

GLOSSARY OF NARCISSISM

AND NARCISSISTIC RELATIONSHIPS



INVALIDATION

Narcissists frequently invalidate others to make themselves appear more knowledgeable or to defend against opinions which conflict with their own. They do this by dismissing or undermining you.

MANIPULATION

Narcissists often use subtle tactics such as guilt-tripping or emotional blackmail to get what they want. They are not straightforward in their communication and will often have a hidden agenda.

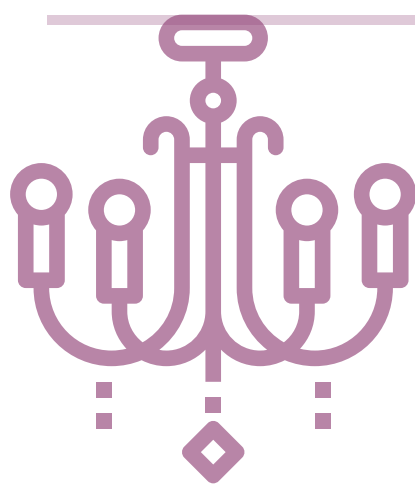
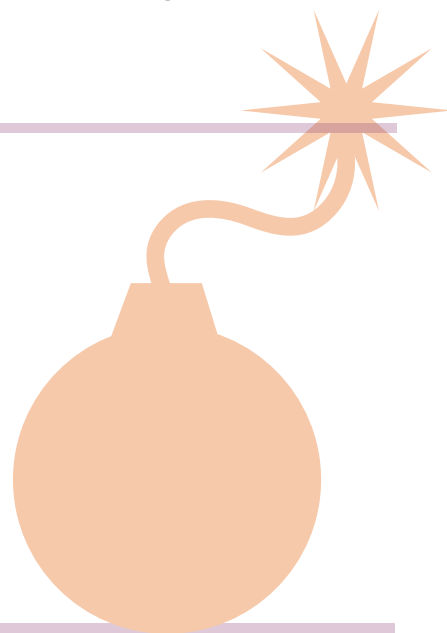


STONEWALLING

This is where the narcissist takes the stance of not responding to your questions or requests. They will often just turn their back on you, tell you that they don't want to hear you, or that what you are saying is irrelevant. This allows them to avoid being accountable.

LOVEBOMBING

In order to get what they want, the narcissist showers you with attention, affection and gifts. Often occurs at the start of the relationship. Don't be fooled by this tactic as its just a preliminary strategy designed to reel you in and disengage your critical faculties.



GASLIGHTING

From the film & play. This is where the narcissist subtly undermines, contradicting you or telling you that "that just didn't happen". The aim is to get you to question yourself so that you are more vulnerable to manipulation.

CO-DEPENDENCY

Although dependancy per se is not unhealthy, co-dependency refers to relationships where the individuals are so enmeshed that they have no identity outside the relationship. Narcissists prefer fully enmeshed relationships as they like to have control.

