

Narcissist tactics

by DF McDonough

Introduction

Toxic behaviour it is very hard to identify early enough to save the target from suffering serious injury. It can be a terrifying and bewildering experience. Sadly, looking at the behaviour of western governments we see these tactics and techniques being used as a matter of routine. Politicians don't just lie! They create an illusion of a different reality and this is far more damaging than most people realize.

One personality disorder stands out as a master of abuse tactics. Narcissistic Personality Disorder (NPD) is known as one of the most damaging personalities for people to be around. They are literally walking abuse dictionaries.

If you are being abused in some covert way. You can look through the list of abuses and see what combination you are experiencing. This also makes it easier to identify what type of anti social person is targeting you and for what purpose.

This short article aims to provide a condensed overview of this abuse. The hope is that a better understanding of the abuse games anti social people play can save some pain.

This is just an introduction to a larger subject and you would be well advised to seek trusted help if you are being targeted. Further study would also be recommended!

Confronting the abuser with the abuse will be seen as an act of war! Proceed with caution, they have no boundaries! Boundaries can be reset without the perps agreement.

There is one rule when dealing with Malignant Narcissists. "No contact, ever!". Remove them from your lives and don't look back. They almost never change!

Isolation

This is an important element that every abuser must deal with in some way! An abusive partner may be very nice to your friends while sabotaging your friendships. This isolates the target and allows the abuse to continue undetected.

It is also a really important element in our happiness. Healthy relationships make us happy, unhealthy relationships can do serious damage!

"A sense of belonging," by Dr. Kenneth Pelletier Stanford Center for Research and Disease Prevention,

"appears to be a basic human need – as basic as food and shelter. In fact, social support may be one of the critical elements distinguishing those who remain healthy from those who become ill."

Motivation

1. Narcissistic supply (needs to feel superior)
2. Money/prestige
3. Control of victims/events/reality
4. Project bad feelings away and onto their target

Projected feelings

1. Disempowerment
2. Rage
3. Confusion
4. Sabotage
5. Fear
6. Shame

Damage to the victim

Narcissist Victim Syndrome (NVS) as defined by the DSM IV comprises of the following symptoms.

1. Anxiety
2. Depression
3. Post Traumatic Stress Disorder (PTSD)

Typical Targets

1. Low self esteme
2. Empathic
3. Isolated or easy to isolate tagets
4. Vulnerable people (grieving, trusting, elderly, mentally ill, children and the poor)

Stages

1. Recon
2. Love bombing
3. Ideation
4. Information gathering
5. Gaining leverage
6. Isolation
7. Destabilization
8. Dependence
9. Destruction
10. Blame

Red flags

1. Empathy testing questions soon after being introduced
2. Too nice/fake
3. Little empathy themselves
4. Get nervous and evasive when asked empathy testing questions
5. Very manipulative
6. Very cruel
7. Needs to be in control
8. Needs to be recognized as superior
9. Greedy
10. Selfish
11. Insensitive
12. Boastful
13. Arrogant
14. Has someone they say terrible things about
15. Lie constantly even when caught red handed

Gaslighting

This is the most damaging and dangerous technique that abusers use! This technique literally drives people crazy! It can be deadly for both the victim and the abuser. The abuser is the most likely to be killed in this abuse as the victim feels completely helpless.

Gaslighting can be used on its own to cause confusion if they are under attack or have been caught in the abuse. It is often used as a part of a planned coordinated attack against the target. But only after the target has been isolated fully.

Taken from Wikipedia: <https://en.m.wikipedia.org/wiki/Gaslighting>

"Gaslighting or gas-lighting is a form of mental abuse in which a victim is manipulated into doubting their own memory, perception, and sanity.[1][2] Instances may range from the denial by an abuser that previous abusive incidents ever occurred, up to the staging of bizarre events by the abuser with the intention of disorienting the victim.

The term owes its origin to the 1938 play Gas Light and its film adaptations. The term has been used in clinical and research literature.[3][4]"

The doubt is caused by repeatedly warping reality in these examples:

Arranging a meeting will start with a rambling discussion of where and when to meet. All options of venues and times being discussed to cause as much confusion as possible around the subject. The details will be settled on in a verbal non provable communication. You will turn up as planned only to have the person show up late and angrily accuse you of loosing your mind!

They will also move things that you were using. Ask you for it! Then claim you are loosing your mind because you can't remember where you put things!

CORE TECHNIQUES

Isolation (this is the key element)
Gaslighting (trying to convince someone that they are crazy)
Flip the script (blame the victim for the abuse)
Boundary testing
Warping reality
Injustice (to project rage)
Invalidation (they refuse to understand the obvious)
Triangulation (the get others involved in the abuse to disguise the source)

COMMON TECHNIQUES

The decision (the conditioning of children to play the game)
Destructive conditioning (sabotaging someone's ability to work or enjoy an activity)
Parental alienation (a great source of pain is a great source of narcissistic supply)
Covert assault (using triangulation or sabotage normally)
Encouraging disregard for law and morals to use as blackmail later
Bait and fain innocence (confusion tactics)
Public humiliation (isolation and shame)
Shaming (projected guilt and shame)
Shock tactics (destabilization and fear)
Stalking (disempowering with projected fear)
Forgive and forget (they need you to forget so they can do it again)
Covert and overt threats (projected fear, injustice and rage)
Name calling (redefining you, they are trapped at a child's level of maturity)
Preemptive defence (talk of kind actions to erode personal defences of targets)
Narcissistic rage (when feeling backed into a corner)
Intimidation (fear and disempower int)
Nitpicking and moving the goal posts (confusion, sabotage and anxiety)
Love bombing (grooming a new target)
Aggressive jabs disguised as jokes (projected rage)
Condescending sarcasm and patronizing tone (disempowering and projected rage)
Cognitive dissonance (a massive contradiction that has the result of causing confusion)
Fake sensitivity, play dumb and disappearing memories (yes or no questions will be answered "I don't remember!")
Nonsense conversations from hell (confusion tactics)
Deliberately misrepresenting/redefining your thoughts and feelings
Withholding or destroying property (to project rage and disempower)
Generalizations and blanket statements
Changing the subject to evade accountability (confusion tactics)

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