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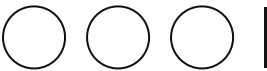
NEWS

Understanding narcissism: A deep dive into the psychological term



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Defining the terminology of narcissism in modern culture. Here's what to know.

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The psychological terms of narcissism have entered the collective dialogue as a pop culture buzzword in the past decade. The terminology is commonly used in today's conversations and interactions. Still, some may want to dig a little deeper to understand the disorder, especially when dealing with someone with these types of personality traits.

Like many of the patterns and stories within the human unconscious, the terminology of narcissism originated from the Greek myth of Narcissus, sometimes called the god of vanity because he became obsessed with his reflection.

Ramani Durvasula, known in mainstream media as Dr. Ramani, is a leading psychologist who studies narcissism and defines the personality style with four pillars. The four personality traits that create the core of the personality style include individuals with a lack of empathy, grandiosity, a chronic sense of entitlement and a chronic need to seek admiration and validation from others.

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What causes someone to become a narcissist?

While the personality disorder is essentially a result of trauma, there is no one set cause but it can commonly occur from either two extremes of parenting style, according to psychologist, [Phil McGraw](#), most well known by his TV personality [Dr. Phil](#). Either from intense neglect or from spoiling the child to the extreme of putting them on a pedestal. Many times the child will create a false sense of self one that includes grandiosity and entitlement which starts the path of the personality disorder.

While the disorder is caused by trauma, [Ramani](#) stresses with a caveat and warning for people in relationships with these types of individuals. And that is to not live in a fantasy world of being the rescuer or hero in bringing about a change. Individuals with the disorder do not change in most all cases, McGraw and Ramani both claim.

It is important to note that narcissistic personality styles, such as the textbook grandiose called overt or the less apparent [covert](#) or, in extreme cases, the malignant, are all measured on a scale of severity by a licensed professional.

This report focuses on some overall themes and personality characteristics of the disorder, adding that all individuals have areas in which they ha

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tendencies, which are part of the human journey. However, when paired with the four pillars [described by Ramani](#), the total lack of empathy for others is where problems arise. However, on the flip side, in many cases, the CEOs or successful business leaders benefit from the disorder with a shrewd lack of remorse and empathy for others where the personality style is their best ally.

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The narcissist is incapable of having deep, emotionally intimate relationships because they lack a sense of self, according to psychologist, [Sam Vaknin](#). The narcissist creates a false sense of self when they are young in response to the trauma, and similar to a mask on a clown, they will hold on to that false sense of self at all costs.

In response, behavior patterns are apparent in individuals with these types of personality disorders, such as the inability to admit any wrongdoing, zero credence to taking responsibility for their actions or having any sense of accountability. The [narcissists will then use tactics](#) such as projecting and gaslighting as manipulative responses to secure a false sense of self.

For example, to gaslight someone means manipulating another person into doubting their own perceptions, experiences, or understanding of events, according to the [American Psychological Association](#). These tactics are vital for

the narcissistic individual to stay in control and maintain the sense of power within the false self where they are the "know-all-be-all."

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Relationships with narcissists:

This is how narcissists think of intimate relationships or relationships in general, according to Ramani. She explains the relationship in comparison to an enjoyable coffee cup. The narcissist may enjoy the cup; it might be a favorable color and size, but at the end of the day, it serves the purpose of holding the coffee so they can drink it, and that's it.

Sam Vaknin is also a leader in the field who has published work on narcissism as well as a professor in psychology and proclaimed narcissist and psychopath himself. However, a conscious and self-actualized narcissist he claims. He

commonly uses a profile for relationships with narcissists, and similar to the coffee cup analogy from Ramani, he states narcissistic individuals seek relationships in three simple ways, either for service, sex or narcissistic supply, which is commonly used as a terminology for the attention-seeking behavior good or bad and admiration needed for supply.

In these types of relationships, mental and emotional abuse is common due to a lack of empathic awareness for the other person.

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