

NARCISSISM

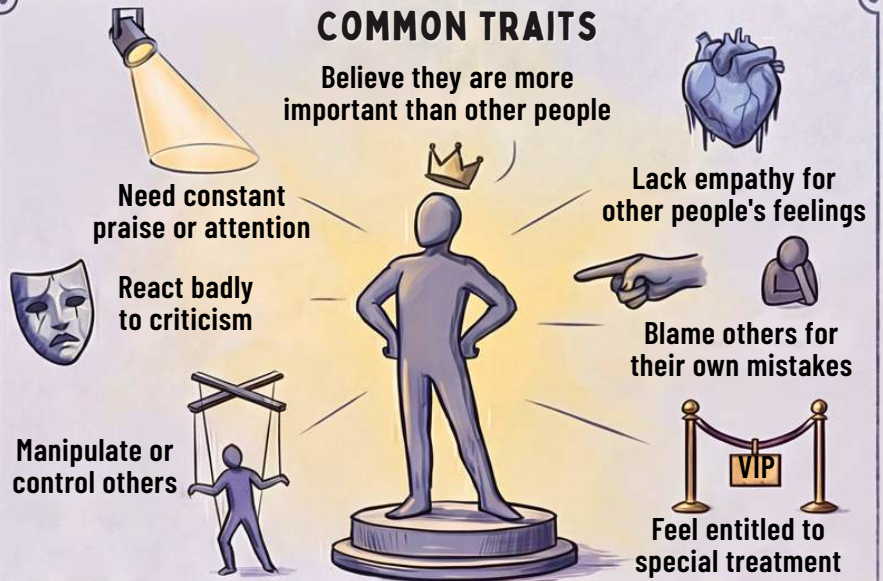
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WHAT IS NARCISSISM?



Narcissism is a pattern of thinking and behaviour where a person is overly focused on themselves and their needs. Everyone can show narcissistic traits at times. It becomes a serious problem when these traits continue and they harm other people.

COMMON TRAITS



Believe they are more important than other people

Need constant praise or attention

Lack empathy for other people's feelings

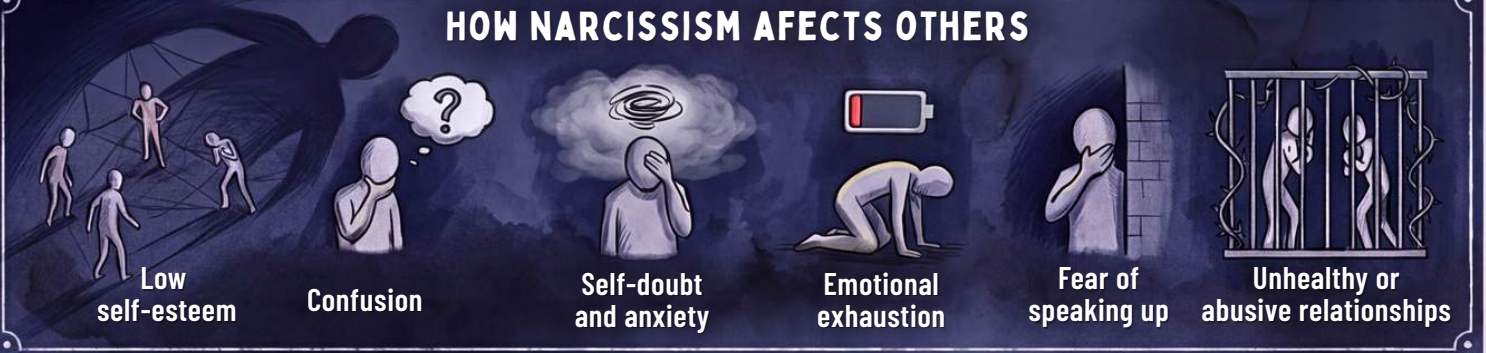
React badly to criticism

Blame others for their own mistakes

Manipulate or control others

Feel entitled to special treatment

HOW NARCISSISM AFFECTS OTHERS



Low self-esteem

Confusion

Self-doubt and anxiety

Emotional exhaustion

Fear of speaking up

Unhealthy or abusive relationships

NARCISSISM IS NOT THE SAME AS CONFIDENCE

CONFIDENCE

Confident people respect others and accept their mistakes.



NARCISSISM

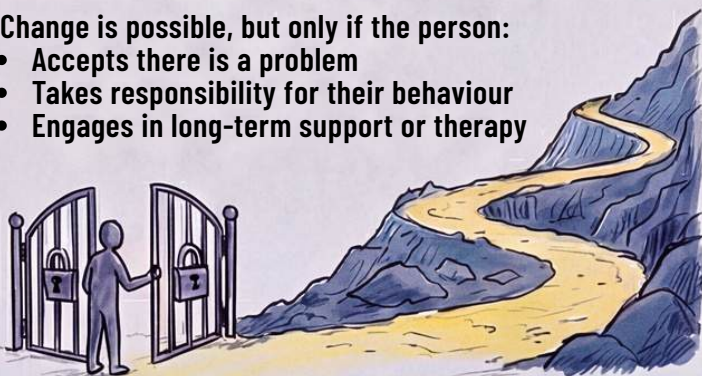
Narcissistic people put others down and avoid responsibility.



CAN NARCISSISM CHANGE?

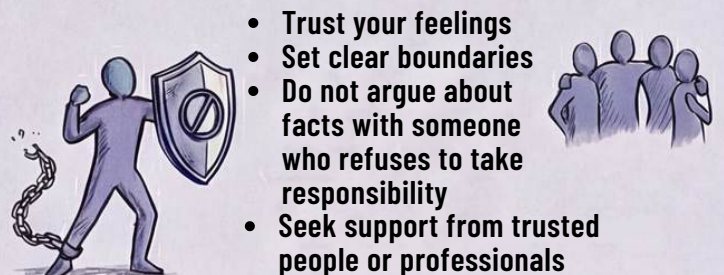
Change is possible, but only if the person:

- Accepts there is a problem
- Takes responsibility for their behaviour
- Engages in long-term support or therapy



Many people with narcissistic traits do not seek help.

IF YOU ARE AFFECTED BY NARCISSISM



- Trust your feelings
- Set clear boundaries
- Do not argue about facts with someone who refuses to take responsibility
- Seek support from trusted people or professionals

Your safety must come first. Abuse can escalate, particularly during or after separation. Seek specialist support.

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