

Most Popular

- 1.** Week 3 Michigan High School Football Playoff Scoreboard
- 2.** Bearcats sting Yellow Jackets, win 5th straight regional title
- 3.** DNR: 'Quiet period' begins Friday for lead-up to firearm deer...
- 4.** Eagles fall to Adrian Lenawee Christian in state semifinal
- 5.** Sheriff: Kinde man arrested for trafficking methamphetamine

NEWS

Understanding narcissism: A deep dive into the psychological term

Robin Bradshaw, Staff writer
Updated: Nov. 10, 2023 4:21 p.m.



Defining the terminology of narcissism in modern culture. Here's what to know.
LUNAMARINA/Getty Images/iStockphoto

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.

ADVERTISEMENT

Article continues below this ad

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 have narcissistic 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.

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."

Newsletters: Get local news delivered directly to you

MORE NEWS

Ubly students find November Inspirations

Dear Abby: Sales pitch comes soon after brother's passing

Eagles fall to Adrian Lenawee Christian in state semifinal

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.

More News

Merriam-Webster's 'word' of the year for 2022

Read Now

Written By

Robin Bradshaw

VIEW COMMENTS

MORE NEWS

Bearcats sting Yellow Jackets, win 5th straight regional title

Seth Maurer and Luke Volmering each score two touchdowns in the Bearcats 41-20 victory over Ithaca.

Week 3 Michigan High School Football Playoff Scoreboard

Ubly, Deckerville among last teams standing in quest for state championship.

Holiday shoppers gather at the Mistletoe Market in Bad Axe

The Mistletoe Market in Bad Axe hosted by the Huron Daily Tribune brought holiday cheer for...

Market on Main wins grant in Cass City's business builders event

The Cass City DDA and EDC hosted a Business Builders event, giving a \$10,000 grant to the winning...

ABOUT

- [Privacy Notice](#)
- [Terms of Use](#)
- [Your California Privacy Rights](#)
- [Careers](#)
- [Interest Based Ads](#)

CONTACT

- [Customer Service](#)
- [Ethics Policy](#)
- [Newsroom Contacts](#)
- [Advertise](#)
- [Our Use of AI](#)

CONNECT

- [e-Edition](#)
- [Facebook](#)
- [Archives](#)
- [Twitter](#)