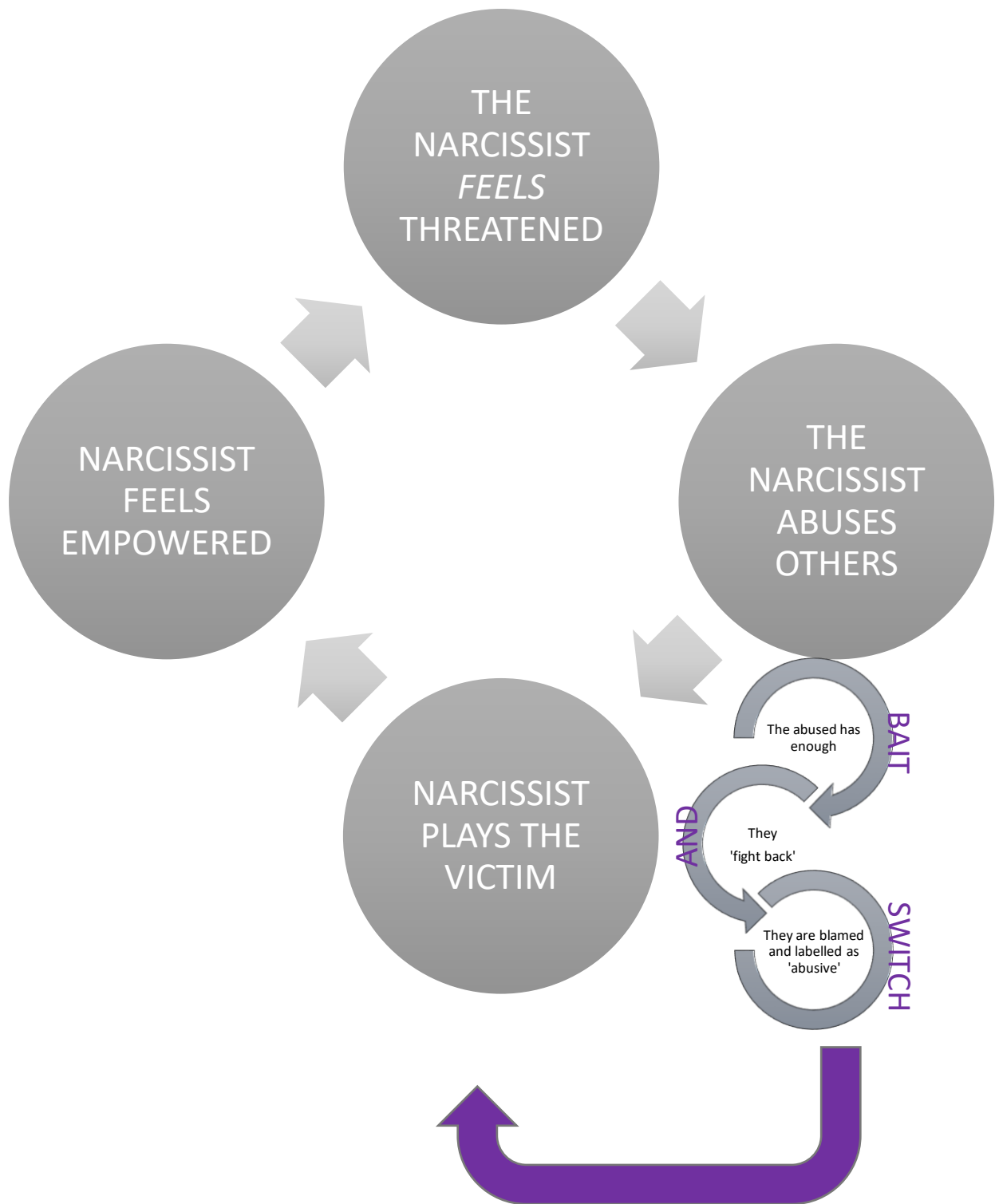


THE CYCLE OF NARCISSISTIC ABUSE



THE CYCLE OF NARCISSISTIC ABUSE

FEELING THREATENED FOR A NARCISSIST IS NOT LIKE A THREAT FOR MOST. VERBAL ABUSE OR THREATS THAT OTHERS FEEL THREATENED BY, WILL NOT INTIMIDATE A NARCISSIST. HOWEVER, A NARCISSIST FEELS THREATENED WHEN THEY FEEL EMBARRASSED, OR SENSE A LOSS OF CONTROL, FEEL REJECTED, EXPERIENCE A LOSS OF SUPERIORITY, FEEL JEALOUS, FEELS DISRESPECTED BY SOMEONE THEY CONSIDER LOWER THAN THEM, OR FEELS DISSAPPROVED OF BY SOMEONE THAT THEY CONSIDER TO BE IMPORTANT. IT CAN ALSO ENCOMPASS THREATS TO THEIR 'IDEAL' OF BEAUTY, LOVE, OR SUPERIORITY. ANY OF THE ABOVE CAN BE REAL OR IMAGINED.

ABUSES OTHERS: LASHES OUT AT ANOTHER/OTHERS DUE TO THEIR ANGER ABOUT THE ABOVE. WILL PARTICULARLY TARGET ANY WEAKNESS/VULNERABILITY OF THE PERSON THEY ARE WITH. STARTS SMALL, THEN ESCALATES, AND OFTEN INCLUDES THEM LYING OR TWISTING THE TRUTH ABOUT AN EVENT. ABUSE CAN START VERBALLY, BUT CAN COVER ANY TYPE OF ABUSE INCLUDING MENTAL, EMOTIONAL, PHYSICAL, FINANCIAL, SEXUAL, SPIRITUAL. GENERALLY USES ONE FORM OF ABUSE TO 'WEAR YOU DOWN' THEN COMES IN WITH ANOTHER DIFFERENT ABUSE TACTIC TO 'ATTACK'.

NARCISSIST PLAYS THE VICTIM: THE ABUSED FINALLY FEELS THEY HAVE HAD ENOUGH, AND STARTS TO DEFEND THEMSELVES. THEY REACT AND DEFEND THEMSELVES. THIS IS WHEN THE NARCISSIST STARTS TO POINT THE FINGER AT THE ABUSED, SAYING 'YOU ARE THE ONE ABUSING ME'!! THE NARCISSIST HAS 'BAITED' YOU INTO ATTACKING BACK, AND WHEN YOU DO THIS, THEY PLAY THE VICTIM, AND USUALLY 'DRAW' YOU OUT INTO PUBLIC TO GAIN PROOF, AND HAVE OTHERS 'SIDE' WITH THEM, AS THEY GATHER EVIDENCE OF YOUR AGGRESSIVE OR VIOLENT BEHAVIOUR. THE NARCISSIST TWISTS THE TRUTH, AND WILL THEN OFTEN BRING UP ALL THE PREVIOUS TIMES THE ABUSED HAS 'ABUSED THEM', AS IF THE ABUSED HAS ALWAYS BEEN THE ONE TO INITIATE THE ABUSE. AT THIS POINT THE NARCISSIST BELIEVES THEIR OWN TWIST OF EVENTS AND PLAYS THE VICTIM EXTREMELY WELL. THIS PART OF THE CYCLE IS AKIN TO 'CRAZY MAKING', AND IS DELIBERATELY SERVED OUT BY THE NARCISSIST TO DESTABILISE AND CONFUSE THE ABUSED.

IT IS HERE THAT THE ABUSED STARTS TO FEEL GUILTY. USUALLY FEELING OVERLY RESPONSIBLE FOR THEIR ACTIONS, AND FEELING GUILTY ABOUT THEIR ACTIONS (ALTHOUGH THESE ACTIONS HAVE BEEN DUE TO THE BAITING FROM THE NARCISIST, AND ARE IN DEFENSE OF THE ABUSE THAT THEY THEMSELVES HAVE ENCOUNTERED). BECAUSE OF FEELINGS OF GUILT AND OVER RESPONSIBILITY, AND THE INNATE PERSONALITY TRAIT OF WANTING TO 'MAKE PEACE' AND 'DO THE RIGHT THING' THE ABUSED THEN STARTS TO SAVE/RESCUE THE NARCISSIST. THIS CAN THEN INCLUDE GIVING IN TO THE NARCISSIST AND GIVING THEM WHAT THEY WANT.

NARCISSIST FEELS EMPOWERED: THE NARCISSIST FEELS THAT THEY HAVE 'WON'. THEY FEEL THEY ARE IN THE 'RIGHT' AND THE FACT THAT THEY ULTIMATELY GET WHAT THEY WANT, IT REINFORCES THEIR BEHAVIOUR. EACH TIME THIS CYCLE GOES AROUND, THE NARCISSIST GETS BOLDER AND STRONGER, AND IS CONTINUALLY REINFORCED IN THEIR BEHAVIOUR.

*In knowing and understanding the cycle of narcissistic abuse, it will help you to step out of the cycle. The narcissist thrives on you reacting and defending yourself in the face of their abuse (third circle). Understanding this, is the first step to getting out of it.