

# Narcissism.

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# PLAN

- 1. Characteristic of narcissists**
- 2. How is narcissism developed?**
- 3. Types of Narcissism**
- 4. Treatment**
- 5. Myths**
- 6. Unexpected facts**

# Characteristic of narcissists

- **DSM-5, ICD-10** with different subtypes (e.g. grandiose, vulnerable)
- **Self-centeredness**
- **Attention-seeking behaviour**
- **Arrogant**
- **Self-centeredness**
- **Intolerance towards criticism**
- **Lack of empathy**



# How is narcissism developed?

- **Combination of factors**  
(environmental, social, genetic, neurobiological)
- **Inherited**
- **Infancy**  
(not balanced treatment, ...)
- **Nurture**
- **Peers**
- **Lack of grey matter in prefrontal cortex**  
(«reduced» capacity for emotional empathy and emotional regulation)



# Types of Narcissism

## Grandiose

- High self-esteem
- Interpersonal dominance
- Tendency to overestimate one's capabilities
- Usually ignore or reject criticism
- Higher levels of extraversion
- Low levels of neuroticism
- Fantasies about superiority, perfection, omnipotence

## Vulnerable

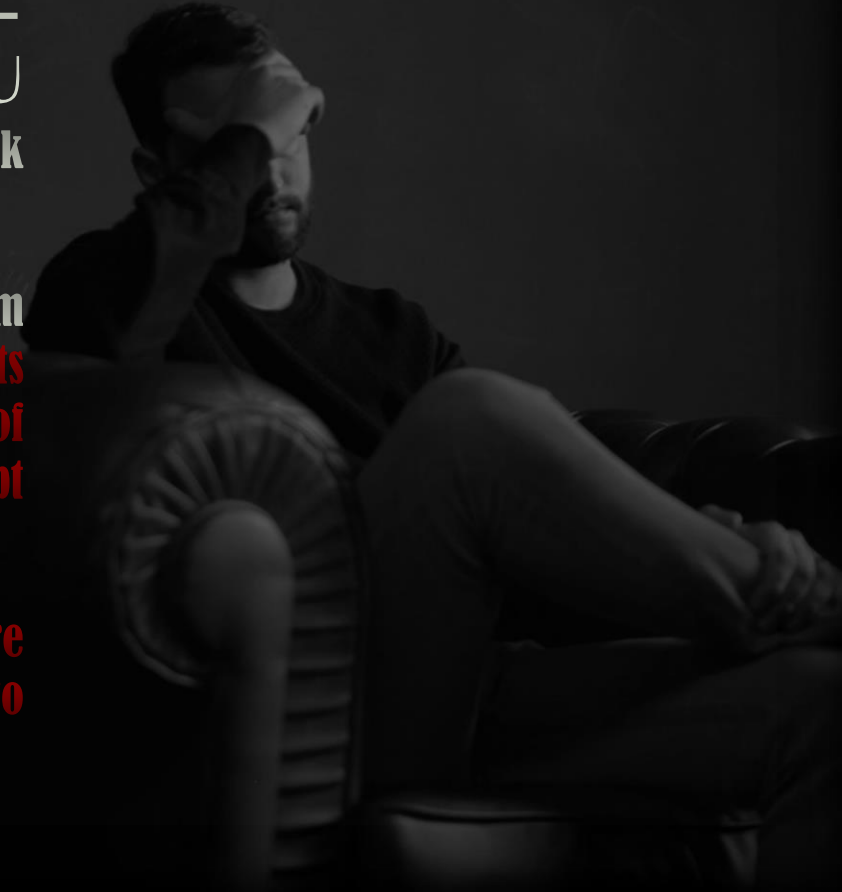
- Defensive
- Avoidant
- Insecure and hypersensitive
- Vigilant for criticism and take it personally
- Need people's recognition to bolster their self-worth
- Lower levels of self-esteem and extraversion
- Higher neuroticism

# Treatment

**Treatment for narcissistic personality disorder is talk therapy (psychotherapy).**

**The goal is to build up the person's poor self-esteem and have more realistic expectations of others. Patients need to be more accepting and have a realistic image of their own capabilities in order to objectively percept criticism, themselves and people around them.**

**Narcissists can learn how to relate to others in more positive ways, but it depends on how open they are to critical feedback and how willing they are to change.**



# Myths

- Narcissus (from the myth about Narcissus) was in love with his reflection.
- Narcissism is a way of being selfish.
- Social media cause narcissism.
- Narcissism is easy-distinguished.



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# Unexpected facts



— Narcissism can be like «normal narcissism» (not a disease), and a disorder (disease).

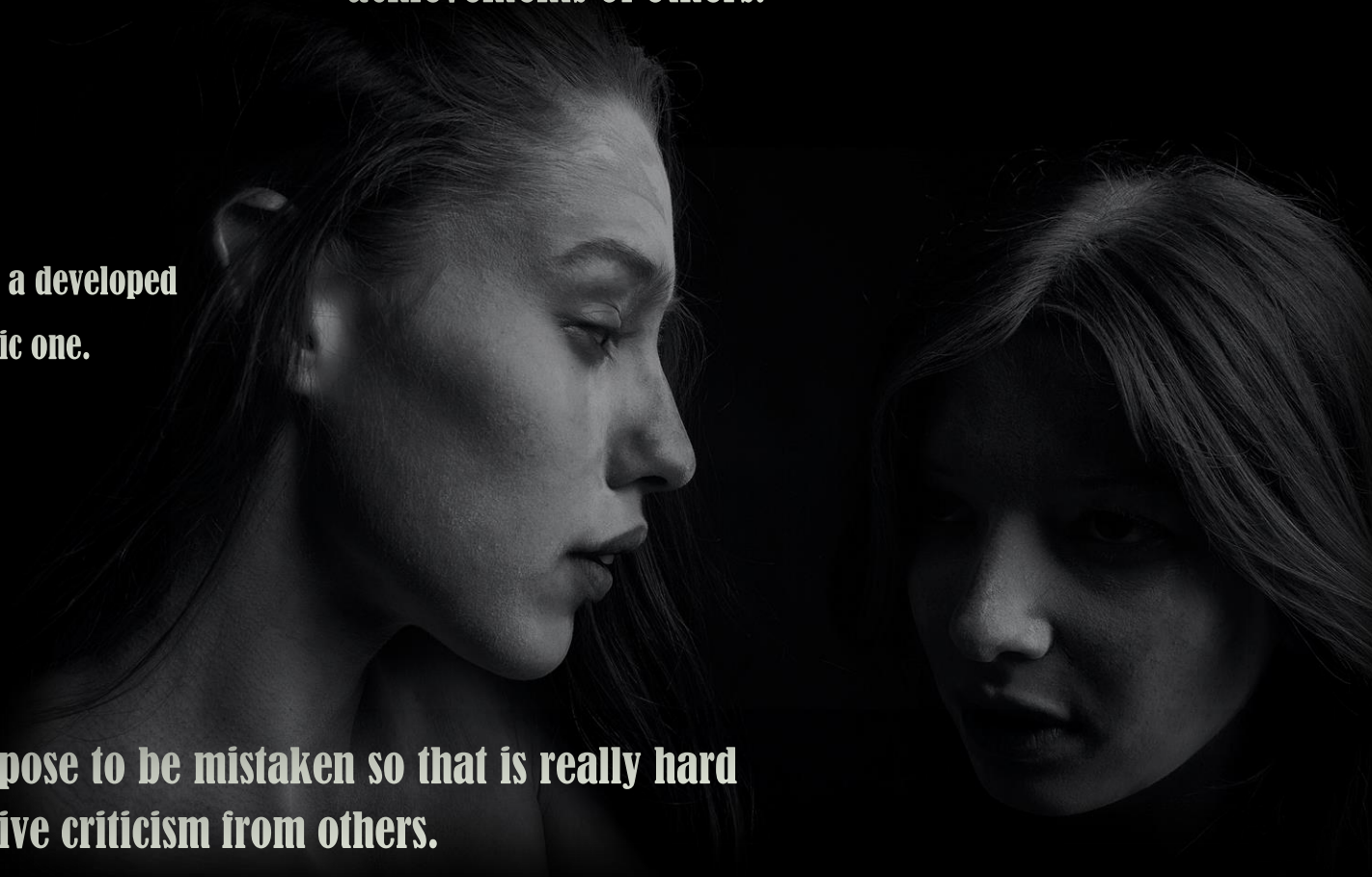
— Usually as a victim in narcissistic abuse can get a person who really cares about what other people think about her/him and needs to be appreciated by others.

— Narciss does not always feel gorgeous about himself in a company - one of common questions the ask themselves is **WHY DOES EVERYONE FEEL SO BAD FOR HIM/HER?**

**— Narcissists maximise self achievements and minimise achievements of others.**

**— The narcissism is not only a developed disorder, but also a genetic one.**

**— They do not suppose to be mistaken so that is really hard for them to receive criticism from others.**



# References

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