

20 Traits of Malignant Narcissistic Personality Disorder

THE PATHOLOGICAL LIAR lies for no reason. Skillful and convincing, they will make up new lies when questioned. Their memory is self-serving. He is abusive, evasive and will deny past statements. He will bluff and threaten.

Defense Strategy: Find a way to verify what he says. Head for the door when things don't add up. Don't ask questions as this just invites more lies.

THE CONTRACT BREAKER will agree to anything then turn around and do the opposite. Legal, custody agreements and normal social/personal protocol mean nothing to him. This con artist will accuse you of being the contract breaker. Enjoys orchestrating police/legal action and playing the role of the 'poor me' victim.

Defense Strategy: Expect them to disregard the agreement. Have an effective Plan B in place. Protect yourself financially and emotionally.

THE ACADEMIC OR CORPORATE HIGH ROLLER Often occupationally successful he will rise to the top. Their family mere props in his success facade. They are disposable objects at his whim. Often eloquent and intelligent in his field. He may fake his abilities and credentials. Very charismatic. He must be in absolute control. He relies on his intellectual ability. He will support, exploit or target others to further his ever-changing objective. He ruthlessly abuses the power of his position. His bad judgment has adverse affects on society. He places others in problem or failure. He can be a vindictive bully in the office. He has no social conscience, often suspicious and paranoid. Others may support him to further their own objective but his wheeler-dealer leaves them holding the bag.

Defense Strategy: Keep your references and resume up to date. Don't get involved in anything illegal. Document thoroughly to protect yourself. Thwarting them may backlash with a cascade of retaliation. Educate yourself about corporate bullies.

THE SEXUAL NARCISSIST is often hypersexual. (Male or Female) Pornography, masturbation, incest are reported by their targets. Anything, anyone, young, old, male/female, are there for their gratification. This predator takes what is available. Can have a preference 'sado-maso' sexuality. Often easily bored, they demand increasingly deviant stimulation. However, another behavior exists, the one who withholds sex or emotional support.

Defense Strategy: Expect this type to try to degrade you. Get away from him. Expect him to tell lies about your sexuality to evade exposure of his own.

THE BLAME GAME NARCISSIST never accepts responsibility. They blame others and they leave them to clean up the mess they make. A master at projection.

Defense Strategy: Learn about projection. Don't take the bait when they blame you. They made the mess, let them clean it up.

THE VIOLENT NARCISSIST Murderer, Serial Killer, Stalker, Terrorist. Has a 'chip-on-their-shoulder' attitude. They lash out and destroy or use others as scapegoats for their aggression or revenge. They have poor impulse control. Fearless and guiltless, they show bad judgment. They anticipate betrayal; humiliation or punishment imagines rejection. They will try to make you look out of control. Can become dangerous & unpredictable. They have no remorse or regard for the rights of others.

Defense Strategy: Don't antagonize or tip your hand you're leaving. Ask for help from the police and shelters.

THE QUIET NARCISSIST is socially withdrawn, often dirty, un-kept. Odd thinking is observed. THE CONTROL /MANIPULATOR Pits people against each other. Keep their allies and targets separated. They are verbally skillful at twisting our actions. They are charismatic and usually get their way. Often undermine our support network and discourages us from seeing our family and friends. Money is often their objective. Other people's money is even better. They are ruthless, devious and cruel. These control-freak bullies encourage dependence on them. Often appear pitiful, confused and in need of help. We rush in to help them with our finances, assets, and talents. We may be used to as their proxy interacting with others on his behalf as they set us up to take the fall or enjoy the performance they are directing. Our "Knight in Shining Armor" (or Princess) are now our nightmare.

Defense Strategy: Know the nature the 'nature of the beast'. Facing their failure and consequences will be their lesson. Be suspicious of their motives, and avoid involvement. Don't bail them out.

THE SUBSTANCE ABUSER Alcohol, drugs, cannabis, you name it, this 'N' does it. We see them overindulgence in food or exercise and their need for instant gratification.

Defense Strategy: Don't sink to their level. Say no.

OUR "SOUL MATE" is cunning and knows who to select and who to avoid. They will come on strong, sweep us off our feet. They seem to have the same values, interest, goals, philosophies, taste, and habits. They admire our intellect, ambitions, honesty and sincerity. They want to marry us quickly. They will display integrity, and appear helpful, confronting, generous in their idealization of us 'phase'. It never lasts. Eventually Jekyll turns to Hyde. Their discarded victims suffer emotional and financial devastation. We end the relationship and salvage what we can, or we are discarded quickly as they attach to a "new perfect soul mate." They are an opportunist parasite. Our healing is lengthy.

Defense Strategy: Seek therapy. Learn about this disorder. Know the red flags of their behavior, and "If they seem to good to be true..." Often an Internet predator.

THE SADIST is now fully unmasked malignant narcissist. We are psychologically and emotionally traumatized. His objective is often watching us dangle as they inflict emotional, financial, physical and verbal cruelty. Their enjoyment is all too obvious. Their pleasure is in taking, not the owning of other people's assets. Their target: women, children, and the elderly, anyone vulnerable.

Defense Strategy: Accept the Jekle/ Hyde reality. Make a no contract' rule. Avoid them altogether. End any avenue of vulnerability. Don't allow thoughts of their past 'good guy' image to lessen the reality of their disorder.

THE RAGER flies off the handle for little or no provocation. Often a strong disproportionate overreaction to the situation. Their childlike emotions burst forth in a tantrum. Their rage is intimidating. They want control and our compliance. In our hurt and mental confusion we struggle to make things right. Our reaction is their payoff. They seek both good and bad attention. Even our fear, crying, yelling, screaming, name-calling, hatred they enjoy. Any attention is better than none. They like to be hated even by society. If they get attention by their cruelty they will do so.

Defense Strategy: Don't take the bait of their verbal abuse. Expect emotional hurt. Don't rage back. Violence is possible.

THE BRAINWSHER is very charismatic. They are able to manipulate others to obtain status control, compliance, money, and attention. Often found in religion and politics. They masterfully target the naive, vulnerable, uneducated or mentally weak.

Defense Strategy: Learn about brainwashing techniques. Listen to your gut instincts. Avoid them.

THE RISK-TAKING THRILL-SEEKER never learns from past follies and bad judgment. Poor impulse control is a hallmark.

Defense Strategy: Use your own good judgment. Say No.

THE PARANOID NARCISSIST is suspicious of everything usually for no reason. Terrified of exposure and may be dangerous if threat of exposure is imminent. Suddenly ends relationships if they imagine or anticipate abandonment.

Defense Strategy: Give them no reason to be suspicious of you. Expect it. Let some things slide. Protect yourself if you anticipate violence.

THE IMAGE-MAKER will flaunt their 'toys', their children, their spouse, their credential and accomplishments. Admiration, attention, even glances from others, our envy or our fear is their goals. They are envious and never satisfied. We see their false masks of arrogance and haughty strut, as they demand center stage. They will alter their masks at will to appear pitiful, inept, solicitous, concerned. They falsely portray the perfect parent, spouse, & friend.

Defense Strategy: Ignore their childlike behavior. Know their payoff is getting attention, deceiving or abusing others.

THE EMOTIONAL VACUUM is perhaps the cruelest blow of all. We learn they have no emotions, no empathy. They have deceived us by their cunning ability to mimic human emotions. Emotionally they are small children. We are left numbed by the realization. It is incomprehensible and painful. We now remember times we saw their cold vacant eyes and when they showed odd reactions to situations. Those closest to them are objectified and expendable.

Defense Strategy: Face the reality. They can deceive trained professionals.

THE SAINT proclaims their high moral standings. Claims others as immoral. They want justice for society. "Hang' em high" they say about the murder on the 6:00 news. This hypocrite lies, cheats, schemes, corrupts, abuses, deceives, controls, manipulates and torments while portraying them self of high morals.

Defense Strategy: Learn the red flags of behavior. Be suspicious of people claiming such high morals.

THE CALLING-CARD NARCISSIST forewarns their targets. Early in the relationship they may 'slip up' revealing their 'true self saying "You need to protect yourself around me" or perhaps "Watch out, you never know what I'm up to." We laugh along with them and misinterpret their words. Years later, coping with the devastation they left behind, their victims recall the chilling warning.

Defense Strategy: Know these red flags and be suspicious of the intentions of others.

THE PENITENT NARCISSIST says "I've behaved horribly, I'll change, I love you, I'll go get therapy." We learn their words are verbal hooks. They know our vulnerabilities and what buttons to push. The sincerity of their words and actions appear convincing. We hope for a change and minimize past abuse. This "N" will enjoy their second reign of terror even more if we allow them back in are lives.

Defense Strategy: Expect his. Self-impose a "No Contact" rule. Focus on the reality of their disorder. Remember past abuse. Join a support group. Enjoy life free of their disorder.