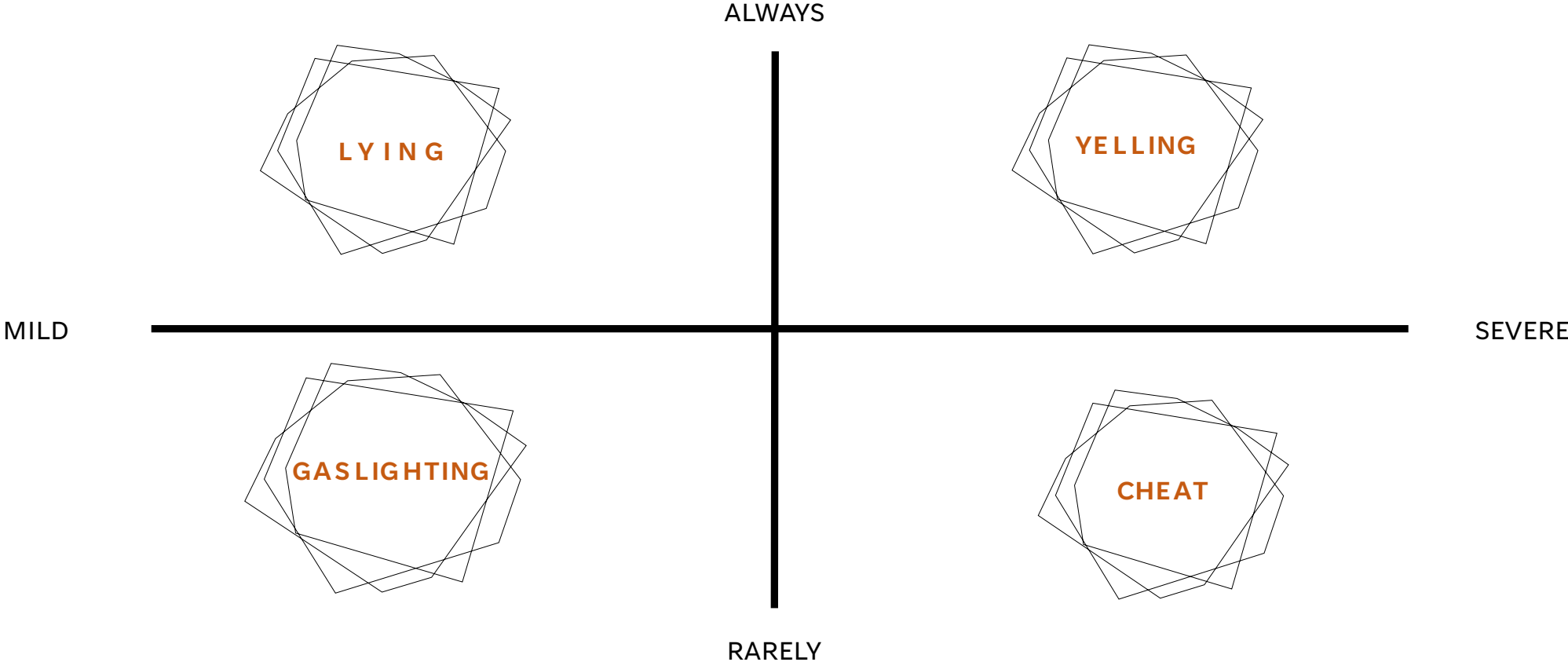
- **Gaslighting** – victim feels confused, control, blamed, powerless
- **Ghosting** – victim feels unloved, forgotten
- **Silent treatment** – victim feels ignored, disrespected, invalidated
- **Projection** – victim feels frustrated and unheard
- **Financially controlled** – victim feels trapped
- **Isolation** – victim feels lonely
- **Lying** – victim feels betrayed, blamed, powerless
- **Broken boundaries** – victim feels disrespected & unloved

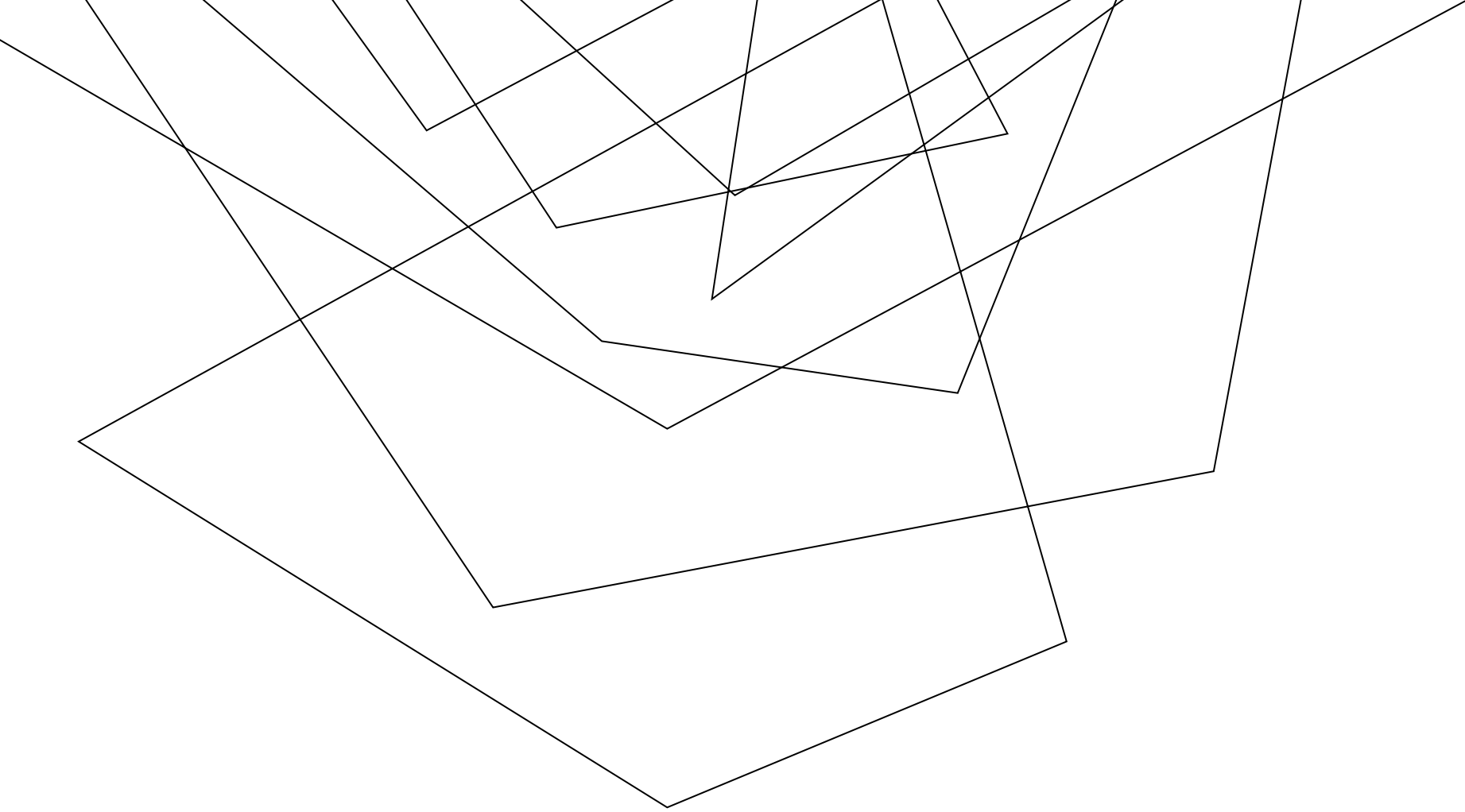
THE BEHAVIORS ARE INTERMITTENT MIXED WITH THE LOVEBOMBING TACTICS THAT REMIND THE VICTIM OF THE PERSON THEY BELIEVED THEY ARE WITH.

THEY SLOWLY BECOME THAT FROG BOILING.

INTERMITTENT REINFORCEMENT KEEPS THE VICTIM TRAUMA BONDED WAITING FOR THE GOOD TO REAPPEAR.

EVERYTHING NARCISSIST IS ON A SPECTRUM





HOW THE VICTIM PRESENTS

Overlap of PTSD symptoms*



HOW THE VICTIM PRESENTS

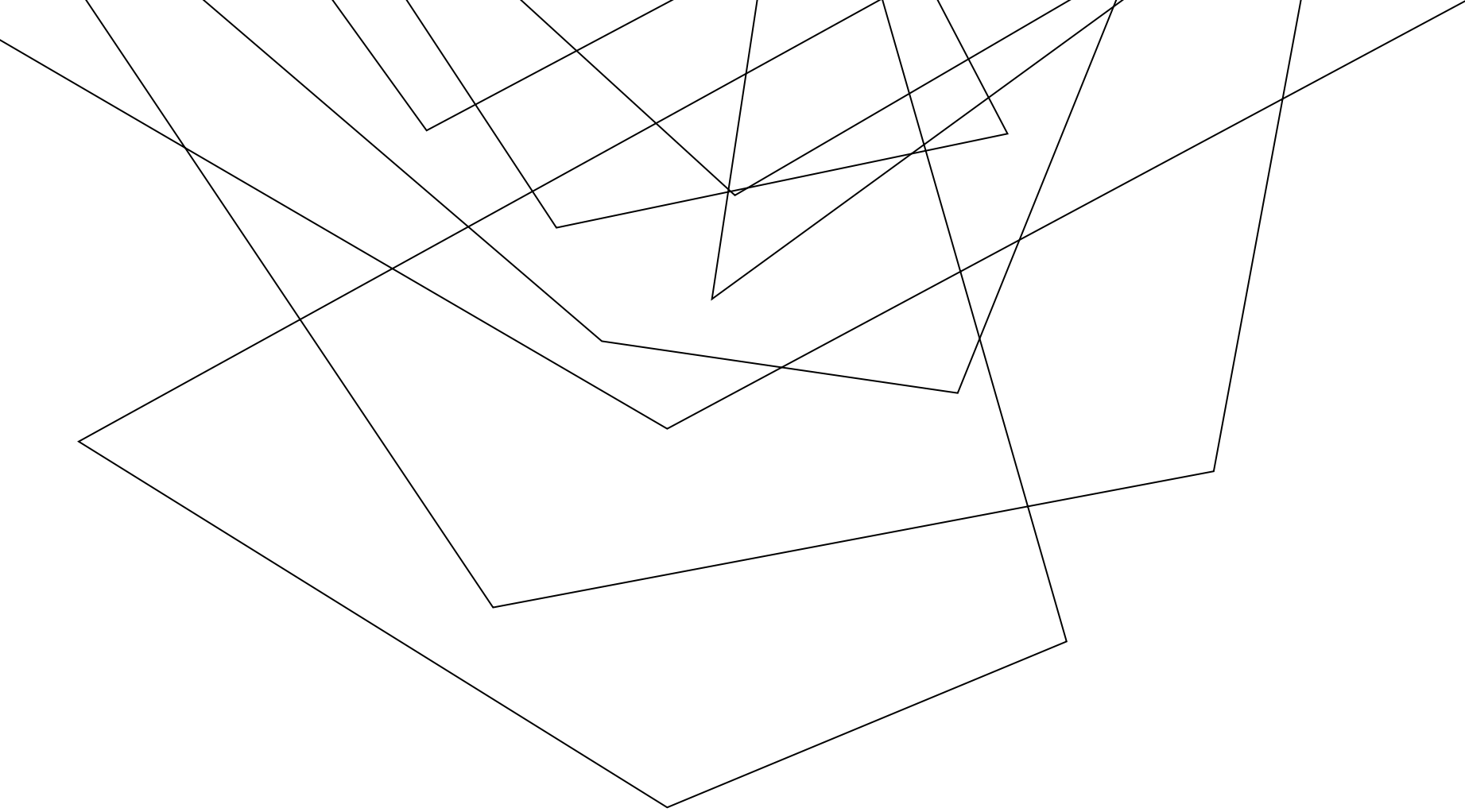
* PTSD

- Anger*
- Anxiety
- Confusion
- CPTSD or PTSD
- Depression
- Difficulties concentrating
- Difficulties with trust*
- Euphoric recall
- Fears
- Grief issues
- Guilt*
- Helplessness
- Hopeless*
- Hyperarousal
- Hypervigilance
- Irritability
- Isolation
- Loneliness
- Perfectionism & people pleasing
- Physical health issues
- Powerless
- Panic attacks
- Regret
- Rumination - flashbacks
- Self-devaluation
- Shame*
- Stress
- Sleep difficulties
- Self-doubt
- Suicidal thoughts*



HOW C-PTSD OVERLAPS

- Unable to emotionally regulate
- Despair
- Loss of purpose
- Loss of spiritual beliefs
- Chronic pain
- Dissociative episodes
- Shame and guilt
- Feelings of hopelessness – permanently damaged
- Sense of isolation and alienation
- Revictimization



STAGES OF RECOVERY

STAGE ONE "VICTIM"

I believe that until the person realizes they are a victim, change cannot occur. If they don't see the behaviors as abusive, they stay.

- Facing horrific betrayal
- Hurt
- Confusion
- Rejection
- Denial
- Shame
- Anger at Narcissist - anger at themselves for not seeing this or for staying and the lost time
- Double victimized by friends and family that begin to think they are crazy
- Fear – what will I do now – financially, children
- Fear – for the unknown future that has been changed for good
- Abandonment issues
- Loneliness
- Hopeless
- Hides their story

STAGE TWO “SURVIVOR”

- Able to name what happened from a higher perspective
- Grieving what happened
- Not ready to forgive
- Struggling to rebuild life
- Learning self-care - getting counseling – able to regulate emotions - learned self-soothing techniques
- Ready to be back to self
- Trust issues still present, but open to trying to trust
- Reevaluating friendships
- Anger is less, still triggered by events
- Hopeful
- Trigger based depression
- Uncovering childhood trauma that made them a victim
- Rebuilding financial strength
- Hyper aware of the flags / they might see narcissists everywhere



STAGE THREE “SURTHRIVER”

You have been through hell and back. You are a proud warrior who fought to find yourself and heal from the fallout of living in a toxic, abusive situation. You live in the present by honoring yourself, promoting healthy boundaries and self-care. Your skills have not only been honed to spot dangerous people, but you have had and passed additional tests. You now recognize and have the courage to walk away, never willing to tolerate bad behavior again, no matter how good they appear on the surface. It is the ultimate self-trust knowing that you will identify and stand up to abusive people. Finding gratitude in everything brings calm, a oneness with the universe that empowers you daily. Your heart resolves not to hide behind the trauma story enabling you to proudly stand up in support of others who are just beginning their journey. Fearlessness replaces fear. The comprehension that you had the power all along to deactivate that fear is inspiring. You have gone from hopeless to hopeful to having faith in yourself - you see the world of possibilities waiting for you ahead. The selfless gift of giving back to others makes you a surTHRIVER.

JOURNEY OF THE ADULT CHILD OF A NARCISSIST

Grandiosity & Superiority

All narcissists feel they are superior and have a false and inflated self-image, but a narcissistic parent flaunts this sense of superiority to their children, creating a kind of competition that is unhealthy and a game that the child will never win.

Narcissistic Parents Lack Empathy For Child

When a parent has NPD, their only concern is about taking care of themselves. When a parent is unable to show empathy to concerns, fears, or immediate life issues, it leaves a child unable to deal with life in many ways.

Children need empathy and unconditional love from a parent to thrive; without it they can become uncaring of others and **become narcissistic themselves**. Or they might go to the opposite end and be **people-pleasing and always needing validation to survive**. The feelings of the child get dismissed as 'nothing' and the child learns quickly to not to have needs or wants.

JOURNEY OF THE ADULT CHILD OF A NARCISSIST

When Your Narcissistic Mother or Father Neglects You

“Children are to be seen and not heard,” echoed the halls of our house daily. The exception for this was when we had guests, then we were **expected to show up and be perfect**. It was like a role we were being forced to play.

We had to fight for every crumb of attention because in their eyes **we were just there to make the parents look good and give them bragging rights** to keep up with the Joneses. The rest of our days we were forced back into the box of not being seen or heard.

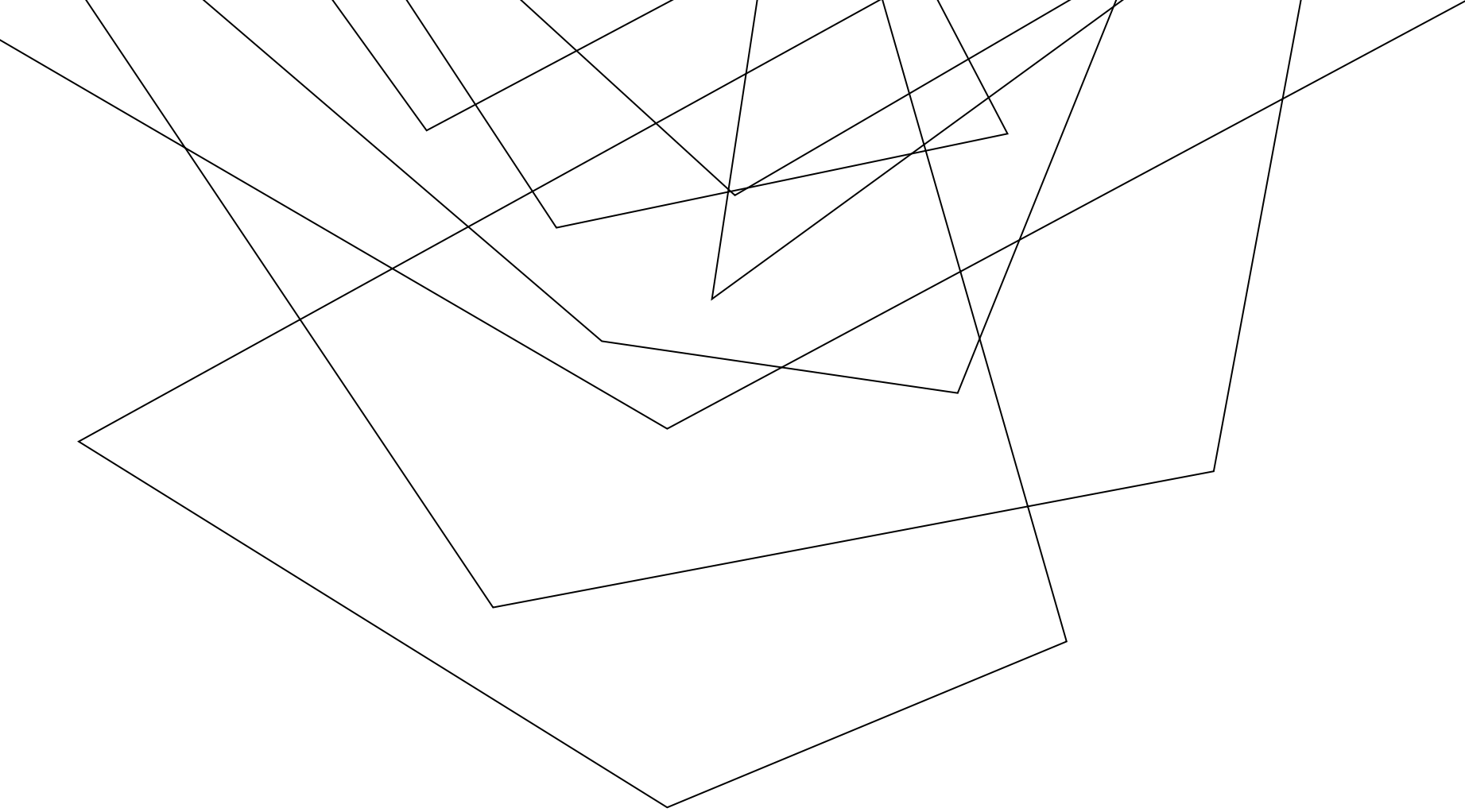
Another way parents can neglect you is to make a **young child-parent them and cater to their needs as if you were a slave or employee**. When this happens, a child is forced to grow up faster and they learn to **ignore their own needs**.

JOURNEY OF THE ADULT CHILD OF A NARCISSIST

- **Narcissistic Parent Jealous and Competition** – They cannot let child have spotlight.
- **They Are Spotlight Thieves** – They need to be the center of attention
At your own birthday party, wedding or celebration, you should be the center of attention and yet a narcissistic parent will steal the attention from you.
- **If You Are Doing What They Want, Then You Are Loved** – conditional love training
- **Narcissistic Parents Use Name Calling As A Tool** - Another childish tactic to devalue you and keep you small. These become the internal narratives that makes them good supply.
- **A Common Tool of Narcissistic Parents is Sibling Divide** - Siblings are often pitted against each other; we call it triangulation.

QUESTIONS TO HELP IDENTIFY NARC PARENTS

- Does your parent only do things for you when others can see?
- When something happens in your life (accident, illness, divorce) does your parent react with how it will affect her rather than how you feel?
- Does your mother blame things on you or others rather than own responsibility for her feelings or actions?
- Do you feel your mother was critical of you?
- Does your mother want to control your choices?



WHAT VICTIMS NEED

To understand and heal

WHAT VICTIMS NEED

- Validation
- Community
- Education
- Grief work
- Mindfulness and recalibration skill training
- Boundary work
- Abandonment work
- Seeing a future after narc abuse

CHALLENGES OF MENTAL HEALTH COMMUNITY

- Education – personality disorders encompass a very small piece of their education
- Therapists are taught **not to talk about people outside the room** – this makes validation difficult
- **Couples counseling is NEVER recommended with a narcissist.** Inexperienced therapists are often charmed by the narc or believe their victim mask. If the therapist can recognize the behaviors and calls the narc out, the narc refuses to go back saying they don't know what they are talking about.
- Therapists and doctors are taught to **diagnose the client** without the proper knowledge of how Narcissistic Abuse Syndrome manifests

Narcissist Red Flag Checklist

Are you trying to learn if you are married to, related to or dating or working with a narcissist? We have compiled a checklist of many of the behaviors, patterns of a narcissist. Use this checklist as a guide to test if you have been unlucky enough to come across someone with this personality disorder. The more checks the closer you are to the reality that you need to protect yourself and go no contact with this person.

If you have additional questions we have a service to answer your questions by email.
<https://narcissistabusesupport.com/product/email-support/>

How they act

- Rushing Intimacy - soul mate scam
- Charming
- Status oriented
- Behavior never changes
- Chronic lying
- Reckless and impulsive

Patterns to watch for

- You have a feeling something is wrong
- Lots of crazy people in their past
- Concern for public image
- No regard for rules or laws
- Never apologizes
- Demands trust
- Fragmented relationships
- No accountability
- Makes up excuses
- Poor financial management
- Cheating
- You feel you might be in danger
- Projecting
- Confusion - story changes

- Intrusive & controlling
- Isolation
- Anger when confronted
- Double standards
- Alcohol and drug use
- No responsibility - blame others
- Two faced, critical of others behind back
- Acts differently in public and private
- Lives in a fantasy world
- Distorts facts to suit their needs
- Provokes and then blames
- Circular conversations - word salad
- Condescending
- Shaming
- Always the victim
- Insults - smirks - teases - tortures you
- They can have different personas around different people
- Feel like you are walking on eggshells
- They have a fake personality in public
- Doesn't have long term friends
- Might not have a relationship with their family
- Hostile reaction to attention and credit given to others
- Your feelings and emotions are not validated or allowed
- Twists your words in arguments
- You fear any fight could end the relationship
- Your words are used against you
- They provoke guilt in you

YOUR ROLE

- **Psychoeducation is most important** – for you to know and understand so you are not gaslighting them or leading them to the right resources. (MY THERAPY STORY – 4 years when I found out about narc abuse and asked him – ‘they like to look in the mirror’)
- **Psychoeducation for them** so they can read and do the work – you must be a Sherpa to this information. I will include a reading list and red flag list and provide link for them to know what books to start with. Dr Ramani seminars for therapists
- When you understand the potential possibilities then you can give realistic answers to what they are experiencing. When someone **shares a story, and it includes gaslighting you need to be able to identify that and point it out**, so they get validation and release the self-doubt and self-internalizing that they did something wrong

YOUR ROLE

- **Resources** – point them to reliable support
 - **YouTube University** (not all YouTubers are educated or have done their work) Reddit and Tic Toc are not an education
 - Books and blogs like Psychology today, Psych central, Mind Journals – **find resources and point them to these articles.**

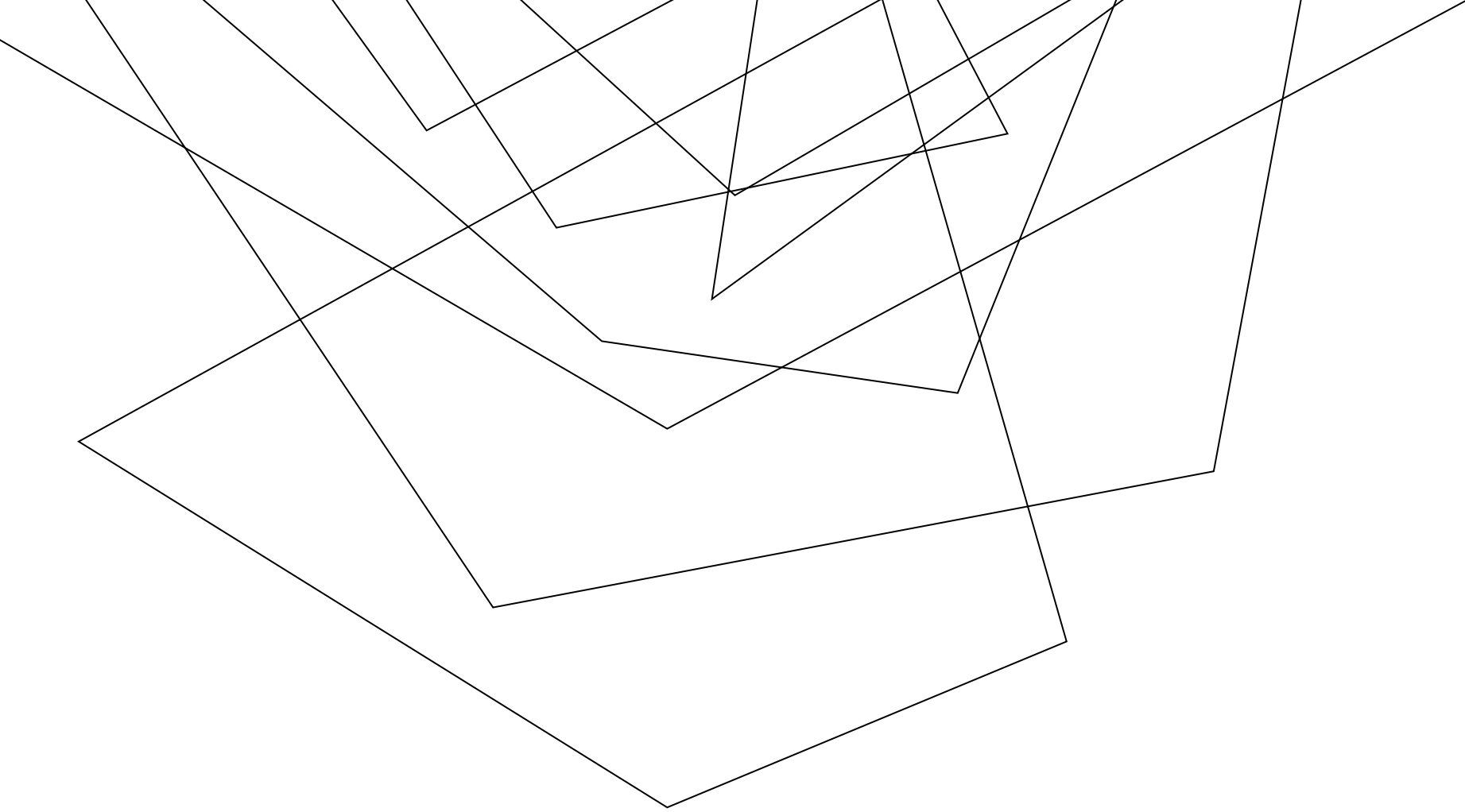
- **Educate them on boundaries** – although boundaries with a narcissist are often impossible. But they must see that not setting and sticking to boundaries was their greatest vulnerabilities. Had they set boundaries in the beginning the narcissist would not find them good supply and this could have been avoided

- **CBT/DBT practices** are helpful

- **Mindfulness and calming strategies, journaling**

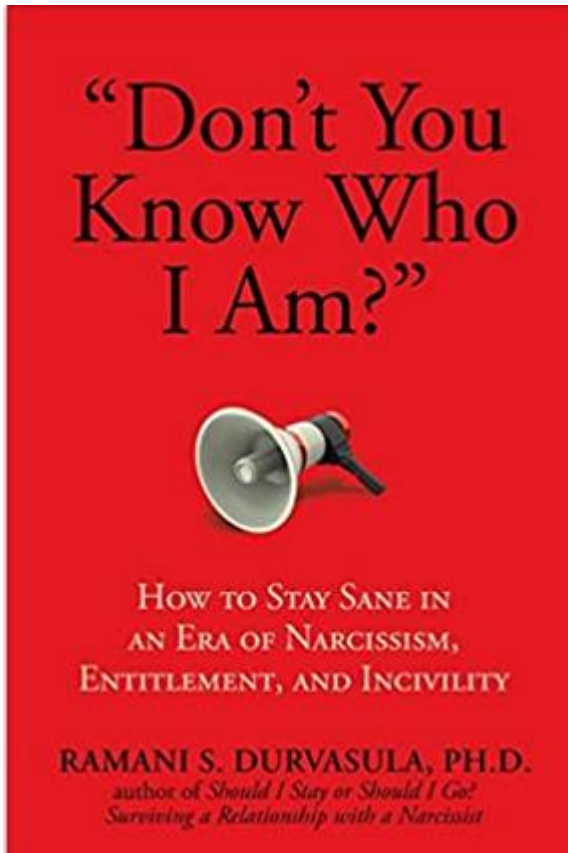
YOUR ROLE

- **Radical acceptance** of the things they cannot change
 - They must be shown that they cannot change the narcissist and they can only change themselves
- **Show them hope** and despite not seeing a way out of this they must set goals and work towards them everyday
- Teaching them **Grey Rock tactics**, guide them through the **no contact practices** and challenges
- Teaching them or pointing them to books that **teach communication skills** if they are in a situation where they must communicate (coparenting, family dynamics) when leaving isn't an option

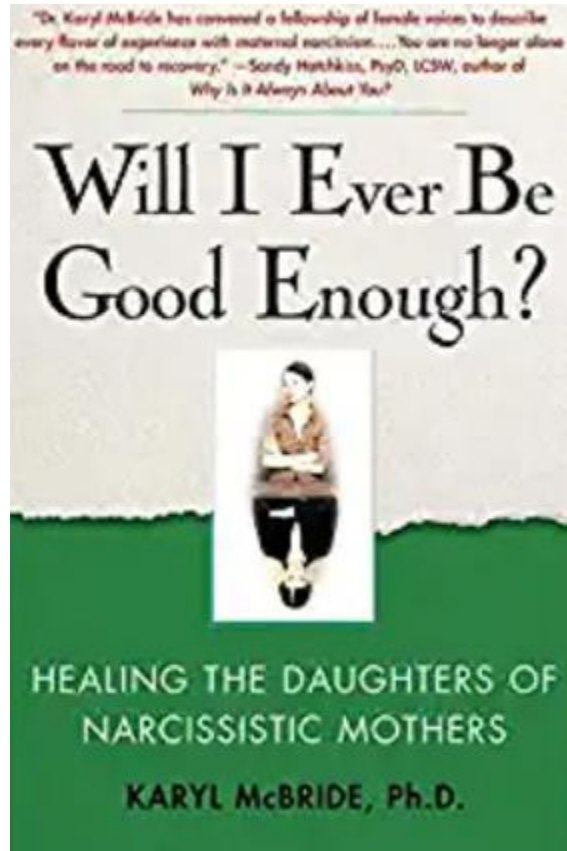


RESOURCES

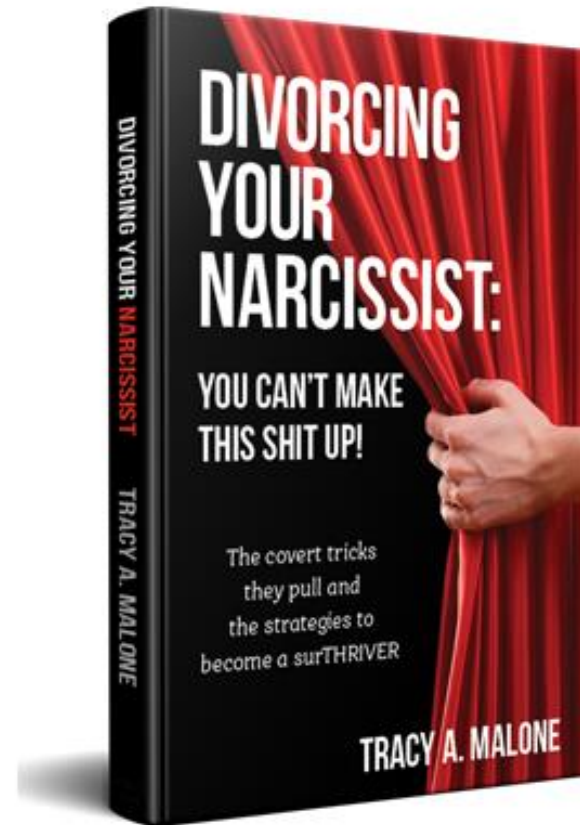
BOOKS TO LEARN MORE RECOMMEND TO YOUR CLIENTS



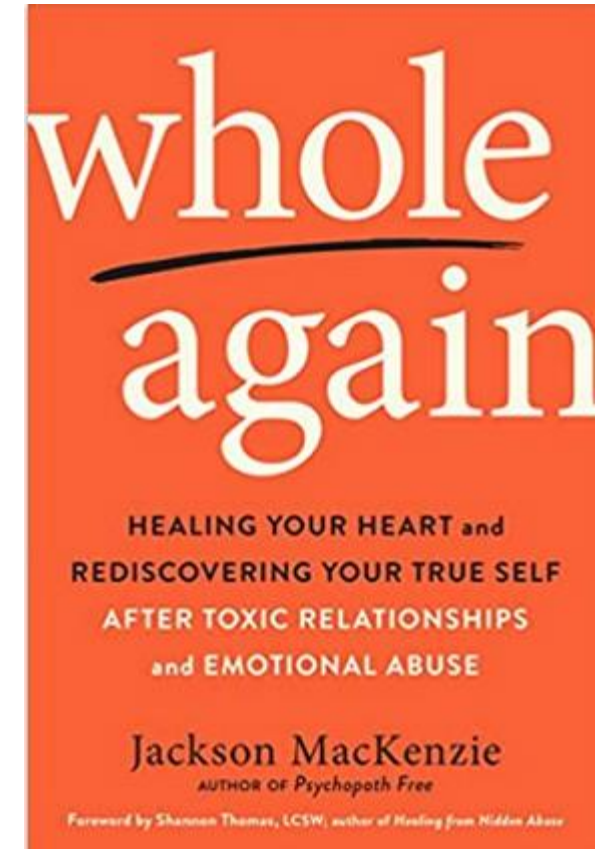
General Topic



Narc Mothers



Divorcing



Healing



WEBSITE RESOURCES

NarcissistAbuseSupport.com

Links to therapists that get it, Support group directory, DV and financial agency listings, divorce resources, Red flag checklist, ten free eBooks, complete book list, movie list (Dirty John), facebook group link.

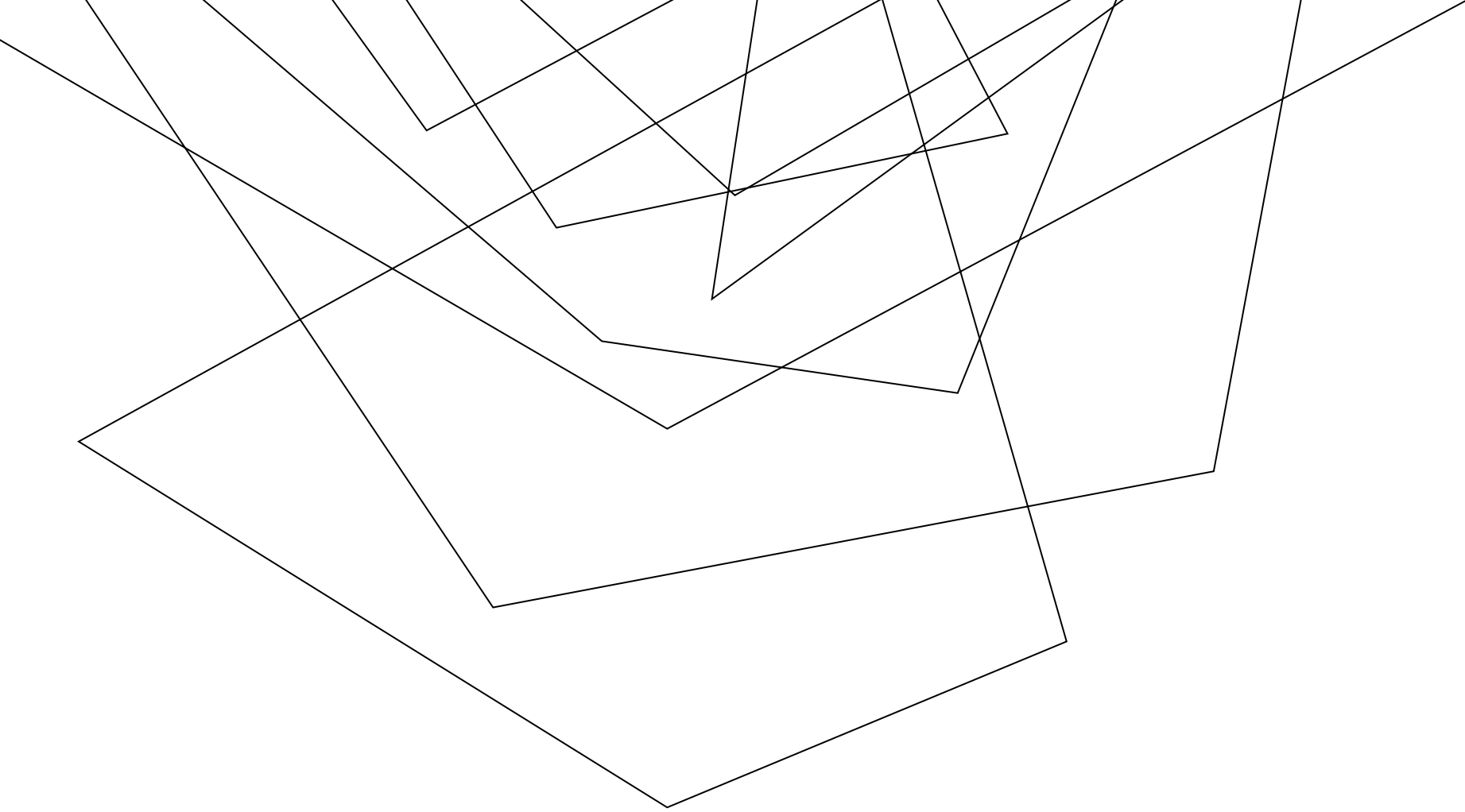
I lead monthly support groups in Boulder and Arvada, Two weekly online support groups.

Dr. Ramani - Doctor-Ramani.com

Frequent webinars for therapists and victims. Her YouTubes attract hundreds of thousands of viewers in a few hours.

Tina Swiften – OneMomsBattle.com

Supports court battles and custody issues. Yellow rock handout, judge education package



QUESTIONS

NarcissistAbuseSupport.com



THANK YOU

Tracy Malone

tracy@narcissistabusesupport.com

www.NarcissistAbuseSupport.com