

# *Narcissism Book of Quotes*

*A SELECTION OF QUOTES FROM  
THE COLLECTIVE WISDOM  
OF OVER 12,000 INDIVIDUAL DISCUSSIONS*

***"I was married to a Narcissist for 16 years.  
It's the closest thing there is to  
HELL ON EARTH."***

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SUITE 101

[NARCISSISTIC PERSONALITY DISORDER TOPIC DISCUSSIONS](http://www.suite101.com/welcome.cfm/npd)  
<http://www.suite101.com/welcome.cfm/npd>

There have been well over 12,000 individual discussions posted at the [Suite 101 Narcissistic Personality Disorder Discussion site](#) over the past 18 months. In the preparation of this document, we encountered victim's reports of attempted murders, physical assault requiring hospitalization, mental abuse requiring hospitalization and medication that span many years, severe financial loss and consequences, stalking, workplace bullying and harassment, sexual abuse, incest, vindictiveness in child custody court battles, repudiation of pension contracts, and non-payment of child-support, all as a result of involvement with persons with Narcissistic Personality Disorder. For obvious reasons these quotes cannot be used. For equally obvious reasons, what has been inflicted upon them cannot be ignored.

**The Editors**

### **Acknowledgement**

I would like to express my appreciation to the hundreds of posters who contribute at this discussion site, and to those who participated in producing this document.

**Sam Vaknin**

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## Abbreviations Used:

N = Narcissist, Narcissism

NS = Narcissistic Supply (the attention, admiration Ns want)

NPD = Narcissistic Personality Disorder

PD = Personality Disorder



## Narcissistic Personality Disorder

An all-pervasive pattern of grandiosity (in fantasy or behaviour), need for admiration or adulation and lack of empathy, usually beginning by early adulthood and present in various contexts. Five (or more) of the following criteria must be met:

- Feels grandiose and self-importance (e.g., exaggerates achievements and talents to the point of lying, demands to be recognised as superior without commensurate achievements);
- Is obsessed with fantasies of unlimited success, fame, fearsome power or omnipotence, unequalled brilliance (the cerebral narcissist), bodily beauty or sexual performance (the somatic narcissist), or ideal, everlasting, all-conquering love or passion;
- Firmly convinced that he or she is unique and, being special, can only be understood by, should only be treated by, or associate with, other special or unique, or high-status people (or institutions);
- Requires excessive admiration, adulation, attention and affirmation - or, failing that, wishes to be feared and to be notorious (Narcissistic Supply);
- Feels entitled. Expects unreasonable or special and favourable priority treatment. Demands automatic and full compliance with his or her expectations;
- Is "interpersonally exploitative", i.e., uses others to achieve his or her own ends;
- Devoid of empathy. Is unable or unwilling to identify with or acknowledge the feelings and needs of others;
- Constantly envious of others or believes that they feel the same about him or her;
- Arrogant, haughty behaviours or attitudes coupled with rage when frustrated, contradicted, or confronted.

**Summarised from:**

American Psychiatric Association (2000). Diagnostic and Statistical Manual of Mental Disorders, fourth edition, text revision (DSM-IV-TR). Washington, DC: American Psychiatric Association.

[Malignant Self Love - Narcissism Revisited](#) by: Sam Vaknin, Narcissus Publications, Skopje and Prague, 1999-2006.

<http://samvak.tripod.com/npdglance.html>

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## The Narcissistic Predator

*"The narcissist inflicts pain and abuse on others. He devalues Sources of Supply, callously and off-handedly abandons them, and discards people, places, partnerships, and friendships unhesitatingly. Sudden shifts between sadism and altruism, abuse and 'love', ignoring and caring, abandoning and clinging, viciousness and remorse, the harsh and the tender - are, perhaps, the most difficult to comprehend and to accept. These swings produce in people around the narcissist emotional insecurity, an eroded sense of self worth, fear, stress, and anxiety ('walking on eggshells'). Gradually, emotional paralysis ensues and they come to occupy the same emotional wasteland inhabited by the narcissist, his prisoners and hostages in more ways than one - and even when he is long out of their life."*

Article: [Other People's Pain](http://www.suite101.com/article.cfm/npd/76632) by Sam Vaknin  
<http://www.suite101.com/article.cfm/npd/76632>

"The brutal change in him was all the more shocking because of what he had appeared to be. The devaluation was indescribable, unnerving, frightening. His N rages used to burst forth several times a day. I found I was married to a total stranger, a Jekyll and Hyde who sometimes looked at me as if he didn't even know me. Exhausting is an understatement - it was like clinging to the edge of a cliff 24 hours a day."

"I suppose you can tell I'm scared. I believe I will end up either dead or in a mental hospital very soon if something drastic doesn't happen. He is so diabolical and so convincing to other people that my own family has abandoned me. My kids have also been brainwashed, something I would have bet my life could never happen. All of my financial means have been exhausted. Child

support should have been more than enough to make it until I could finish my degree, but he quit his job to keep me from having money, and no matter what I try to do, I hit a big brick wall."

"The night he dumped me, the last thing he said to me before wandering out was 'protect yourself'. I've always puzzled over exactly what he meant, and those words have come back to haunt me now - that warning to get away from him. Without a doubt, the worst had yet to come..."

"Narcissists are great con-artists. After all, they succeed in deluding themselves! As a result, very few professionals see through them."

"I keep stressing that people with NPD do not present with the traits of their disorder. Far from it. How could any normal person take up with someone who had his NPD traits on show at the outset of a relationship? I suppose my husband had lots of practice, and had his supply-hunting tactics down to a fine art. This is the case with the real thing, full-blown NPD."

"Where would these Ns be without women, kids and the elderly to pick on?"

"I feel like I have extricated myself from a cult."

"I stood there thinking: 'He can't mean it'. I had the shudders, my skin was crawling. This N-from-hell exuded pure evil. Over the next 5 years he kicked his father out of the house, cut off his pension and slandered him. He cheated his first wife and his kids of money he should have paid, manipulated his business(s), lied to his separate little groups, split away from former friends and family, got 'religion', verbally abused his kids, turned other people into his little evil-doer proxies, hired and fired people on a regular basis. He'd cheat himself to satisfy his own greed if he could. About every three months I'd hear about some treachery he was inflicting on someone, somewhere."

"They think they are untouchable, inhabitants of a special world, one parallel to ours but never touching. Outlandish behaviour is the N's hallmark. They can draw other unsuspecting, and usually respectable, people into their criminal or pseudo-criminal activities."

"N's count on our shame to keep their secrets. They know that exposing them means exposing our own failings. That's what makes



them so powerful. They manipulate us into these situations then sit back and watch us squirm between protecting ourselves or blowing the whistle."

"You have to live through the horror of the N experience to be able to understand it. People say: 'But he's mad about you'. The only pertinent word in that sentence is 'mad'."

"The relationship with the N was too good to be true. They want something from you. When you finally wake up and confront them on their bad behaviour, it's something you do, for yourself. You get it off your chest. When the N asks how you are doing, they are taking your emotional temperature to see if you are reacting, because they are looking for that reaction from you. When you finally give them a piece of your mind, they're not even listening. It goes in one ear and out the other. They sit, rather impassively, appearing like they are taking it in, but if you do a test, you find that they were not listening at all, because they can not quote back to you, anything you said. So consider that action as an exercise for yourselves. Nothing you will ever say to that person will make a difference."

"Yes I told him exactly what I think of him, his lies, his deceit, his lack of emotions, he is just an image not a real person ... and I realise that not only did this not bother him, it actually made him feel great! He knows that he has a dramatic impact on my feelings and since he won't let me love him anymore, now he makes me hate him. This must really make him feel like he's one damn special and unforgettable person!"

"I went back to him a dozen times, each time somehow thinking it was different, that maybe now that we had addressed all the issues and brought everything into the open, and he admitted he had treated me badly ... it would change. And it WOULD go back to (almost) how it had been, but each time that honeymoon period would last a shorter and shorter amount of time. It absolutely wrecked me - my self-esteem has never been lower than during my years with him."

"But these qualities, are indeed 'charm'. The proof of the power of this brand of charm is that you, and I, both women who are probably reasonably alert, failed to see through this well-constructed mask."

"Maybe it is bad for me to wish her unfortunate times, but, that is what she deserves. I have never met anyone more evil than she is. It's the kind of evil that masquerades as good."

"It was the losing of myself that caused me the most anguish. I could feel it, like a brain washing, like a vampire, and he claimed he didn't know anything was wrong, didn't know what I meant when I said I was sad all the time and couldn't trust a word he said."

"I have always felt like they did this on purpose - like they were the most cunning people I've encountered to orchestrate all this turmoil, but through this Web site, I've come to learn that I'm wrong and that there truly are deeper reasons an N acts out like they do. The key for you is to learn as much as you can as fast as you can, and protect yourself financially and emotionally. Not too many people survive the devastation of a tornado."

"NPD is actually quite simple. When they want supply (adoration/veneration) they put on the whole show to obtain that supply. As the supply wanes, because no one can sustain all the time that high-octane adoration the N requires, then the N begins to get uneasy and devaluation sets in, followed by confusion and bewilderment on the part of the spouse/partner, who thinks s/he has done everything 'right'."

"In order to overcome one's enemy, one must study diligently to understand how he came to be your enemy, what his motivations and goals are. Fully understanding your enemy and then rational planning based on that knowledge is the only way to emerge the victor. We are learning about those with Narcissistic Personality Disorder, Antisocial Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, as well as those with Sadistic and/or Masochistic Personality Disorder - the psychopaths in our lives, learning to defend ourselves against their destructive forces and how to avoid them in the future."

"I read [Sam Vaknin's book](#) first, that's when I finally knew it wasn't me for the first time. Knowledge is power, know everything you can about narcissism."

"I raise a glass to all the other warriors on here, and to [Sam Vaknin](#) too, for providing [this forum](#), and so much useful information. His writings are powerful and painful, and marked the first turning on the road for me. I can remember reading and re-reading the [FAQs](#)

in a mesmerised daze, as I saw my experience and the disaster that is NPD unfold in black on white before my eyes."

"The withdrawal from my N has been terrible and hard on me but it is getting better. I no longer have anger and rage and my mind is settling down. And I no longer think of him 24 hours of the day. I never thought that would ever happen just a couple of months ago."

"I loved him, very much, but no way was I about to be obsessed. I also lived for my work, for myself, for all manner of things, friends and family included. This, the N cannot take at all, and will try to drive in that wedge, in order to get ALL attention for himself."

"My ex-N would constantly talk about himself. Every type of conversation, somehow always came back to him talking about him. It would be embarrassing, when friends would need to talk about something happening in their lives, he could not listen, or be supportive. He never got it. He would quickly turn the conversation back to himself."

"The other thing he did was leave me in all kinds of situations to go find someone to charm. If we went to social things, he would not talk to me all night. He would need to be the centre of attention in some group. Usually women."

"He will have a new female N supplier ASAP and you can bet he'll be parading her in front of you too."

"I wish I could offer you any encouragement with your NPD/Bi-polar loved one, but in the 11 years I've dealt with them in my life, I've only known grief, lies, distorted realities, schemes, police, chaos, courts. I often feel like they sit in the eye of a self-created tornado and watch their loved ones circling around in total chaos, and if the winds ever die down, they find a way to get them whirling again."

"My ex-girlfriend seemed for nearly six years to be a kind, caring, supportive person ... and then did a 180. Trashing me and, trashing (it turned out) at least one other person that I know of. Extremely rude and cruel behaviour, calculated to cause me extreme pain."

"If you want something to cry about, cry for the N's new victim(s), the innocent, unmarked, un-inoculated prey. The victims are carefully chosen, and I feel sad for them."

"In fact I didn't even realise how badly he was abusing me. I didn't know that all of the silent treatments I got and the alienation from my friends and family were all forms of abuse. Which made me even feel more victimised when I put two and two together."

"The abuse doesn't happen because the victims volunteer for it. The abuse happens because the abusers lie, manipulate and speak in mixed messages, and out of love and a sense of fairness we trust them."

"Towards the end of my relationship with N, he told me: 'Your father couldn't break your spirit, and as hard as I've tried, neither can I'. About sums it all up wouldn't you say?"

"He would tell women he loved them all at the same time, keeping each woman separate from the others, trying to get one of them to marry him."

"She said she was like a recorder that took everything in and reported it just like a recorder. What I was slowly realising was that yes, she was like a machine - a recorder that took the info in, twisted, spun it into whatever, and then used it as a weapon to stir up controversy or create problems."

"The N has no feeling of any kind, you must absolutely remember that. Any 'feelings' or emotions shown are like those put on by an actor on stage. They look good, but are only an act."

"The person with NPD is unpredictable, that is part of the disorder. Their world is a heaving, restless, unquiet place, full of anxieties and unknown quantities. And when they withdraw the 'caring' and the 'loving' and start on the devaluation stage, then the contrast is so appalling that we are wrecked, unable to understand (at this stage most of us had never heard of NPD) so naturally we thought we were at fault in some way."

"When I met my N I thought I had just met the most wonderful person ever born! Nice, kind, talented, intelligent, even caring and concerned. It wasn't until a few months had passed that I began to feel something wasn't right and I was confused. I felt like I was on the verge of a nervous breakdown but couldn't put my finger on the problem (because I thought it was me) until I came here. I still can't figure out what the telltale signs were that I apparently missed. It took a long time for the confusion to build up. And I still haven't had the courage that a lot of you have had to make the complete break."

"You cannot understand his mind, the disordered mind, because you are normal. How could you? You can believe it - he is not real, and nothing is real to him. That is his tragedy."

"As I said, it is only lately that I heard about how she hates him to this day, after twenty years or more."

"Anyway, the uneasy was always there for me too. It was just easy to ignore in the beginning. As I got to know him, the uneasiness shifted to a feeling of walking on eggshells since I never knew what action or word I might do would trip over one of his innumerable emotional landmines."

"I made a huge mistake today. After receiving the latest personal assault from my N, I tried to arrange an amicable settlement without having to go to court. My biggest concern was that he not get overnight visitation. Well, he agreed to my terms and our lawyers placed a conference call to the judge to adjourn our 'motion'. Soon after that, my N backed out of the whole deal saying he didn't see why he shouldn't have our child overnight. Now we don't go to court for another 3 months!! They will use anything and everything at their disposal."

"He is a very insecure (and jealous) man, but he is also a dreadful coward. The Ns usually are."

"If some man were to say to your daughter: 'Here's the deal, sweetie. For several months or so, I'm going to pretend to be everything you ever wanted. I'll shower you with attention, affection and all manner of stuff to make you feel special. Then, once I know you're depending on me as your significant other, and have made a commitment, I'm going to quit pretending and be who I really am. I'm going to start treating you really badly, I'll say insensitive things, I'll lie, I'll cheat, I'll be really cruel, possibly humiliate you in public. Hey, I might even beat you. Your job will be to figure out what happened and do everything in your power to restore the relationship to what it was, until you either die, try to kill yourself, or collapse and get sent to hospital, which will be pretty funny because there's no chance whatsoever I'll ever pretend to be that 'nice guy' again - and by the way, it WAS a pretence. So what do you say, sweetie? Do we have a deal? Several years of hell in exchange for a few months of fantasy?"

If your daughter whipped out the pen to ink the deal, you'd smack her and say, 'What are you, NUTS? This guy's a lunatic!!!' Right? But that IS the deal. That is the contract. If that contract

wouldn't be nearly good enough for your daughter, why would it be good enough for you?"

"I went along with him once and he said: 'Hey I like the way you talk!!!' He actually praised me when I agreed with him that a person who causes an accident should be left on the highway to die and just drive on by. What a polished piece of work! I swear I met the devil."

"What I'm wondering right now is ... in the beginning when he was treating me like a Queen, was there a hidden agenda there? Was it always in the back of his mind that he would soon unleash the hidden fury to hurt me? He acts like I am 'the one', the 'kindred friend' that he's never had before. Is this all a lie? I seem to be hanging on to the hope that it will be different for me. Am I fooling myself?"

"Does he want to hurt you? Well, now, that would imply that he thinks of you as a human being - an N doesn't. What he wants is to secure supply. If he cannot do it by means of flattery, he will do it by means of cruelty. The goal is to get you to give him what he wants. He doesn't especially care which method he uses, so long as he finds one that works. I know that sounds cold. It is cold. That is the mind of a narcissist. Cold and devoid of empathy. Because he lacks empathy, he probably doesn't know or care if he hurts you, unless he's using bullying as a technique for extracting NS from you. Even then, he couldn't care less what that does to you, apart from eliciting the desired response. If it makes him feel better about himself to belittle you, he will do that, but the ultimate goal isn't to make you feel bad, the goal is perpetuate the myth of his own perfection and simultaneously control you. If by hurting you it gets you in check, makes you take on his failings as your own, and make you work twice as hard for his approval, it's a bonus for him. If he doesn't need to employ cruelty in order to accomplish either of the above goals, he won't. It's that simple."

"Who would not assume s/he was so lucky to have met this wonderful, caring individual. Nothing wrong with that. It is when the cannon-ball of devaluation hits you that the horror of the situation begins to dawn, but you cannot work out why. Naturally, you assume (because you think within normal parameters) that your partner/spouse is ill, has encountered a serious problem (work, finances), is maybe physically ill. Because you have never

heard of NPD you do not, indeed cannot, know about the idealisation-devaluation process."

"The N I write about probably never did a thing, unless there was something in it for him. He simply did not bother. He started from a position of weakness, in that he had a huge inferiority complex, but the pretentiousness of his facade gave the impression of enormous self-confidence."

"My N also had very low self-esteem. It was as if he had to constantly bolster himself up to me by references to past relationships, and present/future possibilities. He always made me feel like I just didn't match up. Now I realise that probably no one ever could have. He was always looking for such an amount of NS that no normal person/relationship could have possibly have supplied it, and I think that insecurity was also behind the need to have, ideally, lots of different alternatives."

"It is THEM, not you or I, who can't trust enough to invest/try/be content with one relationship and build on that. The lack of commitment, sneaky manipulation of targeting new NS, guarantee that they will get dumped by anybody decent - lowering their self-esteem even further. But they seem to hurl compulsively along the same tired worn-out path."

"I had to analyse him closely and that's what saved me. I drew up a list of things he had done, sat down with my therapist and discussed what those behaviours/symptoms were, from a psychological perspective. We were like 2 scientists, working on a project, where there wasn't a lot of documentation to refer to. Ultimately we identified narcissism, but went further. We wound up with the diagnosis that, not only was he a psychopath, he was also a sociopath, as he had no conscience."

"Diagnosing Ns truly isn't rocket science. Go through the list of criteria. Give an example beside each one stating why s/he's like that. When you get 5 or more, BINGO. It's the stories, the anecdotal reports that diagnose Ns. My N fully met the criteria for 4 different PDs, plus bipolar. He went to a psychiatrist only once, about 16 years ago. He's a successful businessman and he's a narcissistic psychopath."

"In actual fact, it was the doctor who diagnosed my husband who remarked on the high incidence of NPD among prison inmates, i.e. among the criminal population. This same doctor is also a prison



psychologist working for the State, (as well as a university lecturer)."

"Yes, absolutely. It's not a disorder of intelligence. Far from it. My N graduated law school near the top of his class. Emotionally, he's 5 years old!!!"

"He told me that based on what he has read in my journals and narratives, providing that all the information is correct (which it is) that my N is a psychopath, narcissist and borderline. I was shocked that he thought it was more than narcissism. So, I am interpreting it to mean that a person with Multiple Personality Disorder tendencies will exhibit some of the characteristics from each, but not necessarily all of them."

"On first meeting an N, what is it that they do, that a normal person does not do? From the perspective of the one who is meeting the N for the first time, a N goes to great lengths to make a big impression on the listener. The N never stops doing that. They want to be sure they have your attention and they will appear to be listening very attentively, as you speak. The listening attentively part is an illusion. If questioned about the discussion later, they will not remember a word that was said. Reason: They were too busy studying you. What you care about. They make such observations to use against you, later on."

"It is best to keep them at arm's length and not even start a relationship with someone who is too much 'over the top', in every way. They leave a path of destruction and dozens of broken hearts, in their wake. Sometimes, the damage cannot be undone and you must live with it. So beware of someone who is coming on too strong."

"We have a saying around my house which is that an N will put you through a series of increasingly difficult (and more ludicrous) tests in order to get you to prove loyalty to them. If you manage to pass all of these ridiculous tests, you are rewarded for your considerable effort with the right to worship the N. I don't know about anyone else, but I've got other plans."

"I have come to think of those years as a classroom in which I learned about my own vulnerabilities. Nothing seems as scary to me anymore ... how can it be when I have survived living with, as Sam Vaknin has said, an encounter with 'the first carbon-based form of artificial intelligence'."



"I had never known a real conman in my life. I thought only the stupid or elderly got suckered."

"What I, and others on [this board](#), have learned from dealing with N bullies in our personal lives, applies to terrorists. There can be no appeasement, no attempting to reason with them, no attempt to "fix" them, to unseat their deep-seated hatred, shame and envy. Sounds terribly harsh to the uninitiated, but not recognising that can only lead to our own destruction."

"I've come to believe that, to the N, the world looks like a place where the only food is meat and we're the cattle. That's why, at the most primitive level, they think they 'have to' act the way they do in order to survive. They've got a vested interest in suppressing that empathy. At a fundamental level, WE ARE NOT REAL to them. Do you ever wonder if your hamburger had a name? You and I are interchangeable cows to them. Stings a little, right? Yes, they're accountable, all right. They try to mutilate us for meat! Once we get over the shock that THAT THERE REALLY ARE PEOPLE LIKE THIS IN THE WORLD, our sense of survival kicks in and we get out before they slaughter us wholesale. Arguing with them about the reality of their perceptions is pointless; it won't stop them from hacking off a piece of meat. The damage they do is real, but don't expect them to ever understand that, not on a gut level where it counts for you and me. You want to get even with the N? Take away the meat."

"They mix people up by screwing up the issues up so we get confused. Then they reprioritise everything for us by getting angry so we have to look at them first, we think and we worry about them first. It becomes all about them. Everything else, especially ourselves and things once important to us becomes second fiddle. No wonder we feel something isn't right and we don't realise how we got ourselves into such a predicament."

"Like you, I have the 'I hope he gets his just desserts' thoughts. But there'll always be someone they can fool. (In my ex-N's case, aged 45, I see he's homed in on a 20 year old who he 'helps' with her exams, I hope she's astute enough to suss him out, but who knows?). The really true sign we've recovered completely is that we won't harbour thoughts about what they're doing to whom - not care - or at least accept that it's out of our control. Do we really care about the 'others' - or - and I hold my hand up here, are we perhaps not more enraged that they're still 'getting away' with it!?"

"I was married for several years to a man who exhibited this precise pattern. It ultimately ended in a domestic violence situation and after great struggle, I left him. The act of leaving him brought further abuse and grievances."

"I guess the reality is that even when it seems so completely innocent, there's always an ulterior motive running through their minds. It blows me away that every event in their lives, no matter how significant or insignificant, can always be used to create the turmoil that seems to constantly surround them."

"Your post evoked a memory of yet another conversation I had with my ex-N. I had referred to sex as making love. She looked at me very inquisitively and said: 'I noticed you say that a lot - why do you call it making love?' So, I replied: 'Why, what would you call it?' Her response was: 'I would just call it SEX. I'm not really sure what LOVE is!' Looking back, it was yet another obvious NPD zinger that zinged right by me."

"Almost four years and he didn't know my birthday or my full name! It's their way of saying 'you don't matter that much to me'."

"Pretend you are someone other than yourself looking into what's going on in your head. It helps me because it detaches me somehow and I can see things clearer when looking at it in a different perspective."

"We cannot accurately predict what response we will get on any given day. And without the ability to predict - without a stable system on which we can rely - we wind up tying ourselves into knots trying desperately to please and walking on eggshells hoping to avoid this unpredictable wrath."

"It is excruciating pain. It is the pain of separation, the pain of loss, the pain of dreams and expectations unrealised. It is the loss and death of a mirage."

"He chose every path less likely to cause him any disruption in his routine, without giving one ounce of thought of the retributions of his acts. And whenever asked for an explanation the response was always the same... It was someone else's fault or, if there was no one else to point the finger of blame to, he 'couldn't remember' the event in question, or he was just feeling bad that day."

"In my case N, husband of 12 years, is not exactly malicious. He doesn't set out to hurt me just for kicks, in my opinion. He hurts

me as little or as much as it takes to achieve his goal: to make me dependant on him in as many ways, obey him, give him all the NS he demands, abdicate control. So, while his primary goal isn't to hurt me, it becomes a goal if that's what it takes to get NS out of me."

"Through my self-education I've experienced opposite ends of emotion. On one hand it's been enlightening, cleansing, joyous, and uplifting. On the other hand it's been revolting, heart-achingly painful, gut-wrenchingly toxic, and horribly embarrassing."

"After finding this group, as much as I have been comforted, I have also been disturbed by the hurt that all of us have survived thus far at the hand of an N. I think I might still be in shock that my N, a human being, is actually capable of hurting another so much, with no remorse - except when it impacts him."

"One of the very difficult things to deal with after being the victim of a N is that most people will not want to believe what happened to you, even if they saw it with their own eyes!"

"The point is, I was getting sick and mad, was losing weight and concentration at work... I'm the typical co-dependent, I know ... and I really thought the power of love would help."

"[Sam Vaknin's](#) article [Other People's Pain](#) is well worth reading right now. It's like a bucket of ice water when we need it to remind ourselves what this is all about."

"I guess the computer is a screen for Ns - they can present themselves anyway they want and be exactly what you say, someone's prince charming. The e-card that I found from his last affair had her saying: 'I can't wait to make you happy for the rest of my life and give you the love you deserve!' UGH! I can't even imagine what bag of goods he sold her."

"I too became lost in HIS world, started walking on eggshells and worrying if I said or was behaving the right way for him. He was so methodical in his control over me and like you, he would throw a bone at me (usually some old flowers on their way out), and I like a jerk would get so excited that he thought a little about me with the award of almost dead flowers. So sad."

"I remember asking tons of people if he ever made eye contact with them. This was before I knew anything about NPD, but I knew there was something very, very wrong with him. EVERYONE said

NO, without hesitation - it was as if they had all thought about that very thing, or at least had noticed it independently. Creepy."

"I learned that 'kicking you when you're down' is a standard characteristic of the N."

"I told him no more because he was making me feel horrible, but the fact that he accepted it so easily hurts all the more. It validates just how meaningless all of it was and is. I was feeling OK and suddenly it's all hit me again like a ton of bricks."

"Ns install a mental filter in our heads a little bit at a time. Before we know it, everything we do, say, or think, goes through this filter. 'Will he get upset if I do/say/think this? Will he approve/disapprove? Will he feel hurt by this?' Until we can uninstall the N-filter, our actions are controlled by N to some degree."

"The humiliation, the insults, the lies, the abuse, the character defamation and on and on and on. We may understand that they are 'sick', but then it is just us understanding them again. It doesn't really help us much to heal our pain."

"When we get to feeling too good, too happy, too satisfied, too optimistic, too excited, too anything that the N was not responsible for, then it is the N's job to rip that feeling away from us."

"Was mine a charismatic psychopath or a garden-variety N? I just don't know 100% what he is capable of. Maybe he doesn't either. It's a very good thing to be scared sometimes, especially when tempted to N-dip. It's not only our emotional wellbeing at stake here. It can be our physical (health included) safety as well."

"You may see in the man a part of yourself that is missing. A good man can help supply a feeling of wholeness and inner peace. He can help make you feel safe. An N can spot this better than anyone else. He goes after it like the drumstick at the Thanksgiving dinner. He knows people because of an over-developed inner sense. He reads people for a living. His needs are greater than yours, but he denies it to all. You may face on occasion anxiety and fear, but his is more intense and always with him. It is inevitable that the two of you will find each other. You are looking and so is he. He has the advantage because of his over-developed inner sense."

"They memorise body language and can spot a person who might feel a little vulnerable a mile away."

"My motto from here on out is: If someone or something (including me) in my life is conducting themselves in such a way that they can be seen on Jerry Springer, it's time to take out the garbage!!! When you stop taking their behaviour personally and see their antics as a true reflection on their character, it becomes absolutely nauseating."

"That's the way he conditioned you to respond. You know that bad things happen when you do something other than what he wants you to do, which may change based on his whim. Cut it, now. Cut the cord, and never look back."

"Of course, as normal human beings, we search inside ourselves for answers. That is precisely what the N never does. If he did, he would go for therapy forthwith. It is natural to wonder how we could be fooled so easily and so ruthlessly. Ever watch sleight of hand? Well, it is the same. You are fooled by the speed and skill of the 'magician' or the card sharp. But, and this is the but, it is only an illusion. Always remember that. You are healthy. The N is not. The best way to do battle with this situation is to walk away, to grind the memories under your heel, and look to better things."

"I had an N for a partner, and he built me up like yours and made me feel good, and then, straight afterwards, he brought down the hatchet and cut me out of his life. Don't be fooled - just as he opened up, so can he close up - and heaven help you when he does."

"Don't worry, he didn't pick you because you are weak or an easy target. He picked you because you have all the qualities he wants and can't have. The problem is, while he was, as we say, sucking you dry he caused you over time to feel confused, edgy, distracted and all the things you described. We loved these men and why wouldn't we? In the beginning they make us feel so special and comfortable and loved. It's later when, like you described, our minds are reeling because we know something is 'off' but can't put our fingers on it that we start searching around and find ourselves here. Then all the pieces start to fall in to place. People with NDP are master manipulators, subtle and strong at the same time. You have been brainwashed and it's going to take a while to detox but you'll be all right. It's important not to blame yourself but get on

with detaching both physically and mentally. Not easy and not pleasant."

"THE FIRST GIANT RED FLAG ... needed instant gratification. It felt like he was needy. Had to spend every moment together. Pushed the sex so insistently. The relationship did not form naturally, it was rushed and he dictated the pace ... totally controlled and manipulated things in spite of all my efforts to slow it down."

"I guess there were red flags everywhere, but I had no idea what narcissism was."

"Looking back on ALL the Ns I've ever known and merged with, I see there WERE signs within minutes of meeting the N that they were grossly selfish, immoral, sex-addicted or something was definitely 'off' that I couldn't explain. I didn't honour my intuition, gut feelings and instinct. The truth is that I had almost no experience setting healthy boundaries."

"He also admitted to being 'difficult' and 'moody' - so yes, if someone says this in the early stages of a relationship, I think the red flags should definitely be up. They simply cannot sustain 'niceness' for any period of time - to anyone - unless they want something from them, or unless that person can offer them something."

"I pushed the gnawing out of my mind, relaxed and suspended judgement for a while when his behaviour or stories of his past rang as odd. I just figured I was only hearing bits and pieces and chose to wait to hear the whole story from him before I concluded anything about his personality. I should have paid more attention to my 'gut instinct'."

"NPD is serious, big-time stuff."

"Life is a superficial game for him and you are a pawn on his board. Is that what you want to be, a pawn in the hands of a madman?"

"I don't know, what nastiness your Ns did before but I can see a lot of HOOKS in your story. If your N displays off and on again behaviour BEWARE! My ex N knew how to hook me by drawing me into her sad stories. You may be your Ns main Source of Supply right now and it's true you may even know more about your N than anyone else will ever know. My N still wants to be in contact with me because I too know my x-N better than anyone else. But

remember, some Ns like to be MYSTERIOUS because it keeps them in control while you're dancing to FIGURE them out."

"The N will not change, you must absolutely keep this before your mind. But the N is constantly 'paying' in his internal hell, which is the essence of his disorder. In this sense 'what goes round, comes round'."

"The N is like bog-fire (jack-o'-lantern). You race after him, and race into the marsh, where you are swallowed up and suffocated. The N will suffocate all that is good in you, will twist your psyche until you don't know who you are yourself, eventually your own face will not seem your own in the mirror. Yes, it gets that bad, believe me."

"The N is bad even for your looks - reason enough in itself to leave him quickly. He will make you feel ugly, unwanted, inadequate, not up to his standard, no matter how intelligent, good-looking, or smart you are. He makes you feel like this so that you are in line with his dreadful feelings about himself."

"I have been apart from my N almost 2 years, yet periodically he keeps coming back in my life. Not only is he narcissist, he is bipolar as well, not to mention he also has a chemical dependency problem."

"The devaluation was as shocking and devastating as it was unexpected."

"He's built up a pile of adversaries and victims over his 73 years and anyone who remembers anything about him realise the scum underneath."

"I think that is part of what they like to do to their targets. Abandon the target, leave them hanging, right in the middle of a sentence. And, you, having emotions, just have to get it out."

"I can only offer a comparison: a person who has been in a wheelchair since infancy cannot have any notion of what it feels like to walk, run, jump, do gymnastics, ride a bike etc. The person with NPD is in the same position, an emotional cripple, whose experience of life bears no resemblance to the ordinary person's."

"One thing I do have to remind myself of all the time is this. They are always looking for who they are in someone else."



"When I asked him why he had stopped terrifying me, he said: 'It didn't work'. What this says about him is that his behaviour was not out of control, as one might think because it was so bizarre, but a strategy. He stopped using that strategy when it didn't achieve his ends. That's important to remember when dealing with a true N."

"N's are notoriously bad gift-givers. My ex-N only used to give gifts to me he had received as free samples from representatives."

"Since my N told me he wanted a divorce, I have been amazed at the people who have come up to me and said they never liked the way he treated me and that I will be so much better off without him ... and I thought they liked him."

"Any apparent (and spurious) remission of NPD is just that - fake. The individual is marshalling his/her forces for the next round, which will be one hundred times worse than what went before. Believe me."

"The one you married, the terrific guy, was the False Self. When you finally realise that the horror he became, is the Real Self, then you understand NPD and you understand the nightmare for all of us."

"I rationalised and made excuses until I was blue in the face. When there was no possible excuse for certain behaviours he would come up with a sob story that I 'rationalised' and fell for. That's why I was perfect NS. I will never go there again. I am not a slave for anyone!"

"I stayed far away from him. But he would not leave me alone. I was extremely violated by this person and it took 7 years of intensive therapy to overcome the injuries I suffered because of him."

"He has never been empathetic towards anyone and has no idea how much pain he causes people when he makes choices that affect them."

"I have a very strong supportive network who keep reminding me that I am a worthwhile human being. They have told me however that the years spent with him have altered me, made me nervous and anxious and questioning my capabilities. It's insidious and you never even realise you are changing."



"He has this vindictive, mean streak in him. He knows exactly which buttons to push and can tell you to go to hell and you'll look forward to the trip."

"After about a month no contact, he was back on bended knees begging to 'negotiate his surrender' to me. He asked me to marry him. I fell for it again and the drinking started again. Shortly after the wedding, the fighting started again. I realised that drinking was lowering my inhibitions and I let out all of the anger I was still carrying from the prior devaluation. Then I discovered all his lies regarding his business, which he considered 'his little secret'. After 6 months of marriage he came home from a business trip, waited 'til the next morning after I left for work and moved out."

"Now he's suddenly devout. 'Jesus' is a verb or noun in every sentence. He carries three Bibles (a pocket-sized one for reading on the train, a medium one, and a large one for Sundays). Unreal. This same man is having an affair with a woman who is married. She is entirely dependent on him financially, and has left her husband and two sons. Her life is now becoming the wreck my life used to be. Sometimes, I too, wish I could just tell her 'Run!' but I don't dare. I just hope she believes her eyes, instead of his lies ... and saves herself."

"Don't tell them ANYTHING you aren't prepared to get shoved up your butt later ... or down your throat, or in your heart in the form of a dagger. And of course there are those things you tell them that you have to be prepared to have TWISTED into things they can shove..."

"He got hooked on the computer for NS. Totally ignored his children. Never responded to them when he came home from work. The computer took over his whole life. He was having an affair with his co-worker, at the same time having affairs with women online."

"As far as I can see clowning around with an N is like clowning around with a moray eel. In the end it's no fun. The N does not want to get close, they ONLY want ATTENTION. End of story."

"They take bad things that have happened to them and turn it into NS."

"N will have to make someone else's life miserable. It won't be mine! Better her than me! I think some Ns remarry quickly so that SHE won't have time to find out about him! She'll be in too deep

before she knows it. The quicker he can get married ... the quicker he can quit playing the 'nice' game and get back to the real him!"

"[Sam Vaknin's book](#) and [this entire site](#), has been the most helpful. Please read every cruel word that he writes. Truth is in it. These network friends will validate, listen, stay close or send you on your way-whatever you need."

"Ex-N was always insensitive about what he said to me and he always choose he words carefully as to obtain a look of shock and hurt in my face."

"I know the pain of hearing horrible, insulting remarks only to be told that it was merely a 'joke' and how I have 'no sense of humour'... I tell him that his jokes aren't funny to me, but I realise now that that's exactly what he wants to hear. I spend my days in constant anxiety because I know the next blow up is just around the corner."

"With an N, you cannot accumulate a store of MEMORIES of what you have meant to them. Your meaning is only in the here and now. This is why a husband can immediately abandon a wife who becomes crippled or has a life-threatening illness or who otherwise is no longer 'Miss step & fetch it', and who might even (HORRORS of HORRORS) NEED something from the N."

"Basically I think there are 3 categories of things Ns say:

1. Lies;
2. Projection;
3. Words to intentionally humiliate, hurt and degrade the person that loves them."

"It is not surprising then, to discover that the N has many alters, many secret lives, and they count on others to reinforce the idea that they 'would never do such a thing' and that they 'are not like that'."

"If a past girlfriend or wife dumped him, in the new location he may say that his wife recently died of cancer! This is to generate a little community sympathy for himself and opens doors for him to be accepted into the community. Then he gets busy, finding one or more targets to abuse. Stripped naked, the N is an ugly picture, without all of his/her illusions, and the fantasies dissolve."

"My N husband (who I'm finally divorcing after 18 years - 18 years in which he only got worse each year) said, on our very first date:

'You'll never do better than me'. One of many warning statements, each of which stunned me, but his persuasive charm won out. A charm that disappeared, literally, the day after we were married. Then, when he was in a towering rage after returning from a trip, I was completely perplexed at what he was angry about. When I finally asked him, he turned to me with the most malevolent glare, and said: 'YOU! You are what is wrong with me. You are what's making me angry'. But there was no action or incident related to me that he could attribute this anger to. In fact, he had been away at a trade show while I took care of our 5 young children. Nothing was ever good enough."

"Discovering that your parents have NPD is traumatising. I am an only child. I was married 6 months and my wife became pregnant. My parents accused my wife of plotting to exclude them. When she denied this, they refused to listen. Over the years they kept making more severe accusations, and never accepting my wife's answers. They babysat our 2 year-old and he woke up crabby. They started a huge fight, berating us for bringing him to their house asleep, an obvious effort to make their time with him miserable. After another incident in June, my parents threatened to end our relationship. They still blame my wife for all our problems only this time they attacked me. I told them: 'If this is what you want I will not stop you'. No contact since. I wish I would have been more blunt a lot sooner. I should have said years ago - 'Either stop making accusations and get along with my wife, or we won't see you!' The outcome would be the same but I would have saved years of frustration and stress on my marriage."

"Both of my parents are Ns. My mother is much more of a behind-the-scenes N. Her manipulations and repeated accusations have ended our relationship after 7 years of hell."

"It has ruined my entire life and my daughter's. If a doctor told her that I needed rest and no stress to recover ... she would rush over, beat on my windows and say horrible things to me ... sounds like she wants to hasten my death. It hurts. I need a mother. I am a mother and can not even grasp the concept of a mother's ability to be this cold and cruel, yet act like an angel to others. It's as if no one believes me."

"My advice - run far away before your relationship with her destroys your children. My daughter is starting to show the toll of just being witness to my mother's treatment of me. She will strike

when you least expect ... she will lure you in with sweetness and tricks, and when you are feeling hopeful ... she will bring you down with one cruel perfectly-timed remark ... and you will crash in heartbreak again and again. They do not improve ... they get worse."

"She is evil to me and I have tried 51 years to have a mother and never have, never will."

"On only a few occasions did I 'stick-up for my rights' with my dad. Each time he flew into a rage. The worst was when he was out of town the day my husband and I bought a new home. When I told him on the phone about our purchase, he went stark raving mad, yelling and screaming about how stupid I was to not have waited for HIM to decide if the house was right for us. I told him it was our life and ... well the rest just wasn't pretty. As you can see the thought of any discussion about my 'feelings' with this man makes me very nervous indeed."

"He told me the psych counsellor they were seeing told him and his fiancée to spend more 'quality' time together and not take his kids on the weekends he was supposed to. I called him on that one and said: 'Any counsellor who recommends your wants over the needs of dependent children ought to have their license revoked'. Well, he look astonished, then started immediately back-pedalling and said: 'That's not what I meant, you misunderstood'. He never saw me or his kids for the next two months."

"A divorced father to his 8 year-old daughter during visitation weekend, upon a conflict, the father whips the daughter around by the shoulders, gets down on her level to look her square in the eyes and says angrily: 'You can come up here and see me as long as you don't interfere in my life!' This is the statement that has come back to haunt me my entire life. I have had no contact with my father since I was 21 years old. I am now 37."

"Just this last week, she asked me to stop by her work with the baby (she needs to let all the people she works with think she is a wonderful mother). When I got there, the baby was in a new outfit that I bought and dressed her in, and the N said to nobody in particular but addressing the baby: 'Who dressed you this morning? You look like a bum!' She's gets 2 birds with one stone. She devalues and degrades me and the baby all in one statement. I get the same 'Can't you take a joke' right after she insults me."

"I need to tell you that the children my N professed to love, he was abusing sexually. I stayed with him for 16 years - and he abused my elementary school age daughter for 4 years. She repressed everything. GET OUT. If he hates you, he hates your daughter and may abuse her if he hasn't already."

"I have been divorced for one year now from an N. My problem is I can't break off contact with him because we have a 5 year-old child together. After 3 years of paying very little attention to her, he became 'super dad' when I filed for divorce. How do I minimise the manipulation of my daughter? He will try anything to get my attention, including making her suffer emotionally and physically."

"He also did bad things, hoping he would get caught, and punished. This was the consistent pattern in his life and that is very sick, indeed. He justified his abandonment of all those children by saying: 'They'd be much better off without me'. He ran away, over and over."

"When I hear people who have no children talk about a narcissist or psychopath having 'parental rights' or when I hear a divorcing mom voicing guilt for depriving her child(ren) of their father, I always want to say, please, you don't know what it is like. And I want to say, please don't judge mothers and mothers don't be harsh with yourselves."

"Children will, many times in a child custody fight, choose the narcissistic parent over the non-narcissistic one. Narcissists can convince a child that they are the most desirable parent and they are also capable of convincing the child (as well as psychologists and judges) that momma does not love them, but only uses and controls them. You see, narcissists project their own pathology onto others."

"Someday Family Law specialists, Family Court judges, court appointed child advocates and psychologists who prepare reports for the courts will be educated about the personality disordered. A child's right to not be victimised should come to be seen as more important than parental 'rights'."

"I always got the feeling that my sister and I were both Dad's little scientific experiment in genetics. It wasn't so much that my parents got married and had a family as they bred kind of a 'Nazi-esque' experiment to create a little genius on my Dad's part to

fulfil his expectations. My sister was the main focus of this experiment, I was the back up unit."

"A narcissist is a child, a spoiled, self-centred child. No little kid wants to have to work at caring for and entertaining another child. His payoff comes from you not wanting him to see the child. Even playing 'super dad' for someone or some group they are trying to impress can't do the job forever, or even grandparents or the people at church seldom provide enough NS every single time to make it a worthwhile expenditure of energy."

"He hated Christmas, he thought children were an expense, a noose around your neck for a life time that's why he didn't want them."

"My mother and father have always bad mouthed me to my family and all of their friends. I can't say I ever tried to 'handle' it though. The way I felt about it was that I know myself. I know them for who they really are. I have seen how low they are capable of stooping. I figured I didn't need to dignify their disgusting behaviour with any explanations to people. If they chose to believe my parents, I didn't consider them my friends. If they couldn't tell a lie or a load of horse crap when they heard it, especially considering they have known me all my life, I didn't need them in my life anyway. It was no great loss to me. I just let my parents go on ranting and raving."

"She mentioned something my father (her brother) had been saying about me. I reminded her of the real story. She was there from the beginning. She had merely forgotten the real story because, as all narcissists do, my father is really good at seeming sincere when he's changing facts to suit him, (also known as lying). She recalled vividly what I was telling her. This finally happened about 2 years ago. She was outraged at my father's lies. She straightened everyone out by telling them the truth. Now people are on to him. He has changed since then, and is more careful about how he acts towards me, and seems to have a nicer attitude around me. Of course the damage is already done."

"I have found as I am recovering from the damage my parents have done to me, thanks to [Suite 101](#) and [Sam's book](#). I no longer need to hold myself responsible for them or other people's happiness in any way. I have discovered a new, higher self esteem. Before, I couldn't even recognize when I didn't like someone. I would blame the discomfort I felt when I was around someone I didn't like, on

MY shyness or MY own social disorder. I thought I was such a loser that I wasn't worth another person's respect, kindness or honesty. Ns do this to people's souls. They try to kill the soul."

"My mother is very narcissistic, so I was never allowed to have my feelings and emotions if they encroached on her perfect image of herself."

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