

***The Narcissist on Instagram:  
Epigrams and Observations  
The Third Book***

by

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The book is based on interviews since 1996 with 2000 people diagnosed with

Narcissistic and Antisocial Personality Disorders (narcissists and psychopaths)

and with thousands of family members, friends, therapists, and colleagues.

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# C O N T E N T S

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**Scams  
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Men,  
Women,  
Gender Wars

50.

When it comes to sexual assault, there are no "[safe men](#)". On the contrary, most sexual transgressions are committed by male "friends", "brothers", colleagues, or acquaintances. This is because men misinterpret all female behavior as sexually inviting (sexual overperception bias), respond aggressively to teasing (overt flirting and signalling), use sex to communicate (to comfort, console, protect, commiserate, and hold), and are preoccupied with possessing the woman and competing with other men (often "stealing" her from her boyfriend or husband).

Women, listen up: If a man has ever expressed sexual interest in you, he is never "safe" to be alone with. This is doubly true if his advances had been rebuffed in the past. He would interpret the continued contact following his rejection as a change of heart and mind and would pursue you even more vigorously in order to assuage the humiliating narcissistic injury you had inflicted on him by turning him down.

Women know all that, of course. So, why do they keep exposing themselves to the very same risks? Why do they repeatedly engineer circumstances that are conducive to coercive, non-consensual sex? Because they have a recurrent pipedream: they want to be lusted after, desired, and attended to - but "safely" so, without having to go all the way. They also use other men to triangulate (provoke jealousy in an indifferent partner or break up with him). Innocuous, sexless, flirting is way to restore the woman's sense of femininity and battered self-esteem.

These needs are so overpowering that women sometimes drink senseless and do drugs with total strangers or with casual "friends", ending up raped in dingy hotel rooms or apartments. There is another reason that so very few assaults get reported: women feel that what had happened was their fault, that they had led the guy on, that they owed him the sex. This is the price they have had to pay for his company, attention, and support and for finding them irresistible. The politically incorrect fact is that many women find this deal - unwanted sex for restorative companionship - perfectly worth it. Which is why they keep repeating the pattern: most sexually assaulted women have endured more than one such incident in almost identical situations of their own making.

51.

[Women initiate the majority of breakups and divorces](#). When men end relationships, they just walk away. Women tend to be more circumspect: they misbehave with other men, act passive-aggressively, and undermine intimacy in a variety of indirect ways.

To generalize, women tend to rupture the bond only in four cases:

1. Extreme abuse and rejection by the intimate partner
2. Chaotic dysfunction of the dyad leading to unfavorable and inefficacious outcomes;
3. The partner's clinging, abandonment/separation anxiety, and demands for suspension of the woman's personal autonomy within the relationship
4. Some women are terrified of intimacy, are pain averse, and commitmentphobes. When the partner demands a dedicated joint future with increasing closeness, they recoil in horror and act out, sabotaging the budding togetherness.

Dysregulated emotions and approach-avoidance repetition compulsions are prevalent among women traumatized by previous liaisons or with mental health disorders such as Borderline Personality Disorder or mood disorders.

52.

Women willingly enter relationships with - or give their bodies to - evident, clearly visible [male scum](#) only because these lowlives had never ADMITTED publicly to being narcissists, or owned up to it. On the contrary: they make themselves out to be the victims and women are all over them, offering maternal healing and love and sex.

I am being punished because of my HONESTY: I had informed women of WHO and WHAT I am. They know that they may be able to hurt me - but they have no power over me: they have nothing I either need or want. My total aloofness, self-sufficiency, and independence drives women nuts. It threatens and infuriates them.

So, women - documentarists, "friends", collaborators, wannabe lovers - are terrified of me, rage at me, and hate my guts just because they KNOW WHO I AM. And who told them who I am? I DID!

Women see that the men they started dating or fucking are sick and dangerous trash but they keep hoping that they may be wrong about these men. Or they keep deluding themselves that they will control, manipulate, co-opt, "fix" and "heal" these bad boys. They keep convincing themselves that these men are safe, will damage only others. Malignant optimism.

But in my case, women cannot lie to themselves and deceive themselves because I have told them repeatedly that I am a monster who can never be tamed or healed. They know that I will be with them only as long as they function and are useful to me. Not a second longer. I invest in women only a fraction of what I can extract from them. Not an ounce more. Ever. Never. So they set out to annihilate me, often by "in your face" cheating with the aforementioned scum.

Many men are my facsimile, my soulmates. But these men pretend to be empathic, loving, supportive, and caring. And women lap it up, lock, stock, and barrel, to mix my metaphors. It is repulsive to behold.

Lesson: Men! Never out yourselves. Women crave fantasy and deceit. So, tell them what they want to hear, pretend profusely, and they will become your codependent slaves or your one night stand sluts or worse. It works every time. The opposite strategy - of being truthful about who you are - sucks. Male authenticity only renders women rabid, virulent and sadistic enemies.

53.

[Heterosexual Men](#) with sex and gender identities which are full-fledged and fully developed react holistically to the totality of a member of the opposite sex: her bodily attributes to start with, but also her intelligence, sense of humor, vibe, company, life experience, traits, personality, accomplishments and conversation. They are irresistibly attracted to the entire offering: the sex, of course - but the rest as well.

Narcissists and psychopaths effectively fake such immersion in their targets. They emulate the behaviors of the healthy male. They are very convincing and misleading thespians, giving the impression that they are truly "into the woman". But really, in the recesses of their cesspooled and diseased minds, narcopaths abstract a single aspect or dimension of the prey on which they focus. They are goal-oriented and women are just instruments, means to an end (narcissistic supply, sex, money, contacts, and so on). Narcissists and psychopaths reduce other people - women included - to assemblages of functions and transact with them: I will give you my attention, time, and faux

affection and you will give me sex, for example.

This one dimensionality of the interaction is at the core of the discard part of the cycle (idealize-devalue-discard-replace): once and if the woman has nothing to offer (for example: she is unattractive or no longer available for sex), the narcissist and psychopath has no further use for her. It is wasteful to invest scarce resources with no return on the investment. The woman's other assets and aspects are irrelevant: they do nothing to further the narcissist's agenda or to secure his aims.

Real, fully evolved men love and adore women and revel in female company. Narcissists and psychopaths love and adore what women can give to them and revel in female absence: apart from her assigned roles, they consider the woman to be a contemptible underdeveloped nuisance, sometimes even a hate object.

54.

Women have been called "The Fairer Sex" for good reason: their [beauty](#) inspired and motivated, soothed and aroused, and made the world both a more bearable and hopeful place.

By preserving this pulchritude and enhancing it, a woman cherishes her feminine essence and buttresses her wellbeing: the external and the internal are inextricably intertwined in our gender.

We should all - men and women - seek to maintain and improve this temple, the body: it is a marvel of creation, a sacred deposit, and a message we convey to others.

In beauty salons and clinics throughout the world, day in and day out, workers are dedicated to this mission of feminine aesthetics and resulting happiness. Using the latest technologies, in depth education and training, as well as leading industry brands, the best among these establishments offer a complete and holistic solution to all your needs in this sphere.

55.

There is a tectonic shift in [mate selection](#) preferences among humans. As women become more independent, grandiose, and entitled, they adopt behaviors hitherto associated exclusively with psychopathic men. They also opt for "beta" males (weak, tame, dependent, underaccomplished, less intelligent and less handsome) as sexual and romantic partners.

This is accompanied by a revolution in sexual and behavioral signalling as the semantics and semiotics of types of social conduct are reversed for the first time since the inception of the agricultural revolution and urbanization, thousands of years ago. No wonder feelings of dislocation and disorientation regarding gender roles (gender vertigo) are so high and rampant.

Drinking, smoking, the loud use of profane language, defiance, promiscuity, novelty and thrill seeking, avoidant attachment, impulsiveness, masculine attire and body, little makeup or grooming, overt seductiveness and flirtatiousness, abuse of multiple substances, recklessness, loss of control in public, impetuosity, and frequent changes of partners in interpersonal relationships were considered until the 1960s negative hallmarks of a mentally disturbed or desperate "bad news" woman best avoided.

Today, these very same character traits and behaviors render a woman MORE attractive because they indicate to men her sexual availability, personal autonomy, emancipated mindset, strength, financial wherewithal, absence of demanding neediness or long-term expectations, and fun loving ambience.

In this hookup age of ubiquitous antisocial or asocial narcissism and atomization (schizoid loneliness as a way of life), such women are treasured and courted assiduously by emasculated men, usually for

the casual sex and noncommittal non-relationships that have come to typify our dystopian, post-modern, thanatic, materialistic world.

56.

The common wisdom when I was growing up was that as men get older, they have a greater number of potential partners (age hypergamy)

As women age, they have a shrinking pool of possible mates ([age hypogamy](#)). This evolutionary asymmetry has always had profound social implications: it affected the structure of our societies as well our institutions and the ways they functioned, both formal (codified mores and norms) and informal.

All this is beginning to change for the first time since the agricultural revolution, thousands of years ago. Women are emancipated sexually and financially and are gradually taking over the reins. They are adopting hitherto exclusively masculine - even defiantly antisocial - behaviors, including ones pertaining to mate choice and selection.

Sex hypogamy is the new normal: women prefer to stay single and childless, wedded to their careers and self-actualization as they sleep only with beta, weak, emasculated men, usually in hookups or short-term "relationships". Our dystopian reality is unigender: it is a world without women, only two types of men with different genitalia.

Sex hypergamy - a preference for accomplished strong alpha males even for casual sex - is out the window. Women want to be on top in every possible way

So, red pillers are right about the 80/20 Pareto principle: 80 percent of women do want to sleep with only 20 percent of all men. But they got the 20 percent wrong: women want to copulate with the 20 percent who are beta males! Women assiduously avoid the intimidating and challenging alpha men whose success and prowess constitute an unbearable narcissistic injury to the competitive, independent female.

57.

More and more [financially emancipated women mimic psychopathic men](#), adopting both their misbehaviors and their traits. A curious gender inversion seems to be occurring: men are assuming hitherto feminine roles and reactive patterns.

For example: judging by numerous reports from the crowded clinics of couple therapists, men are now more sex averse ("frigid") than women (they compensate with porn), they are more romantic, and are more likely to be infatuated and to suggest to transition to a committed relationship after a bout of casual sex (women overwhelmingly decline such overtures for further contact after one night stands). Many men are stay at home dads as women become primary breadwinners.

Women are catching up to men in the frequency of cheating on their intimate partners and the number of one night stands, especially when these involve drinking or other forms of substance abuse.

In many places, more women than men frequent singles bars and dives and women are surging on dating apps where three quarters of them admit to scouting for anonymous sex partners or infidelity accomplices. Women sue for 73% of all divorces.

The floodgates are wide open: in a unigender world, gender roles are fluid and often inverted. Gender vertigo ensued followed by male avoidance in a misogynistic manosphere (MGTOW, red-pillers, incels)

This is part and parcel of a bigger trend: the ascent of aloneness. More and more people of both genders - since 2016 in the West, at least, the majority - choose to live alone: they find their own exclusive company irresistible. Technology rendered us utterly self-sufficient, so why be bothered with the quirks, moods, emotions, and expectations of others? Procreation, marriage, and family are phased out. Sex is gradually displaced by porn and occasional casual masturbation with other people's bodies. When it comes to relationships, the prize is just not worth the price.

58.

[Women are newly emancipated slaves](#): mistreated as chattel property by men since the agricultural and urban revolutions thousands of years ago, they have rebelled and prevailed. But a collective psychology shaped over millennia cannot be undone or modified within a few decades: society and its agents - parents foremost - had brainwashed girls and inculcated in them rigid, stereotypical gender roles, replete with coping and survival strategies in a male-dominated world.

Women were conditioned to make use of the surreptitious weapons of the weak: to manipulate; undermine passive-aggressively; feign weakness, clinging, and codependent neediness; and extort economic benefits, often by triangulating or by getting pregnant.

Having acquired civil rights and economic prowess, women lacked a credible behavioral-social model to introject and follow. Instead, they started to emulate and imitate male caricatures which comprise pronounced psychopathic features: dysempathic machoism, promiscuity, defiant reactance, recklessness, infidelity, antisocial conduct, and substance abuse. In a way, women are pathetically trying to be more men than men.

Such abrupt discarding of traditional gender roles in a unigender universe has led to gender vertigo, gender alienation, gender dysphoria, misogyny, misandry, and a tsunami of auto-eroticism (masturbation with porn, incest, and homosexuality, for instance). A decline in births to below the replacement rate and the collapse of inter-gender communication and institutions (family, marriage) and behaviors (dating, meaningless sex) followed ineluctably.

59.

The [contemporary dating scene](#) is fragmented and baffling. But recent studies help to make sense of it.

Men and women who are in pursuit of casual sex (one to two night stands) find it in bars or parties (60%), pubs, restaurants, resorts, and clubs (another 20%), and dating apps and sites (the remaining 20%). About 30% of users of technology are looking for meaningless, emotionless romps or accomplices to adultery. Many first dates end in sex, but it is not considered casual because it incorporates intimacy and rudimentary emotions.

In the middle tier, men and women have self-limiting (the median is 6 months) love affairs (as playmates, fuck buddies, friends with benefits). They find partners on dating sites and apps but, more frequently, via social media and at work.

Finally, many singles (bachelors, separated, divorced) are looking for life companions within a committed relationship. Friends and family introduce them to potentials, or they join activities, venues, and institutions with like minded people.

Oddly, people keep looking for the wrong kinds of partners in the wrong types of places and this mismatch is the main reason for protracted dating and relationship failures. If you go to a bar to look for the love of your life or to church to pick up a one night stander, you are bound to be bitterly disappointed.

60.

It is amazing to observe how women sense a real man even if he looks like a much rehashed roadkill or yesterday's unsorted trash.

If a man loves and adores women and finds their company and sex irresistible - he can do anything he wants with them and to them.

Women find the idea of [being irresistible](#) - irresistible!

That's why some women enjoy being touched even inappropriately: it proves to them that they are irresistible.

And that is also why many women have RAPE fantasies: because in such phantasmagorias, the male perpetrator finds them irresistible, cannot stop himself.

But this is true solely on one crucial condition:

That the man finds the woman irresistible in all her dimensions: looks, personality, her company, sense of humor, intelligence, personal history - as well as sexuality.

If the man finds the woman irresistible ONLY as a SEX OBJECT, to be used to grope, poke, and masturbate with - it is a major turn off for the woman and she finds such a man revolting and to be avoided. His actions are then perceived as sexual harassment and worse.

61.

If a woman goes mountaineering with a man and borrows his tough muscles to help her through a rough pass - she is an athlete.

If a woman crams for an exam together with a man, tapping his brain for his knowledge - she is a scholar.

When a woman picks up a stranger in a bar and makes use of his penis to reach orgasm - [she is a slut](#).

When a man sells access to his brain for 300 euros an hour (yes, this is my going rate) - he is a consultant or a counsellor.

But when a woman charges 300 euros to access her vagina - she is a cheap whore.

And guess just WHO wrote all these rules!

62.

In the penultimate scene of the heartrending film, "The Song of Names", a wife confesses to her husband after decades of deception, that she had slept with his best friend. He smiles at her benevolently, holds her hand lovingly, and they revert to the conjugal bed as though nothing much had transpired between them.

The message? [Adultery and sex are no big deal](#), a mere body function, like grabbing a bite or a few drinks with someone else, no cause for hurt or pain, zero risk of loss, jealousy or injury, all in a day's - or a night's - work.

Even more shocking is that the woman is presented as an eminently positive, caring, and empathic character. Her cheating is the fault of the cad, her seducer, a quintessentially bad guy. She bears no

responsibility or blame and shows no hint of guilt or remorse for her act of intimacy and sex with her spouse's closest soulmate, for years of lying to her husband, and for manipulating his relationship with her paramour (who has gone missing)

I found this histrionic almost psychopathic woman to be the truly morally reprehensible character in this yarn. Yet, evidently, no one else involved in the making of the film shared this view of her.

And, this insouciance, this indifference to perfidious immorality and profound betrayal is what makes this film a horror flick.

This is the new normal, the utter lack of inhibiting values, according to this movie: cheating on your significant other with his childhood friend, hiding it from him, manipulating his thoughts self-interestedly, then a matter of fact confession, a smile, hands held in sympathy, love unperturbed and off to bed we go. Extramarital sex as a form of forgettable, meaningless, emotional entertaining exercise. None of your spouse's business.

63.

[When caught cheating, two stock phrases many adulterers use](#) are: "s/he meant nothing to me, it was meaningless sex" and "I will never see him or her again." Both feeble - and infuriating - attempts at amelioration backfire.

Here is what you should say to the cheater just before you dump him - the only reasonable and justified course of action:

If the sex meant nothing to you - then your partner's feelings must have meant less than nothing. Why risk hurting the person that you purport to love and care about just to do something that means nothing to you with someone who means nothing to you?

As to "I will never see him or her again" - of course you won't! You got everything you wanted from your one night accomplice, mission accomplished, why see him or her again in any case? The other party is usually equally eager to avoid all further contact. So, there is no big sacrifice involved in making such a solemn pledge. It is simply a statement of fact.

The only rational thing to do is quit the relationship instantly. "Once a cheater, always a cheater" is supported by reams of studies and mountains of research as is the lesser known truth: "Once cheated on, always cheated on" and "if they cheat with you, they will cheat on you". Bail out. Break up. Preserve your sanity. No habitual cheater is worth your self-deception - and every cheater cheats again, given the opportunity.

64.

The [young are avoiding each other](#) in every possible way.

Spectatoring: worrying about how you look and sound while having sex.

It is the outcome of consumption of porn and growing shame and inhibition related to nudity and body dysmorphia.

Instead: sexting which can be staged and photoshopped is the rage as well as dating apps as entertainment and diversion from real face to face encounters.

65.

Few - if any - men are willing to commit nowadays. What for? Sex is just around the corner, with minimal or no investment of any kind.

So, [contemporary women in the reproductive age who want children](#) are so desperate that they settle on any man willing to serve as a long-term mate.

They go even for abusers, ostentatious cheaters, alcoholics, junkies, criminals, the obviously mentally ill, and good for nothing losers and delusional wannabes as long as they are willing to tie any knot, however tenuous and no matter how reluctantly.

66.

[Micro-relationships](#) are the emotional equivalents of sexual one night stands. They are short-lived (sometimes over in hours), but every bit as intense, passionate, and intimate as longer affairs.

These are not hot dates or sultry flings or desirous sexual encounters. They are full-fledged infatuations, replete with throbbing hearts, sweaty palms, and racing thoughts. They are as obsessive as the "real" thing.

Such confluences invariably culminate in one or a few rounds of torrid sex and then the parties dispose of each other one way (ghost) or another (move on to the next partner ostentatiously and hurtfully)

Out of sight, out of mind, dissociation colludes with object inconstancy to wipe out or dim the fond memories and make room for the next bout of romantic binging. Some youngsters go through 20 or 30 such liaisons a year.

67.

Women are irresistibly attracted to [mysterious, enigmatic men](#). But not all mysteries are created equal.

Actually, women are repelled, frightened, and get irritated by a man who withholds biographical and pecuniary information or sports a murky, occult, and confabulated life story. They regard such deliberate obfuscation as manipulative or sinister.

But women are inexorably drawn to a man whose essence is inaccessible and obscure, his identity uncertain, and what makes him tick unclear. Ostentatious self-sufficiency and dignified reticence render a man this rare combination: a challenge to be overcome and the promise of adventure as the woman explores and uncovers the terra incognita of his inner landscape.

Men who are too transparent and forthcoming regarding their psychology, men who bare their souls and carry their emotions on their sleeve - are boring and dull and assiduously avoided immature weirdoes.

"Who is he really" attracts hordes of obsessed women. "Why won't he say what he does for a living" pushes them away equally forcefully.

68.

When men [refuse to grow up](#), they remain spoiled brats.

When women refuse to grow up, they become psychopathic men.

There is nothing that a spoiled brat hates and fears more than a psychopath.

There is nothing that a psychopath detests more than a spoiled brat.

Both genders are refusing to grow up at record rates.

Do the math. Draw your own conclusions.

69.

Men are prone to sexual overperception: they misinterpret many female gestures and behaviors as invitations to copulate then and there.

To be mere friends with a woman is perceived by many men as a narcissistic injury. When a woman rejects a man sexually or romantically and [friendzones](#) him, it implies that she has judged him to be of inferior quality, defective, inadequate, lacking, and has rejected him as a potential lover, partner, spouse, and father.

Such injury can morph into narcissistic mortification if the woman offering friendship (friendzoning) used to be, at one time, the man's date, spouse, or intimate partner and had dumped him in favor of another man with whom she has had sex (at times while cheating) or with whom she had later created a family.

[Return](#)

**Narcissists,  
Psychopaths,  
And  
Other Predators**

279.

Histrionic-narcissistic women maintain a stable of men from their past: ex and wannabe lovers now friendzoned and spiderweb-wrapped until they are needed.

When the histrionic goes through a rough patch or a breakup in her primary relationship with an intimate partner, she reaches out to these hapless white knights to rescue her and to afford much needed succor, mostly emotional and rarely also sexual.

Thus reactivated and reanimated, these men serve to restore and boost the histrionic's flagging self-esteem as well as echo and affirm her self-justifying, self-righteous, self-serving, and alloplastic victimhood narratives.

[Friendzoning](#) is a cruel manipulative technique. It holds out the false hope of more - sex or a romantic relationship - while extracting from the target an endless stream of benefits.

The histrionic-narcissistic "queen" or "princess" spends time with her courtiers, shares with them intimate details of her dalliances with other men, and consumes their resources, fully aware of the excruciating hurt this causes them. Their pining pain and frustrated yearning constitute her narcissistic supply.

She maintain them in her orbit by throwing them morsels of one night non-penetrative sex and faux romance. This keeps them on their toes and coming back for more, Pavlovian wretches, always on the lookout for the big break when she will finally relent, realize that they could be so much more than mere "brothers", and embark on a full-fledged love affair with them.

280.

Jude Law as the Young Pope in this clip at least is [not a narcissist, but a psychopath](#). An avalanche of misinformation online by self-styled "experts" muddied the waters and the differential diagnoses between these two disorders.

Though both types are possessed only of cold empathy, the psychopath is goal-oriented: money, sex, power, social positioning, celebrity. He is relentless, scheming, calculated, ruthless, and callous in his pursuit of his agenda. In contrast, the narcissist wants only one thing: narcissistic supply to buttress the grandiose fantasies that underlie his false self. Psychopaths do not fantasize - they act.

The narcissist is pro-social: he works with others because people are the only sources of narcissistic supply. The psychopath is anti-social: his world is a Darwinian, dog eat dog, zero sum game (he wins, everyone else loses)

Psychopaths do not hesitate to break the law: many of them are career criminals. Narcissists work within social institutions and subvert them, leverage existing laws in their favor, and create networks of affiliated patronage.

Psychopaths like to inflict gratuitous pain and discomfort. They revel in other people's pain and embarrassment, even find these hilarious. Not so narcissists who cause harm off-handedly and only if they have to.

As opposed to most narcissists, psychopaths are either unable or unwilling to control their impulses or to delay gratification. They use their rage to control people and manipulate them into submission.

Psychopaths are far less able to form interpersonal relationships, even the twisted and tragic relationships that are the staple of the narcissist. They are mostly lone wolves.

281.

Social media gave rise to a new type of [Passive Stalker](#). He (and, of course, it could be a "she") refuses to take "no contact" for an answer.

But, rather than invade his target's personal territory physically, he penetrates her space circumambiently: by haunting her social media accounts, communicating with her friends and family from afar, frequenting places she might patronize, and imitating her life patterns and decisions.

The Passive Stalker is an apparition, a specter, a bothersome rather than ominous presence. He is not an erotomaniac, but a supplicant: biding his time till he gets a second chance. Clearly, his mindset is delusional, but he is never aggressive or predatory. Ultimately, he fades away, having transformed himself from a nuisance to a bad memory.

282.

[Joker is not a psychopath or a narcissist](#). He suffers from major depression coupled with a psychotic disorder (aka paranoia-schizophrenia). His psychosis is grandiose and violent in nature, a pretty common comorbidity.

Few mentally ill patients go on murder sprees, but it is not unheard of. Hence the ubiquity and overpopulation of mental health wings in prisons the world over.

How do we know his diagnoses?

1. He is on a regime of multiple medications. Personality disorders are not mental illnesses and are not treated psychopharmacologically. The standard treatment for both mood and psychotic disorders involves potent drugs.
2. Joker is confined to the psychiatric ward of a prison. In the USA, no narcissist or psychopath can claim diminished capacity under the NRGJ defense (Not Guilty by Reason of Insanity) which is the only way to get yourself hospitalized rather than incarcerated.
3. Joker has inappropriate affect, one of the signs of schizophrenia: he expresses hyperbolic emotions which are utterly wrong given the circumstances.

His laughter, though, is owing to a neurological disorder (pseudobulbar affect or PBA, often the sad lifelong outcome of brain trauma in childhood or of Bipolar Disorder)

4. Joker suffers from grandiose and violent delusions, including erotomania; referential ideation; disorganized thinking, behavior, and speech; rigid or diminished emotional expression (face like a mask); hallucinations; psychomotor agitation bordering on catatonia; and an impaired reality test (as evidenced in his conversations with his psychiatrist). These are all major signs of schizophrenia or at the very least of schizoaffective and schizotypal personality structures.

5. Like most narcissists and psychopaths, Joker is tormented by persecutory delusions (paranoid ideation). But, unlike in these two personality disorders, he is highly suicidal.

283.

The [antisocial narcissist \(same as the psychopath\)](#) values his unbridled freedom above all else. He owes nobody anything, no one has any power over him or claim on any of his resources, no one has

the right to make any demands of any kind or to expect any kind of behavior or reciprocity from him.

Freedom is closely allied with defiant and contumacious self-sufficiency: he doesn't need a thing from anybody and he depends on nothing and no one. He abhors authority and constraints and is a law unto himself: my way or the highway, the fuck-off factor his greatest pride and joy and the foundation of his inflated False Self.

Women are the antithesis of this mindset: they give a lot but expect to receive in return; they use their sexuality to manipulate; they make demands, challenge, and negotiate. The psychopathic narcissist interprets all their assertive behaviors and any hint of separateness (personal autonomy) as a disrespectful and humiliating frontal attack on his grandiosity, an attempt to subjugate and enslave him, or, conversely, a form of pernicious passive-aggression. He feels cornered and threatened. The result is misogyny: a rabid heartfelt hatred of women.

Over the years, numerous traumatic failed relationships had taught the malignant narcissist that people - and especially women - would either avoid him altogether as a dangerous creep, mock and shun him as a freakish loser, or break up with him punitively after a while (for example: by ostentatiously cheating on him or by plagiarizing his work). This hurtful realization only enhances his "lone wolf" mentality and aversion to all manner of meaningful intercourse with others.

Many psychopathic narcissists finish off their chaotic and shambolic lives as schizoid and paranoid recluses. Like junkies, they may still function seamlessly in their jobs and chosen - usually solitary - professions. But what remains of their existence is ossified and rigidly ritualized.

284.

By [idealizing his sources of secondary narcissistic supply \("intimate partners"\)](#), the narcissist actually idealizes himself. If his partner is unique and superior, so is he. Such mate selection is also proof positive of good judgment.

Devaluing the partner is, therefore, a narcissistic injury. The narcissist has to recant and renounce his previous assessment of his partner, thereby acknowledging his fallibility and lack of omniscience: two pillars of his grandiosity.

How does the narcissist reconcile these conflicting needs (to discard and to preserve his inflated False Self)? By shifting the blame, of course: it is his partner who has changed beyond recognition, or had abused his good heart by faking it, or is acting maliciously owing to some ulterior motives and a hidden agenda (she wants his money or has found a lover). The narcissist then reacts with rage and immediately embarks on the "replace" phase: finding a new lifelong adulator-servant-sex toy.

285.

The narcissist finds it impossible to believe that people act for their own reasons unrelated to him: to satisfy pressing and unmet emotional needs, for example. It challenges his grandiosity to accept that he is not the Prime Mover of the universes of his "nearest and dearest". He interprets every utterance and every action as meant to manipulate or hurt him or as a reaction to something he had said or done.

Grandiosity is a cognitive deficit. It impairs the narcissist's reality test, ability to understand others, and, therefore, his self-efficacy. He is bound to reinterpret and reframe events, information, and people's conduct and choices in ways that flatter him and place him at the epicenter, for instance.

When he is confronted with the truth - that it was [not all about him](#) - he is devastated. He becomes enraged, vindictive, or avoidant.

286.

TITS are the elite commando special ops unit of abusers: [Too Insane and Terrifying to Stalk](#).

Even erotomaniacs who fall in demented and all-consuming love with TITSers, studiously avoid these abusive fighters once they come to realize how inhumanly psychopathic they are. TITSers scare everyone away sooner or later, even the most hopeless, idealizing, and devoted codependents: remaining in their ambit is life-threateningly agonizing and toxic.

A true blue TITSer sports these traits and behaviors:

To the TITSer, everyone is an object to be exploited, used, and unceremoniously discarded once no longer useful. They are not concerned with the object's whereabouts, life, emotions, thoughts, or wellbeing when it is no longer serviceable.

TITSers invest only a minimal amount of scarce resources - attention, time, sex, money - in others and only in order to maintain their functionality.

TITSers are goal-focused and any abuse or rejection they mete out are instrumental in realizing their aims. They are never gratuitously sadistic.

287.

People with personality disorders are [easily suggestible](#) and so are post-traumatized victims of abuse.

This is because both groups maintain an external locus of control (believe that their lives are largely determined by outside influences and persons)

In an attempt to overturn these alleged mind control and brainwashing, members of both groups often resort to defiant counterdependence: doing the polar opposite of what had been expected of them hitherto, turning from compliance and conformity to rebelliousness, recklessness, and antisocial acts.

Mirror conversion - is when survivors of CPTSD in intimate relationships adopt behaviors which are diametrically opposed to their habitual conduct and fly in the face of their character and what they thought they had known about themselves.

The most common example among women is a shift from sexual faithfulness to the abusive partner grounded in conservative values and mores - to promiscuous, ostentatious, and "sluttish" infidelity, often coupled with substance abuse and other self-destructive acts. Other examples: from empathic to psychopathic and from deep emotional bonding to flat attachment (no connection to any one specific partner and changing partners fast and often).

288.

The narcissist is a nonentity. There is no one home, just an empty (though inviting) hall of mirrors, reflection upon reflection built to amplify, distort, and focus. The narcissist is merely a carnival attraction.

But this nonexistence is the narcissist's fount of strength: his intimate partners enter his [hall of mirrors](#) and fall in love with their own reflections. For many of them, it is the first experience of self-love.

Loving oneself is highly addictive and the narcissist leverages the access to his hall of mirrors - threatens to withhold it - in order to blackmail his partner and manipulate her to do his bidding.

289.

The [narcissist has no ego](#), that Freudian postulated psychological construct that mediates between inner drives and impulses and reality.

Instead, he outsources ego functions: he uses narcissistic supply (attention) from others to regulate critical elements in his inner environment (like his sense of self-worth)

Where there is an ego in healthy people, the narcissist has a monstrous malignant False Self that mediates between him and the world. The False Self is grandiose and godlike and subsumes the functions that Freud assigned to the superego ("conscience" as the outcome of introjection, socialization, and acculturation)

290.

To obtain narcissistic supply (attention, sex, power, money), the [narcissist has to act, pretend, fake, supplicate, beg, and grovel](#). He has to groom and motivate potential sources - people he considers immeasurably inferior to him - to part with time and other resources in order provide an uninterrupted flow of fuel to the furnace of his False Self grandiosity.

Such ineluctable and constant kowtowing and dependency are humiliating and amount to a massive, suppurating narcissistic injury. The narcissist feels entitled and firmly considers himself as worthy of special concessionary treatment incommensurate with his real-life circumstances and regardless of any investment or effort he opts to not make.

The pent up resentment and rage he feels at the structural, institutional, lopsided, and cosmic injustice of it all are the main reasons for the narcissist's virulent and rabid abuse. By egregiously mistreating his sources, the narcissist restores a semblance of balance and buttresses his shattered fantastic sense of superiority.

Another function of narcissistic abuse is - counterintuitively - assist in idealizing the intimate partner (and thus both ameliorating the narcissistic wound and enhancing the narcissist's grandiosity, being the mate of someone so special): if the partner survives the purgatory, it proves her mettle and resiliency as well as her dedicated commitment and faithfulness. It renders her unique and inordinately strong, worthy of the narcissist's godlike attributes.

291.

The narcopath bestows his resources (attention, time, money, help, succor, sex) not because of WHO the recipient is but because of WHAT the recipient can provide him with in return for his largesse.

Even [acts of charity and altruism](#) are transactional and calculated to maximize returns of one kind (public admiration) or another (control). In return for any investment, however minimal, the narcopath expects at least 2 of the 3Ss: Supply, Sex, Services (the partner as a homemaker, personal assistant, business promoter, or protector). True attachment is, therefore, utterly excluded. Healthy love is person-oriented, not goal-focused; it is a stable emotion, not a fickle one; and it is independent on benefits obtained or aims attained.

The narcopath invests emotionally (cathects) in a succession of "intimate" partners who he grooms: idealizes, devalues, discards, and replaces them - and then, sometimes reidealizes and reacquires them (hoovering). This is the ever itinerant "cathexis lens": WHAT's (not WHO's) in it for me?

292.

Grandiosity is a cognitive deficit founded on a psychological defense mechanism (fantasy). It hopelessly impairs the narcissist's reality test, rendering him delusional and, clinically, mildly psychotic (he confuses inner objects with external ones)

The narcissist is steadfastly and counterfactually convinced that [his intimate partner will never let him go](#) because he is such a unique treasure. She will cling to him relentlessly and forever, no matter how diligently he tries to discard her and regardless of how useless and dysfunctional she had become.

So, how to get rid of her if she stops providing 2 out of the 3Ss (supply, sex, services)? By pushing her to cheat on him or otherwise resort to other men. And by drilling into her mind that her unfaithfulness is both preordained and ineluctable - brainwashing and hypnotizing her into the ego-dystonic act. The narcissist often introduces his partner to men and actively pushes her to seek their company and bed them.

The narcissist says to himself, smugly: "Surely, after such a cataclysmic event (egregious misbehavior with another man), she will accept that I have no other choice but to dump her! Plus, she will be so shamefaced and guilt-ridden that she will not dare show her face again. I may continue to keep her around as a service provider or a sexless acolyte but now that she had strayed, I am morally justified to immediately embark on scouting for a full-fledged 3S substitute to cater to my needs"

So, from the inception of every new relationship, the narcissist informs his partner that if she as much as shows interest in another man or flirts with him - let alone do more - he will call off the relationship. The aim of this advance notice is not healthy boundary setting: the narcissist is letting his partner know that there is only one surefire way to extricate herself decisively from his surrealistic world and that is by misbehaving with another man. As his rejection and abuse of his mate proliferate exponentially, he fervently hopes she remembers the way out, her only exit - as well as his.

Grandiosity is a cognitive deficit. Coupled with a lack of emotional empathy, it results in a state of mind akin to an [extreme autism disorder](#). Like autistic people, narcissists misread cues and people.

They may misinterpret being pitied with being loved or being feared or being hated with being popular. When people are repelled by his sordid sexual misconduct, the narcissist believes that they had found him irresistible.

The narcissist is gullible and when flattered and then exploited, he thinks that he is being adulated. He pays attention to what people say, not to what they do (he mislabels actions and trusts words blindly, even when in a paranoid mode). The narcissist filters information via a fantastic prism of self-inflation. Anything that contravenes or challenges his self-perception is either reframed or trashed.

On the rare occasion that the unvarnished truth seeps in, the narcissist reacts with heartbreak: shock, humiliation, anger, desperation, sadness, and pain. Anxious and disoriented he labors furiously to restore homeostasis, if not the compleat status quo ante.

In the wake of such awakening, the narcissist feels that he can no longer trust his grasp of reality and his judgment. And he is right, of course: he can't - and shouldn't. He is delusional. Unlike psychotics, he does not externalize internal objects - but he internalizes external ones which helps hopelessly blend the boundaries between his convoluted inner morass and the world and people out there.

293.

Only collapsed narcissists, who have hit rock bottom, deign to [attend therapy](#). Even then, they make it impossible to form a therapeutic alliance because they compete with the therapist rather than be guided by him or her.

The narcissist in therapy <https://samvak.tripod.com/faq77.html>

Watch the full video, titled "Collapsed Narcissist in Therapy" on my YouTube channel <https://www.youtube.com/samvaknin>

294.

The narcissist is fully aware that he is being gratuitously, cruelly, and, sometimes, sadistically abusive. He fully expects his intimate partner to retaliate: cheat on him, abandon him, or otherwise misbehave. This anticipatory loss-related anxiety is a form of catastrophizing.

To avoid the debilitating hurt involved in being abandoned or cheated on (hurt aversion), the [narcissist emotionally detaches from his partner preemptively](#): he becomes indifferent, tolerant of her misconduct, oblivious, preoccupied (workaholic), and absent.

The narcissist's partner is usually stunned by this sudden act of apathetic vanishing. She escalates her reckless and disrespectful escapades in a desperate attempt to elicit a reaction - any reaction! - from her distant, cold, uncaring, and reluctant narcissist. Triangulation and conspicuous cheating are common strategies. Of course, this just serves to confirm the narcissist's prognostications and worldview: all women are sluts.

The narcissist's anticipation and grandiose omniscience thus vindicated, the pain of having been abused and cheated on by his partner is mitigated and ameliorated, rendered manageable and transient. He feels justified and legitimized now to devalue his erstwhile wayward partner, discard her, and embark on finding her replacement and grooming his next source of secondary supply.

295.

[People with an external locus of control have fuzzy boundaries](#): they outsource their boundaries, they look to others to determine for them which rules of conduct they should adopt and observe and what constitutes unacceptable misconduct. A man with crisp boundaries would say to himself: "I won't sleep with another woman because I have a girlfriend". A fuzzy-boundaried man would exclaim: "I will sleep with another woman and if my girlfriend objects to it, I won't do it again." Fuzzy boundaries are also ways to gauge the partner's emotional involvement, commitment, and caring.

People with fuzzy boundaries have low tolerance for uncertainty and their predicament is exacerbated when their partner is approach-avoidant or has a dysfunctional attachment style. Their wellbeing depends on the relationship being close-ended (with clear rules), not open-ended (involving guesswork and constant pushing of the envelope of permitted and acceptable behavior)

Narcissists prefer open-ended permissive liaisons because in such dyads their retaliatory or preemptive abusive misconduct is legitimized and justified. The intimate partner's own egregious transgressions are "agreed on" and, thus, rendered less hurtful. Disattachment (flat attachment) is the narcissist's way of managing a relationship with a fractious and defiant mate whose inner landscape is nightmarish and disorganized.

296.

The [Cathexis Kill Switch](#) is a component of the Cathexis Lens (see an earlier post): to be able to efficaciously redirect his emotional investment (cathexis) from one object ("partner") to the next (reposition the lens), the narcissist first has to turn off all emotions related to the now discarded target.

The Kill Switch feels startlingly real, almost like a physiological event. With breathtaking abruptness, all "love" and interest are gone, all "emotions" evaporate: from 100% to 0 in a millisecond. Literally.

His cathexis energy thus released and at his disposal, the narcissist is free to apply it to grooming and idealizing his next prey (love-bombing).

My Kill Switch is automatically activated when my woman misbehaves with another man in ways that are normally reserved to a couple: spending time alone with him in a hotel room or apartment, intimate physical contact of any kind (including slow dancing), aggressive flirting, or sharing quality time together repeatedly. At that moment, she ceases to be my partner and becomes his.

297.

The [communication of narcissists](#) is either inward-facing (they verbalize their inner dialogs, conversing aloud with themselves with the audience as a mere foil to their stream of consciousness) - or outward-facing (they talk in order to impress their interlocutors, or to evade and obfuscate)

Pay attention to several warning signs:

1. The use of indefinite pronouns and modifiers (like "this" or "someone") without specifying or clarifying any of the other parts of speech, leaving the listener guessing as to what occurred to whom, when, where, and why.
2. If the narcissist is addressing an audience or you demand the truth and accountability from him, you can safely assume exaggeration, confabulation, reframing, and outright lying on his part. This is done partly also to cover up the narcissist's pervasive dissociation.
3. When the narcissist expostulates on his motivation for doing things, or when he recounts what had happened, he is either wrong, reframing to justify his misbehavior or to restore ego-syntony, or just lying out of self-interest. He tries to sell you on "what makes sense" rather than on the truth. If you keep reiterating the question, he often contradicts himself and comes up with conflicting versions of the same events.

Never trust what the narcissist says. Do not let his gaslighting undermine your trust in your senses, judgment, and common sense. Make sure that only what you see is what you get. Observe the behaviors and reactions of the narcissist and everyone around him for clues as to what had really transpired. Don't let the narcissist club you on the head and don't wake up in his Platonic cave of shadows of an alternative reality.

298.

The passive-aggressive (negativistic or covert) psychopath lacks key features of the classic variant: she maintains impulse control and is never violent.

The [covert psychopath](#) plans ahead her egregious, spiteful, raging, vindictive, self-serving, emotionally reregulating, palliative, or restorative antisocial acts. Her behavioral choices are intended to primarily cater to her emotional needs and regulate her self-esteem and self-worth. By the by, as a secondary bonus, she metes out justice as she sees it. Her conduct is selected, premeditated, organized, planned, and well executed. She is self-efficacious.

The stealth of the covert psychopath is such that when she does act, it comes as a shocking bolt out of the blue, a paralyzing and highly traumatic lightning strike, affecting everyone involved. This gives the indelible but utterly erroneous impression of impulsivity where impulse control is actually intact.

The covert psychopath verbally externalizes or sublimates aggression, but is very rarely violent or criminal. She hurts people and humiliates them with malice aforethought, but mostly she is concerned with her selfish cravings, deficiencies, and desires. To her, people are a nuisance and a collateral damage and they are used, exploited, abused, violated, and - their utility over - discarded like so much trash on the way to self-gratification.

299.

Can you decide to not have cancer? Or tuberculosis? Or AIDS? Or even Bipolar Disorder? Of course not. Once you have contracted these conditions, you need intervention of one kind (medication) or another (surgery) to suppress or heal them.

But [substance abusers](#) can decide to stop the consumption of alcohol or drugs. And then they abstain for years at a time. Like everything else we do in life - eating, sex, binge watching of TV series - drinking and resorting to illicit drugs affect the body. But not everything that affects the body is a disease in the strict medical sense.

So, why are we being misinformed that alcoholism and other addictions are illnesses when they are manifestly nothing of the kind? Three reasons:

1. Money. Once doctors medicalize a behavior, they begin to collect big time reimbursements from insurance companies. In 63 years, the bible of psychiatry, the Diagnostic and Statistical Manual (DSM), which lists all the mental health diagnoses, has ballooned from 100 pages - to a 1000 pages.
2. Feel good narcissism: my egregious, hurtful, traumatizing misconduct is not my fault: I am sick, poor me, little I can do about it, what a relief!
3. The general tendency to pathologize everything: habits, personality traits, choices, relationships, behavior patterns, social norms, interactions, technology, you name it.

300.

[Mentally ill people cannot be reasoned with or analyzed with any rationality](#). This is because they are capable of harboring opposing, dissonant, and contradictory cognitions and emotions at the same time (paradoxical thinking and hyperflexibility). Bateson called it the "double bind" and Laing dubbed it the "incompatible knot". Their speech acts and decisions need to be deconstructed, not merely observed.

From the outside, persons with psychiatric or psychological problems appear to be impulsive, erratic, labile, unpredictable, antisocial, dysempathic, dangerous, heartless, mendacious, and egotistical. But the truth is that they are simply meandering along the conflicting paths of their psyche.

This fragmentation of the alienated self and cathecting of (emotionally investing in) internal rather than external objects may have to do with what Giddens called ontological insecurity.

Even in patients with milder syndromes, such as personality disorders, there is a glaring absence of order, continuity, cohesive identity, meaning, emotional stability, reduced anxiety, and consistent positivity (or negativity - the consistency matters, not the valence). Such epic fracturing impedes the evolution of a theory of mind, a worldlife and worldview, and of logic itself.

301.

Greek myths gave us the word Narcissism as well as the very concept of malignant self love (a phrase that I coined in 1999). The Greek distinguished between various types of love and self-love.

Philautia was the love of oneself which is a prerequisite for loving others: "All friendly feelings for others are an extension of man's feeling for himself", said Aristotle.

Philia is the love between friends (more like affection), usually fighting men, the ancient equivalent of today's bromance.

Storge is love for family members.

Eros is love coupled with enduring lust. Not flirtatious infatuation or a crush (especially among the young), which the Greeks called ludus.

[Agape](#) is love that leads to action and involves courage, sacrifice, strength.

Narcissism vs. self-love: <https://samvak.tripod.com/faq23.html>

302.

Formed by a [sadistic mother](#), the male narcissist seeks to recreate this nefarious maternal presence in all his future relationships: he coerces his women to become mother figures.

But the narcissist doesn't seek unconditional love from the women in his life, he is not trying to resolve childhood conflicts through them, or to fix their brokenness and ameliorate their pains. He is not intent on saving them.

On the very contrary: he wants to do to women what his mother did to him. He wants to abuse them sadistically and reject them by absenting himself and by withholding in every manner conceivable. When he does have sex with his female partner, it is exceedingly humiliating and excruciatingly painful to her.

Aware of his maltreatment and of his transgressions, the narcissists fully expects his women to hurt him and to abandon him, usually by cheating on him with other men egregiously and conspicuously, incidentally cementing his view that all women are innately slutty and cruel.

Anticipating this ineluctable punitive backlash renders the narcissist anxious: to avoid the unbearable agony in store, he withdraws coldly and detaches emotionally from his woman. He frequently pushes his women to cheat so as to get it over with and let the other shoe drop.

303.

Narcissists and people with hyperactive narcissistic defenses (such as trauma victims) substitute fantasy, daydreaming, perpetual planning, and analysis for action ([action substitution](#)) or perform activities which are irrelevant and tangential to their life and interests (action displacement). When the narcissist cheats on his partner, it is an example of action displacement.

But it raises an interesting question: the narcissist is psychologically self-sufficient, solipsistic, and self-contained. He has no need for intimacy, affection, or succor from anyone at any time. Why cheat at all? Why not just fantasize about it? Is it a form of acting out, more typical of Borderlines and other disorganized personalities (including survivors of CPTSD)? In this and the next three posts, I will explore the answers to these two questions.

Narcissists cheat on their spouses, commit adultery and have extramarital affairs and liaisons for a variety of reasons which reflect disparate psychodynamic processes:

1. In the quest for narcissistic supply, the somatic narcissist resorts to serial sexual conquests.
2. Narcissists are easily bored (they have a low boredom threshold) and they have a low tolerance for boredom. Sexual dalliances alleviate this nagging and frustrating ennui. The quest for novelty, diversions, and thrills – a vacation from his own life - is combined with a journey of self-exploration

and discovery that involves “filling in the gaps” in the narcissist’s biography: a missed adolescence, an old flame, a new aspect of his personality.

3. Narcissists maintain an island and focus of stability in their life, but all the other dimensions of their existence are chaotic, unstable, and unpredictable. This "twister" formation serves many emotional needs which I expound upon elsewhere. Thus, a narcissist may be a model employee and pursue a career path over decades even as he cheats on his wife and fritters their savings away.

4. Narcissists feel superior and important and so entitled to be above the law and to engage in behaviors that are frowned upon and considered socially unacceptable in others. They reject and vehemently resent all limitations and conditions placed upon them by their partners. They act on their impulses and desires unencumbered by social conventions and strictures.

5. [Marriage, monogamy, and child-bearing and rearing](#) are common activities that characterize the average person. The narcissist feels robbed of his uniqueness by these pursuits and coerced into the relationship and into roles - such as a husband and a father - that reduce him to the lowest of common denominators. This narcissistic injury leads him to rebel and reassert his superiority and specialness by maintaining extramarital affairs.

6. Narcissists are control freaks. Having a relationship implies a give-and-take and a train of compromises which the narcissist acutely interprets to mean a loss of control over his life. To reassert control, the narcissist initiates other relationships in which he dictates the terms of engagement (love affairs)

7. Narcissists are terrified of intimacy. Their behavior is best characterized as an approach-avoidance repetition compulsion. Adultery is an excellent tool in the attempt to retard intimacy and resort to a less threatening mode of interaction.

Narcissists typically claim that they have cheated in order to “put the spark back into the relationship (with the spouse or primary intimate partner.)” Of course, how exactly an act of betrayal and faithlessness can rekindle the ambers of a relationship founded initially on trust and sexual and emotional exclusivity is left conveniently unsaid.

Inevitably, the [sexual fantasy life of narcissists and psychopaths](#) reflects their psychodynamic landscape: their fear of intimacy, misogyny, control freakiness, auto-eroticism, latent sadism and masochism, problems of gender identity, and various sexual paraphilias.

Fantasies which reflect a fear of intimacy involve the aggressive or violent objectification of a faceless, nameless, and sometimes sexless person, often in impersonal, alien or foreign settings (example: narratives of rape.) These usually coalesce with misogynistic erotic storylines in which females are humiliated, coerced into hurtful submission, and subjected to violation and degradation by one or many. Where sadism-masochism, homosexuality, or sexual paraphilias such as pedophilia are present, they are injected into the fantasy and colour its composition and progression.

In his fantasies, the narcissist or psychopath is always in unmitigated control of the environment. The assemblages of bodies and limbs which populate his daydreams – his body included - are minutely choreographed to yield maximum titillation. He is like an exhibitionistic and voyeuristic porn director with an endless supply of well-endowed actors either cowed into compliance or craving it

Naturally, the narcissist's fantasies are devoid of any performance anxiety or of the need to reciprocate in the sex act by pleasing his anonymous and robotic partners.

Such imaginarium invariably leads to acts of self-stimulation, the ultimate manifestations of auto-eroticism. Even when the narcissist incorporates his real-life partner in his fantasies, he is bound to treat her as a mere prop, a body to masturbate with, in, or on, or an object to be "defiled" in acts such as group sex, swinging (wife-swapping), or outright sexual deviance (examples: urophilia, or coprophilia).

This crude and overt denigration serves to render her a "slut", or a "whore" in his mind, the kind of woman with whom he can have lustful, emotion-free sex. He reserves love, involvement, and intimacy to sexless "madonna"-type, sexually inaccessible or unattainable women, such as his mother

The [somatic narcissist's and psychopath's sexual promiscuity](#) emerges from underlying problems in gender identity. Many of them are closet bisexuals, cross-dressers, and prone to paraphilias such as pedophilia, fetishism, and sexual sadism or masochism. Some of them try to act out their fantasies and get their partners to assume roles commensurate with their propensities and predilections, however outlandish, illegal, or extreme

A useful test to tell apart healthy sexual fantasies from narcissistic ones is to pose the question: would you be equally satisfied having sex with a sophisticated inflatable robotic doll as with a flesh and blood partner? If the answer is "yes", then, in all likelihood, we are dealing with a narcissist or a psychopath

Yet, these glimpses into the thwarted and the demented rarely go down well with their significant others. The narcissist's self-exposure often elicits reactions of horror, repulsion, and estrangement. No wonder most narcissists don't even bother to share their fantasies with their "loved" ones. The cerebral narcissist merely retreats to sexual abstinence punctuated by compulsive, porn-fuelled masturbation. The somatic narcissist compulsively hunts for new feminine prey to sacrifice on the insatiable altar of his False Self.

304.

Trauma victims or people with certain mental health disorders tend to [confuse fantasy with reality](#). They inhabit a twilight zone where strongly felt wishes come true.

This confounding of dreamscape and the world represents a toxic amalgam of magical thinking, entitlement, grandiose delusional omnipotence, dissociation (ontological discontinuity), and psychosis (hyperreflexion, disturbances in the regulation of the Self, and a mixup of internal and external objects). When rejected, such persons react with immediate and powerful decompensation and act out

To an uninformed observer, their reckless and hurtful conduct may appear to be erratic, impulsive, irrational, self-destructive, or even insane. But, in truth, they are flailing and thrashing about in a desperate attempt to regulate overwhelming negative emotions.

Frequently, this takes the form of instantly substituting one fantasy with another of the same variety: rejected by the man of her dreams, a woman would lurch towards a stranger and have an instant fling with him, replete with an ersatz "friendship", faux intimacy and sex. A man who fails to be promoted would sell the company's secrets to its competitor thus restoring his challenged fantastic grandiosity.

305.

According to Cavenar, Sullivan, and Maltbie ("A Clinical Note on Hysterical Psychosis", American Journal of Psychiatry, June 1979), some narcissistic and histrionic people - mostly women - react with a [transient form of psychosis](#) to unwanted sexual advances - but also when their fervent sexual interest is not reciprocated. In the footsteps of Martin (1971), the authors explicitly attribute such decompensation and acting out in some cases to "oral narcissistic" structures in the personality and immature object relations.

I would add to this list women who succeed to bed the men they desire, but are then abandoned or ignored emotionally, contrary to their wishes and fantasies.

The connection between brief, reactive psychotic episodes and symptomatic manifestations of dissociation, including amnesia and even Dissociative Identity Disorder (DID), is well established (see the definitive work "Dissociation and the Dissociative Disorders: DSM-V and Beyond" edited by Dell and O'Neil, 2009, Routledge). So, when these women disintegrate under stress or trauma, the transition to dissociative psychosis is abrupt and shocking: it resembles switching from the core personality to an alter in DID. Patients describe it as "brain fog", though they may appear to be perfectly oriented and goal-focused.

On such occasions, behavior changes markedly, becomes disorganized, and then escalates to become aggressive, impulsive, dysempathic, reckless, promiscuous, and antisocial. Amnesia sets in to repress painful and acutely uncomfortable (ego dystonic) memories which, had they remained in conscious awareness, would have provoked extreme shame and guilt. Where amnesia is absent, the woman undergoes depersonalization and derealization: she feels that she were acting as an observer on "auto-pilot". Substance abuse - such as binge drinking or getting stoned - exacerbates all these mental health issues and defenses.

306.

A certain behavior or behavioral pattern can be utterly psychopathic and, at the same time, reactive to abuse, justified, and proportional.

[Psychopathic conduct](#) has its hallmarks: it is impulsive (abrupt and shocking), antisocial, aggressive, reckless, and dysempathic. It includes elements of novelty- or thrill-seeking and risk-taking. It is often self-defeating or self-destructive.

But these attributes of psychopathic action do not mean that the psychopath is invariably immoral, that he is always in the wrong: even psychopaths are sometimes egregiously mistreated and have the inherent right to rectify and remedy the injustice or to make sure the maltreatment ceases.

The psychopath is distinguished by HOW he (or increasingly, she) does things - not by considerations of ethics and morality.

307.

People attract and are attracted to partners who satisfy deep emotional needs and restore the comfort zone. Even [abusers and stalkers](#) fulfill these two critical functions for their prey.

The need to be seen, noticed, and attended to is overwhelming even in healthy folks. Stalkers focus on their targets to the exclusion of all and everybody else. Being the aim of such inordinate attention is intoxicating. Some stalkers even take or leave trophies as signals of their omnipresence in their quarry's life and their micromanaged control.

Those who repeatedly pair up with stalkers actually dread loneliness because they maintain an impoverished inner environment: their introjects are sadistic and their internal objects are inaccessible

because they are suffused with pain and other negative emotions

In other words: habitual intimate partners of abusers and stalkers cannot sustain an inner dialog with their depleted and wounded selves. The stalker's constant presence restores object constancy and permanence and fills the voided, howling, and all-consuming emptiness at his mate's missing core (first described by Kernberg).

308.

[Gaslighting by narcissists and psychopaths](#) is surreal and disorienting. They lie reflexively, with a straight face, and without missing a beat.

The psychopath's prevarication frequently involves very convincing mimicry of other people's behaviors and affect. This engenders an alternative, almost hallucinatory or nightmarish reality.

Here are two simple rules:

1. The psychopath is never sad - and always mad (at you); and
2. When the psychopath says "I am bad" (is ostensibly repentant), he means to say "I am afraid" (of the consequences of his actions)

As Cleckley wrote in his masterpiece, "The Mask of Sanity", actions and behaviors are the psychopath's only true forms of communication, his language. We should, therefore, pay attention exclusively to what the psychopath does and utterly ignore absolutely everything he says.

309.

When, as an outcome of extreme or repeated trauma, the personality/identity fails to integrate (Dissociative Identity Disorder or DID), some of the resulting fragments (alters or parts) may be possessed of personality or even psychotic disorders. If one of the alters is a psychopath, his antisocial and dysempathic, impulsive m, and reckless conduct creates a set of severe, irreconcilable dissonances (axiological, emotional, deontic and cognitive) with the core personality.

The [psychopathic alter](#) (an introject of an abuser, probably) emerges in situations involving unbearable stress and trauma in order to fight back and protect the individual. The core (host) then tries to safeguard its integrity and to avoid shattering ego-dystony (feelings of shame, guilt, fear, and anxiety) by firewalling the psychopathic alter behind dissociative amnesia which sometimes amounts to a fugue state. Consequently, the psychopathic personality (the "badass protector") will have no awareness of the core. Even when conscious of time lost or of blackouts, the psychopathic fragment will erroneously attribute them to substance abuse or other external or medical circumstances.

In the footsteps of Colin Ross's "trauma theory" of the origin of mental health disorders, I suggest that narcissism is a post-traumatic private case of DID and that psychopathy (Antisocial Personality Disorder) is when an alter is walled off from the core to avoid permanent psychosis (though dissociative psychosis may still occur). Another way of looking at it is like a theatre production: an ensemble role play with social inputs. This is reminiscent of the Internal Family System approach. It would explain, for example, why narcissists behave completely differently in prison: they adopt a different role.

310.

About 1.5% suffer from extreme dissociative conditions, notably DID. Many narcissistic and psychopathic behaviors may actually reflect this lack of inner cohesion and failed integration of

identity and self.

Consider [triangulation](#).

When DID sufferers are romantically rejected and abused, their dysregulated negative emotions overwhelm them. They begin to prepare the ground for switching to a protective alter (a psychopathic slut or an antisocial bully, as examples). Such spurned parties then scan for an alternative to the rejecting party (hypervigilant phase): a rescuer-savior type of man or a motherly-salving mother figure.

Having spotted the candidate, the host (core) personality signals its readiness for intimacy, including sex (flirts). Once the signal is reciprocated, the host makes way for the protective alter (part) to emerge.

The inevitable sex act itself usually involves dissociative amnesia as the promiscuity-averse core defends itself from dissonance. The whole episode is sliced off and is denied vehemently.

The alter remains out for as long as the triggers that caused the switching are on.

311.

[Dissociative depersonalization and derealization](#) are common reactions in Borderline Personality Disorder (BPD), in Dissociative Identity Disorder DID, formerly known as Multiple Personality Disorder or MPD), and in patients with post-traumatic stress disorders, such as PTSD and CPTSD.

The experience is variously described as being on auto-pilot, sliding into anaesthesia, or reverting to the status of an empathic or sad spectator. It is provoked by intolerable dissonance (for example: when cheating on a partner, having ambivalent sex, breaking the law, or breaching some deeply held mores and values). The patient distances herself from the events, from her pain, and from anticipated abandonment and rejection via the mechanisms of estrangement and alienation: "This is not happening to me, this is just a nightmare, not real". Substance abuse and ambient distractions (such as bar hopping or video games) tend to exacerbate these reactive patterns and the patient often misattributes to alcohol or drugs the behaviors wrought by her alters or the subsequent amnesia.

BPD can be best described as a subspecies of DID: the mood lability and emotional dysregulation are outward manifestations of changes in self-states and switching from host (ANP) to alter (EP). The dissociative trigger in BPD is typically either actual abandonment or the perceived threat of rejection and separation from an intimate partner within an interpersonal relationships which results in unbearable abandonment or separation anxiety.

Indeed, severe dissociation is even now a diagnostic criterion of BPD. When one of the alters is a psychopath, the Borderline patient will be antisocial, impulsive, dysempathic, mendacious (lie about everything all the time), aggressive, and defiant. She will be able to go for long periods without any romantic or sexual liaisons, a lone wolf in her lair - something BPD patients whose alters are not psychopathic cannot ever countenance or do.

It is a myth that people with BPD/DID cannot fully control the behaviors and choices of their alters. They can. This is why the courts reject both BPD and DID as a defense and throw people in prison even when it is proven beyond doubt that an alter committed the felony.

312.

[Narcissists, psychopaths, and Borderlines react with abuse to perceived abuse](#). But the problem is that their reactive misconduct is based on perceptions and internal dynamics, not on reality, which they cannot be trusted to appraise properly.

People with these personality disorders also possess a low threshold for frustration and poor impulse control.

But the greatest problem is the triple whammy trifecta of cognitive deficits, hypervigilance, and referential ideation. Cluster B patients maintain poor reality testing and paranoid ideation.

Consequently, they misperceive and misinterpret many behaviors as abusive - and react with an arsenal of nuclear weapons to the slightest upset.

So, though many of these perpetrators abuse only when triggered and rarely ignite the chain reaction of maltreatment, their behavioral choices are disproportional and they leverage everything they have, body and intelligence, for instance, to lend their response a bleeding edge.

They may be first provoked (via projective identification, for example) - but then embark upon an unbridled attempt to DESTROY the source of frustration and narcissistic injury (at least mentally, if not always physically). This dynamic is especially evident in couples where one partner is a Borderline and the other one, a Narcissist.

313.

The narcissist faces an unresolvable conundrum: [he abuses and rejects his \(in\)significant other](#) and expects her to accept and embrace him as he is. His rejection and abuse reify his essence, these twin misbehaviors are who he is, his quiddity. If she truly loves him then she must love his rejection and abuse as well: without them, the narcissist is inconceivable, not himself.

In other words: if the narcissist's partner complies with his rejection of her by walking out on him - he perceives her as rejecting and frustrating. Only if she accepts his rejection and coexists with his abuse, does she prove her love for him.

It is a kind of perverted test of allegiance, a trial by fire. Rejecting his abuse and acting on his rejection amount to failure. Sticking around for more is proof positive of worthy devotion.

Regrettably, the test has to be administered frequently in order to rule out any pernicious outside influences or internal dynamics which may lead to an unfortunate change of heart. One can never be too safe with victims or trust them nowadays: Vaknin opened up their eyes in 1995! Talk about traitors to their own kind!

314.

The [Narcissist's Psychosexuality](#): From Fantasy to Deviance and Beyond (all my responses are in ENGLISH) - A new 22 parts SERIES of videos on my YouTube channel <https://www.youtube.com/samvaknin>

Be sure to watch The Narcissist's Sexuality Playlist on my channel.

I am talking to: Barbara Gyura@narciszcoach (Narcisz Coach)

315.

Why do abusive [narcissists feel rejected by their long-suffering partners who breakup with them](#)? I am trying to recast grandiosity as a cognitive deficit coupled with a variety of psychological defense mechanisms, most notably fantasy.

Consider the following, very common, scenario: the narcissist virulently and aggressively rejects his mate, subjecting her to rabid abuse and the entire spectrum of withholding. When she bolts, he accuses her of having ... rejected and abused him!

Surely, there must be a limit even to the narcissist's delusional prowess? How could his reality test get so out of whack, so impaired?

Interlace grandiosity with entitlement and all is rendered clear: the narcissist feels slighted by his spouse's abandonment! He feels rejected because he considers himself worth fighting for and soldiering on. A unique treasure such as he is merits an endless stream of sacrifices and repeated attempts to win him over! She should have ignored his misbehavior.

That she reacted to it by walking out on him is nothing short of betrayal. The narcissist feels victimized, exploited, discarded, devalued, and humiliated by the ease with which his (in)significant other gave up on him. He fell prey to her abuse, he tells himself - and this, after everything he had done for her! How uncommonly ungrateful on her part.

316.

I have been arguing to reverse Kernberg's hierarchy: I postulate that [the Narcissist is far closer to psychosis](#) (his personality is far less organized) than the Borderline. Only the narcissist's rigid grandiosity is keeping him together and when it is effectively challenged, he decompensates, acts out, and disintegrates.

Grotstein postulated that the Borderline is a failed narcissist: the pathology did not progress (or devolve) into narcissism which is a full-fledged form of binary Dissociative Identity Disorder with two selves (the False and the True)

The Narcissist's solution to this duality of selves is to switch off the dilapidated, atrophied, and dysfunctional True Self and relegate it to the deepest recesses of the mind where it has no influence whatsoever on the narcissist's psychodynamics. Only the False Self is left.

In contrast, the Borderline fails to repress and dissociate the True Self and, consequently, never becomes a narcissist. This "failure" causes the Borderline's two selves to compete for control of her identity and memories.

It is this inner struggle that mimics other dissociative disorders and led scholars such as Masterson, Dell, Putnam, Ross, Ryle and many others to suggest that BPD may merely be another label for the identity diffusion and alteration common in dissociative disorders.

317.

The [homebound homeless](#) is a person who behaves like a stereotypical homeless even though he has a roof over his head.

The antisocial interpersonal behaviors in cluster B personality disorders usually ameliorate with age, even without treatment. But the outcomes of years of impulsivity, emotional dysregulation, and social dysfunction persist and are exacerbated by the vagaries of old-age.

The personality disordered cannot hold jobs, have little savings, no close or supportive family, few

friends. To compensate for mood lability and existential insecurity, they develop dysfunctional behaviors and coping strategies such as drinking, doing drugs, and hoarding. They move from one place to the next, maintaining a schizoid and solitary lifestyle. Their sex lives consist of binge drunken one night stands which involve date rape and sexual assault. Mostly they are celibate and single as everybody has given up on them, their paranoid referential ideation, and their unprovoked aggression.

And so the homebound homeless die the way they had lived: alone, wasted, and exhausted by their own existence. Finally relieved perhaps of their burdens.

318.

The [narcissist is his own worst enemy](#). In an effort to establish his superiority and sustain his grandiose view of his inflated False Self, the narcissist often self-defeats and self-destructs: berates his boss, cheats on his wife, circumvents the law, and, generally, cuts a clownish pompous self-important figure as he harms his interests and undermines his wellbeing.

This counterproductive state of affairs is further compounded by the narcissist's impaired reality testing and myriad other cognitive, emotional, and empathy deficits.

He has overriding needs to feed his grandiosity (narcissistic supply) and to reinterpret cues - social, sexual, behavioral, and environmental - to buttress it.

The narcissist also lacks access to his positive emotions. Akin to people with extreme autism, he blunders through the world and life, dazed, baffled, and amazed by the vagaries and exigencies of existence and of human relationships and by misfortune, but blaming everyone and everything for his largely self-inflicted plight (external locus of control and alloplastic defenses)

319.

The [narcissist is a collective, not a person](#). He has a hive mind: he aggregates input and feedback from other people, filters them via his grandiosity, and recreates his ego on the fly, hundreds of times a day. This hall of mirrors in his head stores the honey and wax of narcissistic supply and ego discrepant information to be reframed.

Narcissism is a form of constitutive panpsychism or composite subjectivity: even inanimate objects, collectives, institutions, and abstract ideas and concepts play a role in the constant formation and mutation of the narcissist's reflexive psyche. His ego functions are all outsourced, so he imbues everything and everyone with a "soul". Social media are the technological reification of this inexorable process of grooming and harvesting.

320.

Borderline and Histrionic personality disorders may be manifestations in [females of secondary type psychopathy](#) (as measured by Factor 2 of the PCL-R test). In other words: Borderline and Histrionic women may actually be psychopaths. A growing body of recent studies supports this startling conclusion. Survivors of CPTSD also manifest psychopathic and narcissistic behaviors (overlay)

Intimate partners won't not surprised: impulsivity, defiant grandiosity, antisocial and interpersonal aggression, manipulateness, dysregulated negative emotionality, lack of object constancy (object impermanence), attachment dysfunctions, hostility, splitting (dichotomous thinking), high levels of distress, anxiety, depression, and substance abuse are all typical of and common among secondary psychopaths - and among Borderlines. These women also defy gender roles and behavioral norms (act masculine). But the Borderline adds a twist to this cocktail: dissociation. Whenever stress levels and inner dissonance become intolerable, she hands over control to her inner psychopath, depersonalizes,

derealizes, or develops amnesia.

When the Borderline's life partner is another proud member of the Cluster B tribe (another Borderline or Psychopath, or a Narcissist), he reacts with equal measures of abuse to her frequent misconduct. The relationship ineluctably devolves into a vicious power play and warping cruel mind games, exacerbating traumatic mental health outcomes for everyone involved.

321.

When healthier people come across narcissists, they are often struck by their rigid immaturity and [childlike vibe](#). There is a clearly infantile entity where an adult (or a person) should have been.

At the same time, the narcissist makes them feel infuriatingly inferior by establishing his or her grandiose delusional superiority: intellectual, pecuniary, biographical, or otherwise.

This discrepancy creates a jarring dissonance: children are not supposed to make us feel inferior! And we are not supposed to feel aggressive, envious, and competitive towards kids! On the contrary: we should find them endearing and protect them! Narcissists are like aliens as they were depicted in old sci-fi movies: of slight build with giant (babylike) eggheads. And inaccessibly foreign.

Less grandiose narcissists (and goal-oriented psychopaths) try to redress this offensive, dissonant, and incongruent power asymmetry by pretending to need and desire the other party. Narcissistic and psychopathic men tell women how charming, intelligent, and irresistible they are and how much they yearn for their company and sex. They let men know that they find them shrewd and reliable and knowledgeable and would like to hang out with them.

But some narcissists are too full of themselves to play this game. They are utterly self-sufficient and solipsistically self-contained. They are superior and are not ashamed to communicate it. Nor do they intend to ameliorate the impact of this natural imbalance. They care little what people (the lesser specimens) think about them (for example: that they are unattractive or asexual or gullible) or what they do to them in retribution. This apparent invulnerability only frustrates their interlocutors even further and renders them more aggressive, devaluing, and vindictive - a vicious circle of hurtful escalation.

322.

Why do we often [believe and trust narcissists and borderlines](#) when they tell us what had happened? Why do we fall for their lies?

Because they are not lies. Psychopaths prevaricate to secure goals. Narcissists and borderlines rarely do: more commonly they confabulate.

Confabulation is a desperate attempt to bridge dissociative memory gaps ("lost time" or "blackouts") by extrapolating from past experience and creatively generating a fiction, a narrative as to what probably and plausibly might have happened in the missing hours or days.

Confabulating is intended to both restore identity continuity and cohesion and to hide the missing segments in the narcissist's or borderline's personal histories.

Confabulations - effectively false recall - are irresistibly convincing and alluringly reassuring because: 1. The narcissist or borderline honestly and firmly believe them to be true; 2. They have the power of memories and therefore appear to be objective and authentic; 3. They are always very likely, plausible, and even highly probable - so easy to accept by all parties.

In many cases, there is a fourth reason: the confabulation allows everyone involved to negate and efficaciously ignore a painful reality or an uncomfortable alternative scenario or set of facts. We all -

including the confabulator - want to believe the confabulation because it affords us comfort, succor, and a peace of mind.

Narcissists and borderlines dissociate and confabulate ceaselessly. It is easy to be drawn into their counterfactual alt reality, the twilight zone of their inventive probabilities, the psychotic realm of their discontinuous existence. Confirmation bias does the rest: having committed ourselves to the narcissist's or borderline's version of events, we filter out and suppress all countervailing information and contradictory or challenging facts and possibilities.

More: <http://www.narcissistic-abuse.com/journal75.html>

323.

[Narcissists regard sex with a healthy intimate partner as a narcissistic injury](#) to which they react with narcissistic rage and other forms of externalized or mutated aggression.

Healthy sexual relations require give and take, a reciprocity that negates the narcissist's entitlement to special treatment: his needs - and only his needs - should be catered to. The partner is there to service them. He masturbates with the partner's body and often also humiliates or even hurts her sexually. She is his sex doll, sex slave, or sex pet.

Moreover: the narcissist perceives sex as a competition against prior entrants, replete with vigorous performance criteria. In his mind, his partner is the referee and her orgasms the sexometer. This engenders in him performance anxiety and resentment for being dissected, compared, and judged at all: his grandiose omnipotence is challenged and he is rendered hypervigilant.

The narcissist's sex is largely auto-erotic: he makes love to himself via the reflecting agency of his partner. More evolved forms of intercourse involving authentic collaboration towards mutual gratification elude him and infuriate him as they reveal his incompetence and impotent emotional illiteracy.

324.

People with dramatic or erratic (cluster B) personality disorders are manipulative and often [tell you what you want and need to hear most](#). They shapeshift, chameleon-like, and, for a while, BECOME you. They profess to share the same values and outlook on life. They even imitate and reflect your most typical gestures.

Self-love in this hall of mirrors is the most intoxicating and addictive form of infatuation. The relief of having found your carbon copy soulmate and long lost twin is irresistible and overwhelming.

It is during this window of vulnerability that the narcissist, psychopath, borderline, or histrionic strike: abuse you, torture you, steal from you, humiliate, deceive, betray, cheat, badmouth and smear, or dump you.

Usually, all the above.

325.

Abusers control their victims by rendering their lives meaningless and inconsequential. The prey adopts the [abuser's point of view](#): "You are nothing without me, unworthy trash, bad, sad, and mad". This kind of perpetual rejection and hurt often renders the abuser's judgment a self-fulfilling prophecy: CPTSD survivors are typically indistinguishable from patients with Borderline Personality

Disorder in their impulsivity, recklessness, promiscuity, substance abuse, mood lability, and emotional dysregulation.

Exposed to the abuser's grinding and relentless devaluation, his "intimate" partners and (in)significant others resort to vengeful and demonstrative self-trashing intended to hurt the perpetrator by debasing his "property" often in humiliating public displays of infidelity and drunkenness or by committing antisocial, even criminal, acts.

With these self-destructive actions, the victim is protesting: "You say that my life is meaningless? I am going to make myself meaningful to you via your pain, by harming you, and by traumatizing and provoking you!"

326.

[Narcissists and Borderlines compensate](#) with hypervigilance, paranoid and persecutory ideation, and hypermnesia for their all-pervasive dissociation and identity diffusion.

People with these disorders "lose time" (have biographical memory gaps), but recall to perfection and in the minutest details every slight, offense, transgression, threat, and challenge, real or imagined. They bear and hoard treasured grudges. The narcissist is attempting to avoid narcissistically injurious attacks on his grandiosity and the borderline is trying to anticipate and preempt abandonment and rejection, on the one hand, or engulfment and enmeshment, on the other hand.

It is possible that the discontinuities in memory and personal biographical data are the outcomes of such inordinate investment in fight or flight responses. When we focus on an outside menace, we tend to dissociate: this is the case even when we watch horror movies!

327.

My newest video is about social isolation and distancing with the narcissist: <https://www.youtube.com/samvaknin>

Social isolation with the narcissist is a hostage situation: intermittent reinforcement leads to trauma bonding and the Stockholm Syndrome.

The pandemic challenges the narcissist's grandiosity. The narcissist displaces his need for control onto his spouse or intimate partner.

It is difficult to obtain scarce narcissistic supply in a pandemic, so the narcissist reverts to his partner and when she frustrates his insatiable appetite, he becomes aggressive: sexually demanding or withholding, physically violent, verbally and psychologically abusive, gives her the silent treatment and even threatens her. "Background Noise" is the only technique that works in these circumstances.

Abuse and abusive relationships with narcissists and psychopaths

<http://www.narcissistic-abuse.com/abuse.html>

<http://www.narcissistic-abuse.com/abusefamily.html>

328.

The narcissist has 3 essential demands from his partner and companion, 3 Ss: Sex, Supply, Services. If she provides any 2 of these 3, he is pacified and ignores her: she is a captive and he is indifferent to her emotions, needs, and wishes. He takes her silent, acquiescing presence in his life for granted: an inert, lifeless, and objectified or even mummified fixture. The narcissist acts similarly towards a frustrating partner who provides only 1 or none of the 3 Ss: by withdrawing and disinvesting, absenting himself and cutting off all meaningful communication.

In both cases, the narcissist reacts with extreme abuse and rejection to any attempt to invade or control his personal space or time. To attract his attention and gain access to him, the partner needs to escalate, dramatize, render unpredictable, and exaggerate her behaviors.

Many partners react to this apathetic negation of their being by self-trashing (for example: by drinking to oblivion and having unprotected sex with a lowlife stranger, falling into bad company, self-harming with drugs or otherwise, or by engaging in other reckless and self-destructive behaviors)

The aim of these maneuvers is to [communicate distress](#): "By ignoring and rejecting me, you are hurting me so much that I want to destroy myself. I hope the pain I am causing you now will be sufficiently potent to pierce the veil, to make you care about me, to penetrate your formidable firewall and stupor. I am also furious at myself for having trusted you, for having been so naive and gullible to fall for your manipulation. I deserve to be punished for this lapse in judgment."

Usually, only the threat of abandonment or actual loss can convey this harrowing and heartbreaking message. Overt, ostentatious, purposeful and weaponized cheating is the sole way open to the partner to get through to the neglectful and oblivious other.

Ironically, this escalated cry for help is rarely restorative and often irrevocably terminal and destructive: it dooms the relationship. Half measures like triangulation are useless: all out egregious in your face infidelity is the only efficacious wake up call. But it is a last hurrah.

329.

Scholars like Cleckley and Karpman have noted 80 years ago that [misandry and misogyny](#) coupled with a profound and abiding fear of intimacy result in psychopathic (antisocial) behaviors in adulthood.

Such people form "intimate" relationships that are anything but: they are impersonal, dysempathic, transient, objectified, emotionless, noncommittal, defiant, defensive, entitled, and founded on destructive envious competition, deceit, contumacious counterdependency, and self-defeating recklessness. The parties are loth to share or to disclose vulnerabilities in such adversarial settings.

It is small wonder that as our civilization becomes more and more narcissistic, both men and women adopt and emulate grandiose psychopathic males as role models, gurus, and guiding lights.

But in a feat of reverse mental engineering, this paradigm change also entails a surge in inter-gender conflict and hatred: both misogyny and misandry are off the charts. The genders get together either to have casual, meaningless sex - or to tear each other down triumphantly and abusively, also via rejection, withholding, and hurtful extreme misconduct and betrayals.

330.

The [psychopathic female](#) (and to a lesser extent, narcissists of both genders) creates a crazymaking space, a vortex into which she sucks, in ever-increasing concentric circles, everyone around her. She abuses relationally: smears, cheats with your best friends or colleagues or with the spouses of such, manipulates by flirting or by begging for pity and sympathy (casting men in rescuer roles). She charms and beguiles, always the long-sought soulmate, a perfect resonance and fit, the other, long-lost

half. Her sex is a fantasy in flesh. Demure and shy or extroverted and histrionic, she somehow introduces even the most reluctant into her chaos, without and within.

The role of the crazymaking space is to provide an optimal environment for the expression of the psychopath's grandiosity and sadism as well as for the attainment of her goals (power in all its forms). It is a theatre set, a stage upon which she enacts her antisocial amorality plays with everyone in her life as props. Without remorse or empathy, she mercilessly and relentlessly metes out just deserts: rewards and punishments. She acts mechanically, fearlessly, impulsively, and with determination, like an inexorable automaton, a force of nature.

In a way, culturally conditioned as we are to regard all women as weak and ineffectual, well-meaning and maternal, the female psychopath is far more nefarious, pernicious, subterranean, and dangerous than her male brother. She is subtle, passive-aggressive, and surreptitious. She stealthily undermines the foundations rather than overtly bombard the citadel. The male psychopath's thespian capacity is hampered by his narcissism: he feels humiliated by the very need to pretend and act, manipulate and supplicate. Not so the female of the species.

Before you know it, your life and health are gone, your mind is traumatized beyond repair, exposed as you were to the soft pulchritude of almost alien Evil reified.

331.

The [histrionic narcissist](#) disastrously misjudges the nature, depth, extent, and longevity of his intimate relationships, as well as the motivations and expectations involved: he overperceives the former, underperceives the latter.

He idealizes his partner, but it comes with a steep price tag: the narcissist is unforgiving. He monitors errors, weakness, and failures like a hawk, eager to capture his mate in flagrante. He is not supportive, not there when most needed because he regards self-insufficiency as deplorable meekness and actionable inadequacy. The narcissist capitalizes gleefully and sadistically on any misstep to erode his companion's self-esteem and undermine her self-confidence. Using unrelenting intermittent reinforcement, he becomes the sole regulator and arbiter of her self-worth.

The narcissist pushes his (in)significant other to the limit, but never beyond it - unless and until he wants to discard her owing to her unacceptable demands on his time, money, or liberty. He is finely tuned in his abuse and subtly calibrated as long as his partner is of any use and provides at least 2 of the 3 essential Ss: Sex, Supply, Services.

The personality pathologies of the narcissist's partner resonate with his. A mentally compromised individual lacks boundaries and opens her core to an idealized white knight in shining armor: a rescuer, savior, and healer. Only to find out to her utter devastation that the gift has been a Trojan Horse all along.

332.

[Identity diffusion or disturbance](#) is an aspect of Borderline Personality Disorder: shifting - often diametrically opposed - values, opinions, beliefs, plans, preferences, wishes, commitments, and priorities.

I maintain that both the narcissist and the Borderline possess a rich fantasy life that impinges on the cohesion and temporal consistency of their core identity: if you can be anybody at all - you are nobody in particular.

The narcissist's fantastic grandiosity relates exclusively to himself but he idealizes and devalues others. So does the borderline, whose delusions revolve solely around others.

Out of touch with her inner objects, the Borderline is frequently overwhelmed by her emotions. She feels as if she is drowning in a sudden tsunami (dysregulation). Most Borderlines learn to bury their emotions under an avalanche of facts, actions, and events.

Instead of FEELING - they ACT. They keep busy in order to keep the thoughts - the inner noise - away.

The Borderline tackles her threateningly immersive "flayed skin" environment in two ways:

1. She suppresses her emotions and goes numb, avoidant, or withdraws altogether; or
2. She acts out: go wild, reckless, unpredictable, promiscuous, and defiant.

As the Borderline gets older, she grows calmer and settled. But then she feels "dead" because she designs her life - her job, for example - to accomplish exactly that: zero titillation and no potentially triggering stimuli.

Years of chaos and waste render the Borderline terrified of her savage dark side. She constricts her existence and impoverishes it in order to keep in the straight and narrow.

The Borderline's intimate partners abandon ship because they feel that she is not there, there is nobody home, just an emptiness. Coupled with the Borderline's unending drama and egregious hurtful acts, it takes an extreme codependent to survive such a relationship.

333.

The process of idealizing a potential or an actual source of narcissistic supply ("intimate partner") is coupled with the [Hall of Mirrors Effect](#).

When the narcissist's mate perceives her reflection in his carnival attraction, it does not amount to the creation of another self.

The narcissist idealizes his source of secondary supply ("intimate partner") and then grants her access to his Hall of Mirrors, where she beholds this idealized image of herself.

This allows her to experience unconditional self-love (possibly for the first time in her life). It is akin to re-parenting. In the first two years of life, parents idealize and reflect the child via unconditional love.

334.

We base our perceptions and understanding of others on intersubjectivity and empathy – [mentalism, a theory of mind](#), placing ourselves in other people's shoes. But it is a speculative system founded almost entirely on trust: it is based on honest reporting by others of their inner (mental) states and on the correlations of these self-reports to observable actions and behaviors. Dishonest self-reporting leads to discrepancies with observables which engender disorientation and induce our dysfunctional responses.

People with Cluster B (dramatic or erratic) personality disorders consistently mislead and misrepresent their psychological self-states, emotions, and cognitions. This prevarication has to do with identity diffusion or disturbance; dissociative amnesia; confabulation; and manipulative lying and gaslighting.

Consequently, there is no point in trying to grasp, analyze, comprehend, retrodict, or predict these personalities. They do not possess a stable core. They are either subjected to and at the mercy of the

labile and dysregulated whims of their moods or emotions - or no longer with us, steeped in delusions of grandeur within fantastic landscapes (pseudo-psychotic impaired reality testing) - or lying through their teeth.

335.

When forced into true intimacy and a firm demand for reciprocity, some narcissists experience [erectile dysfunction \(ED\) or premature ejaculation](#).

Such non-virile malfunctions are the discernible outcomes of their performance anxiety and the challenge to their grandiosity engendered by an equal partner in an egalitarian state: between the sheets, we are all the same.

The narcissist expects women to be awed, inspired, entertained, and be irresistibly attracted by his impersonal performance in other settings (such as the workplace). This is vicarious courtship, wooing by proxy, a non-romantic shortcut in lieu of true attentiveness to his partner.

Spending time with a woman and investing persistence, intimacy, and succor in a budding relationship bore the narcissist to tears because he has to feign interest in another person, essentially a prop and a mute witness to his grandeur - and no one can conceivably be as interesting as he is. She must never be allowed to steal the limelight from him.

Narcissistic sex is becoming the prevalent form of mating in our contemporary dystopia of casual, anonymous, animalistic romps. Even when technically accomplished, it is either mechanical-clinical-perfunctory - or pyrotechnic and competitive. It is a spectacular decoupling of sex from any emotion and of courtship from copulation. It is a form of ritualized rape or at best mutual masturbation and involves only power and self-gratification.

As gender roles are gone and everyone emulate and imitate psychopaths and narcissists, unisex and unigender are fast becoming the twin scourges of the wasteland that our interpersonal relationships had become.

336.

In apps such as TikTok and Instagram, youngsters are sharing with each other relationship advice the gist of which is: if you desire someone, you should play on their insecurities and gaslight them. Pure and simple.

These messages teach not only [approach-avoidance as a conditioning technique](#) but they also advise the young to fake emotions - never have genuine ones - and to separate sex from emotions.

According to recent studies (by Lisa Wade and others), among people under 25 the ONLY kind of sex is casual and emotionless (one night stands). Among people between 25-35 casual, meaningless, and largely anonymous sex is the dominant, main type of sex.

The young are so used to separate sex from love and intimacy that they are not having almost any sex with intimate partners!!! Sexlessness in committed relationship is the norm. Instead, they pick up strangers in bars or acquaintances and friends and they cheat: infidelity is at an all time high and the majority of people under 35 - both men and women - now cheat serially.

Actually, interpersonal relationships among the young are open in anything but name: the members of the couple let each other sleep with others occasionally (DADT- Don't Ask, Don't Tell)

I call it the "Intimacy Cloud": young men and women are sexually and emotionally intimate with multiple people all the time, even when they are married or in an otherwise supposedly monogamous

dyad. They have emotional affairs and sleep with classmates, former lovers, besties, old flames, colleagues, and so on.

Approach-avoidance and triangulation - insecurity and jealousy - are the main relationship management tools among the young. But to make use of such instrument efficaciously, they must remain aloof and calculated: they cannot allow themselves to really love or desire anyone. Flat affect is de rigueur as are narcissistic and psychopathic traits and behaviors.

337.

Acquired - as opposed to congenital - [aphantasia](#) is the gradually developing inability to conjure up mental imagery in the mind's eye. Aphantasic people can think or conceive of an object - but never imagine it.

Narcissists are like that when it comes to other people. They have empathy aphantasia: they can analyze and understand others but never visualize them as multi-dimensional fellow humans. They have only cold (reflexive and cognitive) empathy but not the emotional resonance that normally goes with it.

So, narcissists fail to construct a mentalist theory of mind (a theory about how other minds operate). They are not privy to the intersubjective agreement: the unspoken correspondence between sentient human consciousnesses. They are like extraterrestrial observers who crashed on our planet, dazed and bemused by the native variety of intelligence.

338.

[Psychopathic narcissism](#) is a constant state of tension, a tug of war, between ferocious self-sufficiency and devout personal autonomy (lone wolf) on the one hand - and prostrate addiction to narcissistic supply and dependence on the people who provide it (sources), on the other hand.

Even the most rabid antisocial and the most grandiose fool end up succumbing to social pressures and pairing up to secure any 2 of the 3Ss: sex, supply, and services.

Often, the malignant narcissist strikes a compromise: to keep these unfortunate partners in his life, he turns a blind eye and allows them to engage in casual sex with others and to have love affairs (DADT - Don't Ask, Don't Tell). This way, he also maintains his leeway to act in any way he sees fit and prevents the partner from making demands and becoming a burden and a nuisance.

As long as 2 of the 3Ss are forthcoming, the partner is encouraged to outsource her emotional and physical-sexual needs.

The psychopathic narcissist is never romantically jealous but he reacts badly to cheating that may or does lead to abandonment. Grooming a new source of supply is an onerous and uncertain task and losing such a fount of mental sustenance is akin to losing a job or your neighborhood trustworthy pusher.

339.

There are fundamental differences between a [shared psychosis](#) (shared psychotic disorder) and a [shared fantasy](#). Both involve at least two members.

Akin to a cult, in a shared psychosis there is an inducer or primary "leader" and an induced or secondary member. The inducer constructs the canonical and codified narrative and the codex of rules

of conduct, including a list of transgressions and punishments. The induced members abide by these constructs and adhere to them. Banishment is typically the penalty for the most egregious violations of the compact.

The shared psychosis inculcates and promotes a paranoid theory of everything and an idiosyncratic lingo. It pertains to the group, its dynamics, its immediate environment (its external enemies), and making sense of the world at large.

A shared fantasy is a collaborative surrealistic narrative which involves two or more equipotent participants in a dream state. It comes replete with imaginary goals and emergent roles for everyone involved (usually, two people in a dyad). It refers strictly to the members, the attributes of their emotions (such as their identity or intensity), the inner dynamics, their utopian or dystopian future, and unrealistic plans to make it happen or to forestall it.

Many love affairs and certain types of sexual practices (BDSM, sadistic sex) amount to shared fantasies which incorporate attempt to recreate unresolved early childhood conflicts with parental figures and also to avoid true intimacy and realistic life goals.

340.

[Self-analysis, rumination, and intrusive thoughts](#) (or obsession, in extreme cases) are often erroneously conflated.

Two simple tests to distinguish between them would be:

1. Am I focused on finding solutions (self-analysis) or on revisiting and re-examining problems and debacles from different angles which can have no bearing on my reality now or in the future (rumination)? If the answer is "neither" and you cannot switch off your cognitions, then you are dealing with intrusive thoughts.
2. Are the lessons I am trying to derive relevant to my life anymore (self-analysis) or am I engaged in a theoretical, retrospective, inapplicable exercise (rumination)? If your recurrent unpleasant and unwanted thoughts have nothing to do with learning or with behavior modification, they are obsessive or intrusive ones.

341.

[Palindromic speech](#) is any kind of statement about facts or inner mental state that intentionally (often) or inadvertently (rare) creates confusion and disorientation in the listener. Gaslighting and lying are examples of crass and malicious palindromic speech acts. Confabulation and "word salad" (illogical, incoherent discourse) are benign variants intended to bridge dissociative gaps in memory or to buttress grandiosity.

Palindromic speech makes use of various semantic devices:

Referential shift (when the words refer to one thing while appearing to be referencing another);

Double entendre (word or phrase open to two, sometimes mutually exclusive interpretations or meanings);

Contextual drift (subtly altering the context of the conversation and thereby the message or the reality testing);

Manipulative speech (goal oriented utterances intended to impress or to accomplish aims, not to communicate);

Misattribution (proffering the wrong connections or links between alleged or ostensible motivations and intentions and actual actions, thus deflecting blame, for example or casting one's actions in the best possible light);

Circumstantial mitigation (an external locus of control and victim stance: events conspire to yield the misconduct, abrogating personal responsibility, a passive voice); and

Logical fallacies (such as post hoc ergo propter hoc - if B followed A it means that A caused B, correlation is causation, reference to authority, ad hominem attacks, and so on)

Palindromic speech is efficacious because of the base rate cognitive bias (people automatically fully believe 95% of what they are told, sight unseen) and because it mitigates the ineluctable hurt associated with truth-telling. It colludes with psychological defense mechanisms such as denial and with behaviors such as reframing and avoidance. It has powerful psychodynamic allies, in other words.

342.

Narcissistic and Borderline (secondary psychopathic) people [triangulate](#) often as a relationship management strategy. But their triangulation is unusual: they openly flirt with others in the presence of their primary partners and then, in many cases, ostentatiously proceed to full-fledged substance abuse and infidelity as their horrified, petrified, and agonized mates are left to ponder the wreckage.

They then sadistically proceed to describe to their spouses their sexual exploits and other misconduct in excruciating details as a form of coming clean, maintaining openness and honesty, and expressing remorse, repentance, and shame, or expiating guilt.

But why go into details? And then why lie about many of these data? Why assume the risk of a breakup? And why settle on such a course of action to start with?

Intended to get a rise out of the partner, triangulation helps to raise the "market value" of the straying mate in an invisible auction among other potentials. But totally accurate info would lead to a dissolution of the bond and to other adverse outcomes. Hence the prevarications and confabulations: I was drunk, I can't remember, he raped me, we only hugged or danced or kissed, or ... he fell asleep, we only had drinks together and he returned to his hotel and so on.

The Cluster B partner feels compelled to triangulate in this total, conspicuous, and extreme manner because she anticipates abandonment and feels that she has nothing left to lose, having already tried every other method and failed. At best, the romantic jealousy and hurt caused by the indiscretion may motivate her rejecting and abusive companion to reclaim her. At worst, it will just speed up the inevitable.

[Borderline and Histrionic women are secondary psychopaths.](#) They are defiant and competitive. They convert every relationship into a power play and bear long-term grudges as they seek to settle sexual and romantic scores, old and new, both with their partners and with third parties (sometimes even with casual strangers) who had injured or challenged them somehow.

This irresistible competitive urge, the permanent power play, the need to prevail over her mate or over others, the drive to "restore justice" and thereby her self-esteem, and/or the compulsion to consummate a flirtatious and seductive hunt or a chase successfully often result in cheating on the primary intimate partner.

But the Borderline or Histrionic does not perceive her misconduct - however egregious and extreme - as cheating. "I needed to get it out of my system, it had nothing to do with you and I have no intention to hug/slow dance/kiss/make out/sleep with him again now that I proved to myself that he desires me sexually. I am no longer attracted to him. In future, I will meet him just for coffees and chats, nothing more even if he asks for it. Whatever happened there between us, stays there", she protests indignantly to her shattered significant other.

Or: "You made me do it: you rejected me, abandoned me, you communicate with other women, and you withheld sex when I wanted it. So, you had it coming. But why make such a big deal out of it? It was meaningless sex with a nobody! I don't even think about him anymore until you remind me! You are so jealous and insecure! It sucks!"

343.

The [codependent and Borderline believe](#) that, in an intimate relationship, both members of the couple need to CHANGE in order to become ONE, to fuse and merge into a single interdependent psychodynamic entity, a polychephalic bicellular organism.

But in a HEALTHY relationship, both parties REMAIN AS THEY ARE. They accept each other as two distinct, separate, and different people.

They bring into the relationship experiences and others from the outside. They do not feel threatened by personal autonomy: theirs and their partner's. On the contrary, they embrace it. Instead of abandonment anxiety they experience the anticipated joy of a functional togetherness. They do not chain and constrict each other but liberate one another.

True love is about letting go - as any good enough mother knows.

344.

Two cognitive deficits conspire to entrap the gullible narcissist and render him prey to psychopathic women: his [grandiosity and the Madonna-whore complex](#).

The narcissist divides all women to Madonnas (sexless homemakers like his mother) - and whores (promiscuous psychopaths or borderlines). When he comes across the latter subspecies of woman, he idealizes her as a homemaker and Ignores all the copious info that he possesses regarding each and every single one of her true attributes: defiance, aggression, dysempathy, promiscuity, substance abuse, a history of cheating, and more.

He counterfactually idealizes his chosen life partner as a SAFE HOMEMAKER - not as an IRRESISTIBLE SLUT.

He then convinces himself grandiosely that women - both Madonnas and whores - are smitten with him even when in reality they regard him as at best mere entertainment or useful at times, are very reluctant to meet him and to sleep with him, and are not attracted to or infatuated with him as a man.

Thus deluded, he falls victim to callous, cruel, perfidious, hostile, or goal-oriented women with cluster B personality disorders who traumatize him and take him to the cleaners.

345.

People cannot maintain two personality styles: one cold, impersonal, efficacious, and rigidly boundaried (for strangers) and the other warm, empathic, and inviting (for friends, family, or romantic interests)

Most people DECEIVE themselves into believing that there is no problem to make this separation, to put on these alternating [masks or personas](#) (Goffman, Jung) - but, in reality, no one can sustain such a charade for long.

If you try to maintain a duality of coterminous dichotomous personality styles, one of these facades would begin to feel like disingenuous acting and faking. It would create ego-dystony: a sensation of all-pervasive awkwardness, discomfort, and unease in multiple settings.

In time, this constant need to switch between the modes engenders anxiety and the only way to reduce it is to eliminate one of the two styles and become a unitary personality with a single outward facing behavioral and emotional interface.

346.

Why do [victims and survivors keep partnering with narcissists and psychopaths](#), despite all the horrors they have endured?

Freud called it Repetition Compulsion: people keep re-enacting unresolved conflicts in the hope of resolving them next time around and with a different party.

Joan Lachkar suggested, for example, that Borderlines and Narcissists team up in order to salve "archaic wounds", which she later dubbed "V spots"

Both experiential and cognitive data coalesce into rigid schemas, mental representations of relationships, starting with early childhood and primary objects (mother, typically). It seems that we are doomed to revisiting our mistakes. We even behave in ways which guarantee the same deleterious or detrimental outcomes.

347.

Alcoholics in rehab avoid all alcoholic drinks, never mind how small. Some men - with mental issues or sexual proclivities - keep selecting [promiscuous, dissolute, unboundaried, dysregulated, labile, unfaithful, good-digging, and deceptive women as mates.](#)

These men are so terrified of their own self-destructive choices that they end up shunning women altogether, in long periods of self-enforced celibacy and emotional and sexual abstinence which can sometimes last decades.

The women that turn you on are bad for your health - goes the flashing mental alert - They could be life threatening or at the very least adversely affect your health, go after your wealth, and compromise your wellbeing. Stay away from women altogether because you tend to choose disastrously wrong women consistently. You are not well.

So, exactly like the alcoholic who avoids any type of drink, at any time, anywhere and under any circumstances in order to remain both sober and alive - these men eschew any interaction with any woman whatsoever. Better safe than sorry, or traumatized to the core, or dead.

My latest video (<https://www.youtube.com/samvaknin>) is titled: Why Narcissists Love Borderline Women and Why They Hate Them Back.

348.

[Self-love](#) is a healthy self-regard and the pursuit of one's happiness and favorable outcomes. It rests on four pillars:

1. Self-awareness: an intimate, detailed and compassionate knowledge of oneself, a SWOT analysis: strengths, weaknesses, others's roles, and threats
2. Self-acceptance: the unconditional embrace of one's core identity, personality, character, temperament, relationships, experiences, and life circumstances.
3. Self-trust: the conviction that one has one's best interests in mind, is watching one's back, and has agency and autonomy: one is not controlled by or dependent upon others in a compromising fashion
4. Self-efficacy: the belief, gleaned from and honed by experience, that one is capable of setting rational, realistic, and beneficial goals and possesses the wherewithal to realize outcomes commensurate with one's aims.

Self love is the only reliable compass in life. Experience usually comes too late, when its lessons can no longer be implemented because of old age, lost opportunities, and changed circumstances. It is also pretty useless: no two people or situations are the same. But self-love is a rock: a stable, reliable, immovable, and immutable guide and the truest of loyal friends whose only concern in your welfare and contentment.

You are much closer to [happiness](#) than most people I know - if only you accept yourself for who you are and never expect anything from anyone else, yourself included.

Structure your life to fit [who you are](#) - not who you wish you were.

Some people are considered "lucky": they end up with most things we deem desirable: family, friends, comfortable existence, a creative legacy, pride of profession, a respectable place in their community.

Such [happy-go-luckies](#) may even be unhappy for stretches of time, or encounter serious drawbacks as individuals or in their circumstances - but they end up having a well-rounded accomplished lives.

These are the conditions for such attainment:

1. Be sufficiently intelligent

2. Have a stable core of friends, family, and collaborators
3. Formal higher or vocational education
4. Marketable and transferable skills
5. Modesty and easygoing personality
6. Friendly gregariousness with a real interest in others
7. Both industriousness and thoroughness (attention to detail)
8. Chosen (not reluctant or mandatory) commitment, however outlandish
9. Absent the above, acting (thespian) talent and the will to use it to manipulate people by faking empathy, emotions, and commonalities.

Most narcissists and psychopaths are pro-social and leverage their pathology to engender a cult-like following. They profit and benefit from their human environment.

Yet, a tiny minority of narcissists cannot be bothered: their grandiosity is so extreme, they consider themselves so vastly superior, they hold everyone in such profound disdain and contempt, that any interaction with others, however insignificant, causes them narcissistic injury. It renders them sadistic.

In today's world luck and location help but are not crucial as they used to be before modern technologies transformed the conditions for success.

349.

The [narcissist's problem is that he cannot value the small things in life](#), the very same things that make up 99% of it.

Even as a bon vivant, he does not really appreciate food, or fashion, or wine, or cars, or women, except as status symbols and signals of his relative positioning, buttresses of his grandiosity.

The narcissist is a demented metaphysicist: concerned with what people say than with how they live their lives; with size rather than with type; with appearances and language rather than with substance.

The aroma of his morning coffee, the birdsong outside his window, the pearly laughter of his only child, the way the clouds give way to sun and water shimmers to inaudible music - all these elude his impoverished existence. He knows no other state but misery and therefore is deluded into considering it to be unadulterated happiness.

350.

[Alcohol](#) never causes you to do something you did not want to do. But it can lead you to do something you wish you hadn't done. In other words: it disinhibits, removes inhibitions.

When sober, you want to take some actions but hold back for various reasons, most of which have to do with "what will people say" or "someone will get hurt if I do this" (empathy). Alcohol lowers these barriers as well as diminishes impulse control. You simply don't care anymore: you are hellbent on realizing the urges you had formed while sober.

If you end up having a one night stand with someone, it is because you wanted to have sex that night (though not necessarily with that partner). And if you beat someone up, you had been meaning to do it before the booze got to you.

Alcohol also creates or enhances cognitive distortions (beer goggles, for example), but its main effect is the aforementioned disinhibition.

A drunken man's words are a sober man's thoughts, goes the old adage. It is not that the drunkard is nearer his true nature when inebriated. After all, social mores and compassion are also a part of his (sober) character.

But when in his cups, he regresses to an infantile stage, replete with object inconstancy (he forgets about his loved ones), splitting (black and white thinking), and grandiosity (alcohol myopia): his actions will have no adverse consequences to himself, he figures.

351.

We often confuse [discomfort with shame and guilt](#).

Imagine the following, all too common scenario: you go to a bar with someone you have just met, have a good time, get wasted, stoned, high, or pissed, and end up having unprotected sex with him or her. The next morning, your most fervent wish is to never see them again.

Is it because you are ashamed of what you had done? Ashamed of him? Of her? Not so. You are discomforted by your disinhibited misconduct and your impromptu paramour is both a witness and a reminder to your ego dystonic unboundaried dissolution and lack of impulse and self control. By trashing yourself, you had acted self destructively, perhaps.

You can also end up being ashamed, of course. But then it would mean that you care about what your nocturnal partner thinks. It implies the existence of a nascent attachment and more than a modicum of intimacy. Most likely you are going to see this man again: maybe you are colleagues or move in the same social circles.

Guilt is context-dependent: when a moral agent exerts control over certain aspects of the world and acts in a manner incommensurate with prevailing morals, or refrains from acting in a manner commensurate with them.

Shame, in this case, is an outcome of the ACTUAL occurrence of AVOIDABLE outcomes: events which impute guilt to a Moral Agent who acted wrongly or refrained from acting.

Guilt Feelings comprise Fear and Anxiety. Fear is related to the external, objective, observable consequences of actions or inaction by the Moral Agent. Anxiety has to do with INNER consequences. It is ego-dystonic and threatens the identity of the Moral Agent because being Moral is

an important part of it. The internalisation of guilt feelings leads to a shame reaction. Thus, shame has to do with guilty feelings, not with GUILT, per se.

352.

The [grooming or love bombing of a sexual sadist](#) differs to that of the narcissist or psychopath. It is intended to achieve 6 goals: 1. Establish mastery, a power hierarchy, and an external locus of control 2. Mold the woman into a mindless and obedient whore 3. Overcome the woman's natural revulsion and anxiety by habituating her and coopting or hijacking her fantasy life 4. Expose the woman to brainwashing messaging and signaling 5. Push the woman to dismantle her boundaries, abrogate her values and morals, and violate her own rules of conduct 6. Push the woman to dismantle her boundaries, abrogate her values and morals, and violate her own rules of conduct.

Put together, these create a shared psychotic space within which the shared fantasy thrives on false promises and make believe role play. Whenever the woman tries to exit this common territory, she is punished with sadistic sex, egregious abuse, withholding, or rejection.

Finally, the only way open to her is to resort to another man with whom she can create an alternative sanctuary, however fantastic and brief. She cheats and the shared fantasy is irrevocably undermined as mortification sets in and the woman is now perceived as a threat to be shunned at all costs.

353.

The [sexual sadist fantasizes](#) not about sex but about humiliating, trashing, and degrading the woman. Conventional sex leads him ultimately to boredom and ED.

Only women of types (1) and (2) would acquiesce and cater to sadistic needs:

1. Women who are submissive and already deeply in love or irresistibly infatuated with the man. These women require grooming to be brought to this stage.
2. Promiscuous masochists in sex clubs and private networks. It takes a lot of effort to find them and there are huge risks involved, medical and personal.
3. Women in casual sex would never agree to realise the sadist's sexual fantasies. They also demand equipotence (negotiated power symmetry). So, sadists avoid one night stands as they are likely to be unfulfilling and merely provoke performance anxiety. They also invariably end up in a narcissistic injury (rejection or humiliation). Sexual sadists with a weak sex drive, opt for massive sublimation (converting the sexual energy into non-sexual, socially acceptable activities) and only intermittently go for alternative (1). The problem is that (1) requires an intimate committed relationship which most sadists are not willing to embark on. They are looking merely for an admirer, playmate, and lover (shared fantasy), a toy to dismantle - not for a wife or to become a father. Many sadists deceive their women and make false promises to the contrary in order to secure the 3 Ss (sex, supply, and services). At times, they go as far as marrying a woman so as to secure her cooperation.

So, even when the sadist does find (1), the women - angry and disappointed - end up cheating on him. This leads to harrowing mortification time and again. The prize (shared fantasy) ain't worth the price (grooming+mortification). This is why most sadists go through inordinately long stretches of celibacy.

People with atypical sexuality often give up on sex altogether in order to not hurt the innocent (lonely, fragile, broken women; children) and/or because finding a partner requires excessive investment of resources and/or because the sex is likely to result in psychologically or physically dangerous and bad outcomes to themselves and/or to others.

354.

Women reify the reality principle. As a [puer aeternus](#) (eternal adolescent, Peter Pan), the narcissist's main concern and occupation is the avoidance of minacious reality. Hence the repeated, studious, abusive, and ostentatious ("stay away from me") shunning of women.

The narcissist adheres to and reifies the pleasure principle: he is his own libidinal object (sexually and emotionally) and, immature that he is, he likes to play with toys (money, books, collectibles, electronic devices, cars, female bodies)

The narcissist feels safe and calm when he is all by himself because reality then makes no demands on him: via its agents: when solitary, he is self-sufficient and in full control.

355.

Like every narcissist, my only goal is narcissistic supply. But as a [hybrid antisocial narcissist and sadist](#), my exclusive form of supply is sadistic: it is to embarrass, humiliate, degrade, and undermine people (especially women). My sadism is grandiose: that I possess the power to so badly damage my devastated interlocutors and intimate partners proves me omnipotent and it elates me, like a rush or a high. It is the confluence of fantastic personal inflation buttressed by the visible impacts of my unmitigated, relentless, and callous cruelty.

I obtain sadistic supply with my aggressive ostentatious and public defiance of everything my targets or victims hold sacred, their conventions, plans, and hopes.

I first collude with their fantasies and dreams, pretending to be the perfect accomplice and mate. But then I destroy everything we have built together with cold indifference and glee, methodically, as though exclaiming: "You can never take me for granted for I am a force of Nature and I will punish and ruin you for daring to humanize me, for being so blind that you fail to grasp my divine superiority in every way. I do not need you or anything you have to offer and I will prove it by discarding you offhandedly, like so much retarded trash." I harp on people's insecurities, vulnerabilities, and weaknesses mercilessly and push them to the limits of decompensation, disintegration and acting out.

All other forms of narcissistic supply and psychopathic goals (admiration, recognition, sex, money, power) are secondary and subordinate to my sadistic needs. I often sacrifice them in order to obtain the gratification of watching my prey unravel as I inflict pain and suffering on them, frustrate them, and counter their happiness and joy - often in public.

An example: I will give up having sex with a woman if I can instead frustrate, reject, humiliate, and hurt her with my reluctance or refusal to respond to her signals, cues, and advances. Her pain is a far greater aphrodisiac and supply than anything sex with her can yield.

Similarly, I will forgo or sabotage great opportunities and rewards just so as to hurt and frustrate the hopes and expectations of others.

356.

The [cluster B personality disorders](#) (narcissistic, borderline, and antisocial-psychopathy) may be mere kaleidoscopic facets of an underlying dissociative process, amounting, in extreme cases, to full-fledged DID (Dissociative Identity Disorder, formerly known as Multiple Personality Disorder)

In other words: these personality types are self-states, "alters" of each other.

Having endured narcissistic injury or mortification, a trauma, or severe anxiety and stress, these patients decompensate and act out along predictable pathways: the borderline becomes a vicious secondary psychopath, the primary psychopath morphs into a rabid grandiose narcissist and the quavering narcissist shape-shifts into a codependent clinging borderline. These phase transitions are startling to behold and throw off even the most experienced clinician.

A lot of this has to do with the fact that cluster B disordered personalities find it near impossible to access, process, or regulate both emotions and cognitions. These gaping deficits interfere with the meanings that they attribute to the events in their lives and to people around them. The psychopath sees no meaning whatsoever in anything or anyone. The borderline regards herself as meaningless and everyone and everything else as mission critical to her personal autonomy and self-efficacious agency. The narcissist regards only himself as totally meaningful, draining all the rest of any significance.

When under radical pressure, these actors attempt to reframe the situation in a less injurious manner by reallocating and relocating the foci of meaning, thus seamlessly and smoothly transitioning between these extended and extensive role plays that we call "personality disorders"

357.

I wrote about palindromic speech in my other, lamented Instagram account (@vkninsamnarcissist)

Two other [obstructive speech patterns](#) are: the hypothetical and counterfactual.

The narcissist, borderline, and psychopath use hypothetical speech to "test the waters", to see how their interlocutors would react to information. Sentences which start with "maybe" or "possibly" or "it could be that" or "I think that" or "I thought so, but wasn't sure" - are all forms of such exploratory excursions.

Maybe X typically means: X had actually happened or is the truth. How do you feel about it?

Counterfactual speech is a lie or misinformation disguised as either a rhetorical question or as a statement of settled and universally accepted fact. "Maybe she flirted with me at the restaurant, but she didn't come to my room later that evening, now, did she?" When, of course, she did visit his room that night.

358.

[Love bombing](#) has four functions:

1. To signal the intensity and persistence of the interlocutor's or correspondent's ostensible emotions

and to chart and document the growing, all-pervasive attachment

2. Virtue signaling: to convey the purity and authenticity as well as the good intentions of the love bomber

3. Gaslighting: to engender, foster, and impose on the target an immersive virtual reality bubble within which a cult-like shared fantasy or shared psychosis is established and takes hold.

4. To induce the target to enter the hall of mirrors where she is idealized and becomes infatuated with her rendition, an addictive experience which results in operant conditioning. It grants the love bomber with the power to withhold access to his contraption as a way to modify the target's behaviors (intermittent reinforcement)

Study the differences between grooming and love bombing in one of my previous posts here.

359.

What determines whether the narcissist experiences narcissistic mortification or mere searing romantic jealousy when his partner misbehaves with other men?

Reminder: mortification occurs when the rejection is total, abrupt, ostentatious, and when the narcissist needs his partner the most. It is a stark reminder of his power for self-delusion and gullibility. Romantic jealousy is a normal reaction to the anticipated loss of the partner.

The [narcissist divides all women into homemakers, promiscuous, and promiscuous-glamorous](#).

When cheated on or abandoned, he experiences mortification only with homemakers. He then transforms external mortification into an internal one: they are not like that or to blame for their misconduct, it is my fault, my abuse and withholding pushed them to the limit. He overlooks any facts to the contrary, including the partner's past promiscuity and a pattern of betrayal and sexual and emotional licentiousness.

With promiscuous-glamorous (beautiful, entrepreneurial, autonomous), the narcissist experiences both retroactive and reactive romantic jealousy. "Owning" this kind of partner - who could have chosen any man - upholds the narcissist's grandiosity (uniqueness, irresistibility) and sense of virility. Losing her challenges both.

With promiscuous only partners, the narcissist feels nothing and experiences no reaction: cheating is both expected and accepted as way out of the fun and fuck shallow relationship he has with this kind of partners.

360.

The worst, most egregious, hurtful and dangerous type of narcissist - really, of any person - is also antisocial (psychopathic) and sadistic. He is the sad and corrupted outcome of intermittent reinforcement in early childhood which resulted in a shattering and never resolved narcissistic mortification.

Such [narcissists, as children, were first idolized](#), placed on a pedestal, pampered, and cosseted, admired, exhibited, they could do no wrong, they were perfection reified. Then, abruptly, they were cast aside, shunned, discarded, mocked, nightmarishly abused in every which manner, sadistically criticized, and ostentatiously hated.

These narcissists will stop at nothing to recapture this garden of Eden ideal state. In women, they look for an idealizing mother - or, failing that, they try to "fix" the intimate partner coercively. They generate a shared fantasy space into which they shoehorn all others, from business partners and colleagues to romantic partners and neighbors. Any attempt to exit the space or challenge it leads to extreme aggression and a replay of the original narcissistic mortification.

361.

[Treatment modalities](#) (psychotherapies) belong to either of two camps: the WYSIWYG (what you see is what you get) no-nonsense correctional officers (example: Cognitive-Behavioral Therapies or CBT) and the WYDSIWYG conspiracy theorists (what you don't see - depth psychology, the unconscious, complexes, the shadow - is what you get). The first school assumes that overt behaviors and speech faithfully reflect the patient's inner landscape.

The second group is convinced that manifest conduct and words are there to compensate for or misrepresent underlying psychodynamic processes as well as whole continents of repressed, festering material. There is always a "conspiracy", a collusion between various psychological constructs to hide the true self. In this sense, everyone has a false self to some degree (Jung, Goffman, Winnicott)

The very word "personality" presupposes the existence of a mask ("persona") intended to conceal various fears (abandonment, rejection, ostracism, failure); camouflage thwarted needs, urges, drives, desires, and emotional expression; avoid true intimacy for fear of being shunned, sadistically criticized, or hurtfully ridiculed; and defend - via defense mechanisms - against the incursion and encroachment of ego-dystonic, uncomfortable, disorienting, and painful reality.

CBT and modern theories of personality are far less paranoid. They are founded on a working hypothesis that the external is fully aligned with the internal and reflects it. Treat the patient's negative automatic thoughts and self-defeating cognitions, attitudes, defective and dysfunctional thought processes - and you will have altered his mind irrevocably towards a more functional and, therefore, happier life.

362.

The [narcissist's behaviors](#) are indistinguishable from the conduct of neurotypical, normal, common, average, mentally healthy, and even well-adjusted folks.

It is the operating system, the house of horrors in the background of it all, the absent ghost in the machine that render the narcissist creepy, eerie, unsettling, or even frightening.

The narcissist gives off the vibe of a demented automaton, an ominous false note, like a badly assembled soulless simulated human, a Frankenstein golem.

People who are exposed to this myasmic emanation, often flee for their sanity to the arms of the first person willing to accept them, paying an emotional or sexual price, whatever it takes to get away from the dread.

But some unfortunates succumb, digested by the carnivorous flower they share their dwindling lives with.

The lack of empathy, inability to grasp others as autonomous, separate entities, the solipsistic self-

centredness, and impaired reality testing that underlie the narcissist's hall of mirrors and abode of reflected apparitions amount to the death cult of absence that is his quiddity.

Like a humungous black hole, the narcissist sucks and assimilates whoever gets too close to his event horizon and surrenders independent navigation. And then the light is gone.

363.

The narcissist's misogyny (hatred of and contempt for women) borders on [gynophobia](#) (fear of all things female). This is because the very presence of a woman in his life, however transient or brief - constitutes a permanent narcissistic injury.

Women usually recreate in the narcissist the original, unresolved and traumatic conflict with his mother. They trigger and unleash massive self-punitive and self-destructive forces.

The very emotional or sexual need for a woman humiliates the narcissist as it renders him inferior in his own eyes: as common as the next man who desires the company and the body of a female.

The narcissist envies women for their emotional literacy and for the power they possess to inflict pain by criticizing or abandoning him or by seeing right through his fantasies, undermining his belabored grandiosity.

Women judge the narcissist from a superior perch, able to vet, accept, or reject and replace him with another man who is not an affective or sexual invalid. The narcissist - a poor and derisive simulation of his gender - is envious of such full-fledged specimen of functioning virility.

This Damocles sword of impending infidelity or worse challenges his deepset conviction of omnipotence. The narcissist rebels and seeks to frustrate and hurt women just for who they are and for what they invoke in him, for upsetting his delusional apple cart.

Women's potential lack of exclusivity provokes in the narcissist unbearable abandonment anxiety and anticipation of harrowing, mortifying loss. To guarantee the presence and conditional love of "his" women, the narcissist must perform at top form which renders him anxious and enraged.

364.

Some people with cluster B disorders (mainly narcissists, borderlines, and psychopaths) advertise how irrevocably bad, gratuitously mean, invariably nasty and generally evil and to be avoided they are. Yet, precisely these types may crave emotions and intimacy. What gives?

They are faking it, switching on and off their [vile, callous obnoxiousness on demand](#).

They act this on four occasions:

1. When they feel threatened and, gorilla-like, they pound their chest to advertise their invincibility.
2. When they want to realize some goal which requires the intimidation or subjugation of a prey, a

competitor, or an adversary.

3. To avoid the dual threats of love and intimacy by rejecting and alienating the potential mate. Dysregulated emotions can and often do overwhelm these characters and result in decompensation, mortification, self-destructive acting out, and severe mood lability.

4. As a test of unconditional love and acceptance with a potential relationship partner (including in non-romantic settings, like business): will you embrace me as I am, hideous warts, heinous misbehavior, egregious wanton destructiveness and all?

365.

[Some victims emulate the misconduct of their abusers](#): they guilt trip, aggress, confabulate, manipulate, act entitled and grandiose, show a marked decline in empathy.

Consider the late riots. Black Lives do Matter, no one is disputing that. There is systemic discrimination and institutional animus towards black. Racism is rampant. Slavery was a horrendous, near-genocidal process that lasted for centuries and decimated blacks on four continents.

The whites feel justified collective guilt for all these atrocities.

But, blacks guilt trip the whites: manipulate them by leveraging their guilt to obtain desired economic and political outcomes.

There is no question that individual whites egregiously misbehave and should be punished for their heinous crimes.

But by rioting destructively and indiscriminately blacks are punishing all whites as a collective - exactly what the whites did to them!

366.

In the [sadistic narcissist](#), both grandiosity and entitlement are at the service of the pleasurable urge to humiliate and torment other people.

Haughtily holding people in contempt for their ostensible inferiority makes it easier to dehumanize and objectify them. Feeling entitled to instant gratification and special dispensation legitimizes even the most egregious misconduct.

His sadistic impulses go hand in hand with the narcissist's unforgiving ideal inner critic and with the masochism of ineluctably frustrated unrealistic expectations and tortuous perfectionism.

In time, as people retaliate, sadistic narcissists become avoidant and schizoid. They reach out to others only to extract narcissistic supply or, if they are also antisocial (psychopathic) and, therefore, goal-focused, they seek to secure money, sex, or power.

But regardless what else motivates the sadistic narcissist, inflicting pain to him is the supreme drive. It is what socializing and sex are to healthier folks: a source of succor and an intoxicating sensation of omnipotence. To hurt, abuse, mortify, and sexually despoil are an irresistible twofor: elixir and aphrodisiac.

367.

Severely traumatized victims of abuse (with PTSD and CPTSD) often become avoidant. But they also display psychopathic and narcissistic traits and behaviors. These are reactive and transient: they vanish without a trace once the victims are nurtured back to health in a holding and loving environment and go full-fledged no contact with their abuser

The [psychopathic and narcissistic overlays](#) (these acquired responsive learned traits and behaviors) do not amount to personality styles and disorders. They just serve to counter the abuse or contain it and restore eroded self-efficacy and a sense of agency in the traumatic space. In this sense, they are actually healthy and indicative of resilience.

The victim becomes self-centred, dysempathic, defiant, goal-oriented, reckless, lying, or aggressive just in order to survive in the pathological environment and the multifarious assaults on her identity and individuality.

Now on my YouTube channel <https://www.youtube.com/samvaknin>

Buy most of my books in Amazon

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

368.

In the [first encounters, the narcissist assumes the role](#) of the strict, ostensibly benevolent, but sadistic parent ("tough love") - or the hurt, petulant, entitled, self-centred, and sadistic child. As a parent, he is having sadistic incest. As a child, he is having masochistic incest. The inevitable cheating by the partner punishes the parent and mortifies the child, fostering personal development and growth as well as a creative spurt.

In the narcissist's relationships OF ALL KINDS (romantic, business, "friendships"), there are five phases: grooming, shared fantasy, interstitial I (two options: exit or persist), mortification or anti-fantasy, and interstitial II.

369.

Here is how to instantly [tell a narcissist apart from a psychopath](#):

The narcissist maintains one island of stability in his life while all the other dimensions of his existence are a chaotic maelstrom. He remains married to the same woman for decades even as he dizzyingly switches between careers and workplaces. Or he climbs the corporate ladder with the same enterprise for 35 years, having divorced and remarried five different spouses.

The psychopath has no such peaceable oasis: every single aspect of his life is mayhem and pandemonium. His personal life is disordered beyond any timelines, as is his kaleidoscopic range of vocations, his myriad on and off "friendships", his antisocial or defiant pursuits, his numerous domiciles, and so on.

More here: <https://samvak.tripod.com/faq32.html>

370.

Why do [victims of narcissistic abuse](#) insist that the narcissist is possessed of such thespian talents that he succeeded to deceive them into thinking that he is nothing of the sort? Because it absolves them from personal responsibility: "Not my fault! He misled me! He made me fall in love with him before I had realized what I was getting myself into!" and other such self-deceiving, alloplastic, and, dare I say, narcissistic excuses.

The truth is that it takes a massive amount of denial to ignore the red flags and warning signs that the narcissist gives out in plenitude within the first ten minutes of meeting him for the first time. There is even a name for the primordial frisson reaction that these predators provoke in their tremulous prey: "uncanny valley"

Actually, victims are attracted precisely to these signals irresistibly and inexorably. But they want plausible deniability and someone else to blame when it ineluctably ends with horrific, life shattering abuse. It seems that narcissism is contagious from the first moment of exposure: "It is not my fault, he made me do it" is a classic narcissistic refrain, after all.

371.

The narcissist's grandiosity crucially depends on co-idealization: he idealizes his partner so that he can feel idealized. If his partner is the most drop-dead gorgeous super-genius, what does it say about him that she is his and no one else's?

[Co-idealization](#) occurs simultaneously in two spaces, one real and one imaginary. The narcissist's pathological narcissistic space is his stomping ground: his home, church, neighborhood pub, volunteer organization, or workplace. In short: the location in which his sources of supply habitually congregate and interact to provide him with adulation and affirmation. Concurrent with this physical site, the narcissist maintains a shared fantasy space within which he idealizes both himself and his intimate mate.

When the narcissist is forced to return to reality, when he is brutally awakened and decompensates (his defenses crumble), he usually does so by having been narcissistically injured or even mortified. He then devalues the fount of hurt and frustration. He uses the infantile splitting defense mechanism to render his partner the polar opposite of her erstwhile idealized version.

But, exactly as idealizing the partner resulted in self-idealization, devaluing her results in self-devaluation ("how could I have been so stupid and blind and gullible and wrong and fallible to not see how inferior she is"). To avoid this excruciating outcome, the narcissist engenders an external mortification ("she is an evil, dumb, psychopathic bitch and I must punish her") and immediately embarks on a new round of co-idealization with the next available and willing victim

[Watch video](#)

372.

[Psychopaths abuse empathic mirroring](#) to insinuate themselves into their victims's lives as a long lost soulmate and veritable Doppelgänger.

When he targets you, the psychopath laughs at your jokes, imitates your speech patterns, replicates your body language, resonates with your values and beliefs, compliments your behaviors, upholds your choices and decisions, tells you only and exactly what you want to hear, caters to your self-image, buttresses your self-perception, takes care of your needs, flatters and idealizes you.

In short: the psychopath usurps your identity and becomes you. Psychopathic grooming is a form of identity theft and is, therefore, highly addictive: it feels like self-infatuation, irresistibly and inexorably falling in love with that most perfect being: with you.

373.

The [abuse of substances such as alcohol and drugs](#) provides the addict with much more than a fuzzy feeling or a high. This is why it is nearly impossible to eradicate or to reverse and recidivism rates are stratospheric.

Their daily consumption is ritualized and involves special implements. The day is structured around securing them and imbibing, injecting, smoking, or sniffing them at regular intervals. In this sense, they are much like an institutionalized religion: an exoskeleton that prevents the addict from disintegrating.

Drugs and alcohol provide goals and therefore render life itself comprehensible: obtain the cash or bitcoins to purchase the illicit goods, set up the utensils, interrupt the day to drink or get stoned, repeat the cycle.

The interactions with these substances amount to an organizing and hermeneutic principle: they introduce order into existence and imbue it with meaning and direction.

Finally, alcoholics and drug addicts congregate: getting intoxicated, wasted, or high is a social activity.

Consider alcohol (social drinking) and sex:

Alcohol encourages its habitués to socialize: it makes them more outgoing and self-confident. But, it does not alter choices. Rather, it affects goal-seeking behaviors by increasing confidence (grandiosity), eliminating empathy, and elevating short-term gratification of impulses, urges, and desires over the consideration of long-term consequences. It also enhances the perception of attractiveness of potential mates. So, it often results in reckless casual sex.

374.

[Some victims of abuse are like disabled people](#): they tend to leverage their suffering to evade responsibility for their lives and to emotionally blackmail and manipulate others.

Regrettably, self-efficacious strategies tend to ossify and perpetuate themselves: these victims or invalids tend to transform their plight into a profession or an identity or both.

375.

The [covert borderline](#) is a new subtype of Borderline Personality Disorder (BPD) more common among men. It is different to the classic and to the shy or quiet subtypes. Both the Covert and the Classic act out while the shy or quiet acts in. The covert borderline borrows features from the classic narcissist and from the primary psychopath. The classic variant is grandiose and reacts as a secondary psychopath would to stress and ego dystony.

376.

From time to time, the [Doormat Narcissist](#) tries to fight back by conning people out of money (asserting himself by taking instead of giving). Or, he insists on sexual exclusivity at the commencement of every intimate relationship.

But even there he fails time and again: people see right through him and walk away and women cheat on him repeatedly, their needs unmet and in the hope that he will set them free and let them go once they have made him aware of their ostentatious transgressions.

Conning people is setting boundaries for and asserting NOT himself - but the fictitious character that he creates for the con. So, it defeats the purpose: again, he ends giving up everything of himself freely to ANOTHER man, albeit one that he conjures up.

Similarly, he makes women fall in love with a false apparition, an emanation, a thespian project, a role play - never with the real him. The grooming phase over, upon entering the shared fantasy, all his women discover to their dismay that he had conned them into a relationship with a complete, abusive, and mentally disabled stranger (him). Of course, their most fervent wish is to up and walk away, by any and all means necessary, including by having casual sex with strangers.

Again, by luring women into his lair, he is giving himself abundantly to ANOTHER man - albeit to a fictitious character, The Irresistible Genius. He is doing his dirty work for this fictional protagonist and satisfying his grandiose and sadistic needs: to uphold and prove his irresistibility and then to taunt, frustrate, humiliate, and despoil the women thus captivated. Those are the needs of the fictional character, not of the Doormat Narcissist and he dedicates all his resources to catering to them on the Superhero's behalf.

377.

The psychopath wears the [mask of sanity](#) effectively – why can't the narcissist? Because the narcissist is already wearing a mask (False Self, Wunderkind). Because the narcissist IS a mask.

Typologies and classifications of narcissists: Million, Westen, Kelly, Vaknin. Classic (Overt), Covert (Shy, Vulnerable, Fragile), Compensatory, Inverted (Narcissist Codependent), Somatic, Cerebral, and other subtypes.

378.

At the commencement of the relationship, the [Narcissist is a dream-come-true](#). He is often intelligent, witty, charming, good looking, an achiever, empathetic, in need of love, loving, caring, attentive and much more. He is, in other words, ideal. At first, the narcissist is too good to be true. Then, he is too true to be good.

It is difficult to let go of this idealized figure. Relationships with narcissists inevitably and invariably end with the dawn of a double realisation. The first is that one has been (ab)used by the narcissist and the second is that one was regarded by the narcissist as a disposable, dispensable and interchangeable instrument (object).

The assimilation of this new gained knowledge is an excruciating process, often unsuccessfully completed. People get fixated at different stages. They fail to come to terms with their rejection as human beings – the most total form of rejection there is.

379.

The [Narcissism Reader](#): Clinical. Behavioral. Spiritual

by Peter Fritz Walter (Author), Sam Vaknin (Author)

Kindle (Amazon USA)

<https://www.amazon.com/dp/B08BZYPJYL>

Kindle (Amazon UK)

<https://www.amazon.co.uk/dp/B08BZYPJYL>

Paperback

<https://www.amazon.com/dp/B08BWGWLDR>

An explorative journey co-authored by Sam Vaknin and Peter Fritz Walter.

Sam Vaknin's contributions show that over the past century, pathological narcissism has been construed as a psychological defense, introversion gone awry, a regression, or a personality disorder. It is probably all the above—and much more besides.

His contributions to the reader deal with two neglected aspects of this multifarious phenomenon of mental illness: narcissistic mortification (when the narcissist is forced to face himself as others see him or her) and the psychodynamic role of psychological and sexual sadism in these disturbances of the self.

Peter Fritz Walter's essays show new holistic ways of coping with sadism, and particularly sexual sadism, acted out either toward adults or toward children.

The approach taken is non-judgmental and functional, and emphasizes a bioenergetic point of departure. Information is provided about the true reasons for violent emotional and sexual afflictions and resulting misconduct, and viable alternatives to chaotic sexual behavior and suggestions for behavior adjustment are offered, not through putting up self-punishment and guilt, but in the contrary through understanding the energy-nature and inherent intelligence in our emotions.

The primal narcissistic wounding is often the result of parent-child codependence and emotional abuse, as well as a stringent lack of autonomy early in life. From a policy perspective, the way to go is quite exactly the contrary of what is practiced now by our lawmakers and social policy makers; it's the way toward solving the blockage by dissolving the energy obstruction that led to the blockage. This energy obstruction is related to distortions of perception, and a lack of emotional awareness.

380.

The only kind of relationship the narcissist has is with his absence and impoverished, inner emptiness, via [grandiosity or envy](#).

[Narcissism](#) may be a universal reaction to the internally-generated trauma caused by other mental health issues, by mental illness in general. Narcissistic defenses mask the core issues, allocate scarce mental resources, and protect the individual from decompensation, acting out, and, ultimately, psychosis.

The [schizoid narcissist](#) often acts gregarious or lovebombs in order to set up a shared fantasy. But, being the emotionally-flat, socially-averse and awkward loner that he is, these self-defeating acts are, actually, forms of self-destructiveness.

All narcissists are self-punitive. The schizoid's way of accomplishing self-negation is by acting against his nature.

Consequently, schizoid narcissists are highly approach-avoidant: the minute they spot the threat of suffocating, stifling intimacy, they withdraw at once. This greatly baffles, angers, and disenchants their few friends and even fewer intimate partners.

381.

The [narcissist is terrified of commitment](#), investment, and, in interpersonal relationships, of intimacy. He always opts for the path of least resistance, doing the minimum necessary to maintain appearances and faking it in the fervent, anxious hope of making it. To work hard and to really try to accomplish goals is to risk failure, defeat, abandonment and the grandiosity-shattering injuries and mortifications in their wake.

Even this state of affairs the narcissist considers onerous and unfair. At work or in a friendship, with the slightest whiff of depth or when faced with demands, he undermines the setup thoroughly and irreversibly: scorched earth policy and all bridges burned. He then peremptorily transitions to a new shared fantasy or pathological narcissistic space.

To fend off even the most basic expectations in his relationships and make it easier for him to bail out, the narcissist selects a mate who is vastly inferior to him or grossly incompatible. To overlook these glaring discrepancies, he is forced to idealize her and maintain a relationship solely with her immutable "snapshot" (her representation in his mind). As usual, the only intimacy he has is with himself.

382.

[You can't cheat on your abuser](#). Cheating implies the breach of a consensual contract and the one-sided violation of vows, obligations, and behavioral principles.

Abuse renders all such understandings and agreements null and void. What you have with your abuser is not a relationship: it is slavery, a hostage situation, a form of self-negating incarceration. "Cheating on" your abuser is, therefore, breaking free, reasserting your natural right to be you, to be valued and wanted, in every sense of the word. You cannot cheat when you are not in a committed relationship with a partner who is keeping his end of the bargain!

You owe your abuser nothing, least of all what he has been denying you for so long and so needlessly: respect, love, intimacy, sex, having your best interests in mind, refraining from hurting you gratuitously, impulse control, and honesty.

383.

[The Narcissist's Time](https://samvak.tripod.com/narcissisttime.html) <https://samvak.tripod.com/narcissisttime.html>

[Patients with Cluster B personality disorders](#) experience no time (timeless), memory, continuity, self, or core identity. They are mere simulacra and spectacles.

Most narcissists exhibit both overt (grandiose-entitled) and vulnerable traits. In my work, I suggest that cluster B patients transition between overt, collapsed, and covert states of their personality disorders when they are mortified.

But, how is it possible? After all, the traits of a covert are diametrically opposed to those of an overt!

Even in healthy, normal folks, traits are not constant over the lifespan and under conditions of extreme endogenous or exogenous stress or trauma.

This is especially true if the patient suffers from identity diffusion or disturbance.

Each state is narrative which provides a pseudo-identity. Pseudoidentities are ego functions (resources) and simulations (probes). In the absence of a unitary, stable core (identity disturbance and identity diffusion), the patient shape-shifts between self-states, replete with their own unique traits, affect, cognitions, and behaviors. In extremis, these self-states are utterly dissociated (most forms of DID - Dissociative Identity Disorder).

384.

The fact that [Borderline personality disorder](#) is often found among women makes it a controversial mental health diagnosis. Some scholars say that it is a culture-bound pseudo-syndrome invented by men to serve a patriarchal and misogynistic society. Others point to the fact the lives of patients diagnosed with the disorder are chaotic and that the relationships they form are stormy, short-lived, and unstable. Moreover, not unlike compensatory narcissists, people with the Borderline Personality Disorder often display labile (wildly fluctuating) sense of self-worth, self-image and affect (expressed emotions).

Like both narcissists and psychopaths, borderlines are impulsive and reckless. Like histrionics, their sexual conduct is promiscuous, driven, and unsafe. Many borderlines binge eat, gamble, drive, and shop carelessly, and are substance abusers. Lack of impulse control is joined with self-destructive and self-defeating behaviors, such as suicidal ideation, suicide attempts, gestures, or threats, and self-mutilation or self-injury.

The main dynamic in Borderline Personality Disorder is abandonment anxiety. Like codependents, borderlines attempt to preempt or prevent abandonment (both real and imagined) by their nearest and dearest. They cling frantically and counterproductively to their partners, mates, spouses, friends, children, or even neighbors. This fierce attachment is coupled with idealization and then swift and merciless devaluation of the borderline's target.

385.

[Perfectionism](#) has several psychodynamic components: grandiose infallibility, fear of failure, procrastination-avoidance, passive-aggressive sadism, people-pleasing (I can be loved only if and when I am perfect).

Narcissist can idealize only internal objects - hence snapshotting. Why? Because his grandiosity requires that he idealizes only himself and internalizing an external objects makes it a part of himself, his extension. This is co-idealization.

The idealized internal objects must be perfect - hence perfectionism. Others, out of envy, spite, malice, or self-interested ulterior motives conspire to render the internal objects less than perfect (aggression) or expose their imperfections (passive-aggression).

The snapshots must also be perfect, so they are photoshopped.

But perfectionism sets the narcissist up for failure. It is self-defeating and ego dystonic. How come? It is intended to prevent destructive envy.

The narcissist has no core, so he experiences his internal objects as ego-alien. He is like a hive, ant colony, coalition, alliance, not unitary. His internal environment is regulated exclusively with negative emotions/affects such as shame, guilt, envy, anger, and hate. Narcissist not only hates himself, he is angry at himself, ashamed of himself - and envies himself!!!

Melanie Klein's three positions (baby's psychological progression)

1. Split bad (frustrating) object out there, good (gratifying) object in me
2. Depressive realization: everyone has both good and bad sides
3. Internalization of bad object and reparation: integration of both objects - good and bad - in single ego.

Sam Vaknin's three positions:

Normal, healthy progression

1. Split good object out there, bad object in me (mommy can't be bad, it is too threatening)
2. Depressive position
3. Internalization of good object and reparation, single ego

Narcissist's maladaptive, disorganized, dysfunctional progression

Stage 3: instead of reparation, regression to paranoid-schizoid position (back to stage 1) and loop stages 1-2.

Jung was closest when he described pathological narcissism as failure of narcissistic investment in introversion.

The narcissist must deny the existence of any good outside himself.

The narcissist defends himself against raging, all consuming envy – by solipsistically claiming to be the only good object in the world.

This is an object that cannot be had by anyone, except the narcissist and, therefore, is immune to the narcissist's threatening, annihilating envy.

In order to refrain from being "owned" by anyone (and, thus, avoid self-destruction in the hands of his own envy), the narcissist reduces others to "non-entities" (the narcissistic solution), or completely avoids all meaningful contact with them (the schizoid solution).

The suppression of envy is at the core of the narcissist's being. If he fails to convince his self that he is the only good object in the universe, he is bound to be exposed to his own murderous envy. If there are others out there who are better than him, he envies them, he lashes out at them ferociously, uncontrollably, madly, hatefully and spitefully, he tries to eliminate them.

If someone tries to get emotionally intimate with the narcissist, she threatens the grandiose belief that no one but the narcissist can possess the good object (that is the narcissist himself).

Only the narcissist can own himself, have access to himself, possess himself. This is the only way to avoid seething envy and certain self-annihilation. Perhaps it is clearer now why narcissists react as raving madmen to anything, however minute, however remote that seems to threaten their grandiose fantasies, the only protective barrier between themselves and their lethal, seething envy.

386.

Where do we draw the [line between normal and pathological?](#)

#### I. Believing in Religious Scriptures Literally

Quantity of followers: cult, sect, or religion

Religious people as junkies

God Gene Hypothesis

DSM's pusillanimous Political Correctness

Delusional Disorder and DID possession

Marx and Freud on Religion

#### II. Conspiracism and the Psychology of Conspiracy Theorists

Paranoid Personality Disorder

Schizotypal Personality Disorder

#### III. Defiance, contumaciousness

Oppositional Defiant Disorder

Antisocial Personality Disorder

#### IV. Seductiveness

Borderline Personality Disorder

Histrionic Personality Disorder

#### V. Being a Loner

Schizoid Personality Disorder

387.

The ultimate and only [emotional need of the narcissist](#) is to be the subject of attention and, thus, to support his volatile self-esteem and to regulate his sense of self worth. The narcissist is dependent on others for the performance of critical Ego functions. While healthier people overcome disappointment or disillusionment with relative ease – to the narcissist they are the difference between Being and Nothingness.

The quality and reliability of Narcissistic Supply are, therefore, of paramount importance. The more the narcissist convinces himself that his sources are perfect, grand, comprehensive, authoritative, omniscient, omnipotent, beautiful, powerful, rich, brilliant, and so on – the better he feels. The narcissist has to idealise his Supply Sources in order to highly value the supply that he derives from them. This leads to over-valuation. The narcissist forms a fantastic picture of his sources of Narcissistic Supply.

The fall is inevitable. Disillusionment and disappointment set in. The slightest criticism, disagreement, or differences of opinion are interpreted by the narcissist as an all out assault against the foundations of his existence. The previous appraisal is sharply reversed: the same people are judged stupid who were previously deemed to possess genius, for instance.

This is the devaluation part of the cycle and it is very painful to both the narcissist and the devalued (for very different reasons, of course). The narcissist mourns the loss of a promising "investment opportunity" (Source of Narcissistic Supply). The "investment opportunity" mourns the loss of the narcissist. Sometimes, the narcissist idealizes a new source of supply or a source of superior, hi-grade supply by comparing it unfavourably to another source ("comparative devaluation" of an "idealization-devaluation couplet".)

388.

The Cycle starts with the [narcissist's hunger for Narcissistic Supply](#) – the panoply of reactions to the narcissist's False Self (his feigned facade of omnipotence and omniscience). The narcissist uses these inputs to regulate his fluctuating sense of self-worth.

It is important to distinguish between the various components of the process of Narcissistic Supply:

1. The Trigger of Supply is the person or object that provokes the source into yielding Narcissistic Supply by confronting the source with information about the narcissist's False Self;
2. The Source of Narcissistic Supply is the person that provides the Narcissistic Supply;
3. Narcissistic Supply is the reaction of the source to the trigger.

The narcissist homes in on Triggers and Sources of Narcissistic Supply – people, possessions, creative works, money – and imbues these sources and triggers with attributed uniqueness, perfection, brilliance, and grandiose qualities (omnipotence, omnipresence, omniscience). He filters out any data that contradict these fantastic misperceptions. He rationalises, intellectualises, denies, represses, projects – and, in general, defends against – contrarian information.

389.

[Normal people](#) get things wrong, bungle things up, act immorally under the influence or even when sober, exploit and abuse, and can be unpleasant. But we tend to forgive them because we can see ourselves in them: their foibles and missteps are ours, they evoke empathy or pity or mirth. We are all in this together, they broadcast as they misbehave and then repent and experience shame, guilt, and remorse as they attempt to make up for it and somehow compensate and repair. They love others, enjoy their company, find them fascinating or desirable or funny and have a good time by socializing. They accomplish via collaborating, get laid via courting, are rendered happy with family and friends.

Not so the goal-focused narcissist or psychopath. They regard other people as mere instruments of gratification, objects to be milked, beasts of burden, or prey (as victims). People have something the narcissist and psychopath need (narcissistic supply) or want (money, sex, power, access, possessions), so they just take it, regardless of the consequences. They never mess up - they destroy. Their callous misconduct is profit-motivated in the relentless pursuit of self-interest. They are gregarious only when they are hunting. They hold everyone else in profound and abiding contempt and apologize only when forced to or threatened. They may act depraved, but even that is contrived, mechanical, somehow inhuman.

We recoil, feeling vaguely uncomfortable or threatened. But when we are self-destructive we seek them out - and they never fail to grant us this last wish to harm ourselves, to self-mutilate by spending time with them and by catering to their all-devouring needs.

390.

[Alcohol's effects](#) include:

1. Reduces empathy
2. Disinhibition: act on pre-existing wishes
3. Beer goggles (affects the perception of symmetry)
4. Disguise hesitancy
5. Alloplastic defense (drink's fault)
6. Long-term memory
7. Stereotypical grandiosity (alcohol myopia)

391.

There are three types of [manipulative speech](#):

Victim

Entitled, demanding, dependent, transparent, whining (grievances and grudges)

Child

Entitled, demanding, dependent, transparent, manipulative, naive-immature (fantastic)

Psychopathic

Entitled, envious, competitive, malicious, opaque (coded: dense and multilayered)

392.

Therapists, marriage counselors, mediators, court-appointed guardians, police officers, and judges are human. Some of them are social reactionaries, others are narcissists, and a few are themselves spouse abusers. Many things [work against the victim](#) facing the justice system and the psychological profession.

Start with denial. Abuse is such a horrid phenomenon that society and its delegates often choose to ignore it or to convert it into a more benign manifestation, typically by pathologizing the situation or the victim – rather than the perpetrator.

A man's home is still his castle and the authorities are loath to intrude.

Most abusers are men and most victims are women. Even the most advanced communities in the world are largely patriarchal. Misogynistic gender stereotypes, superstitions, and prejudices are strong.

Therapists are not immune to these ubiquitous and age-old influences and biases.

They are amenable to the considerable charm, persuasiveness, and manipulateness of the abuser and to his impressive thespian skills. The abuser offers a plausible rendition of the events and interprets them to his favor. The therapist rarely has a chance to witness an abusive exchange first hand and at close quarters. In contrast, the abused are often on the verge of a nervous breakdown: harassed, unkempt, irritable, impatient, abrasive, and hysterical.

Confronted with this contrast between a polished, self-controlled, and suave abuser and his harried casualties – it is easy to reach the conclusion that the real victim is the abuser, or that both parties abuse each other equally. The prey's acts of self-defense, assertiveness, or insistence on her rights are interpreted as aggression, lability, or a mental health problem.

The profession's propensity to pathologize extends to the wrongdoers as well. Alas, few therapists are equipped to do proper clinical work, including diagnosis.

393.

Driven by a tsunami of narcissism, we are regressing to a [dystopian future](#), shedding millennia of civilization in the process.

394.

Narcissists, covert narcissists (aka "empaths"), and [psychopaths hijacked the narcissistic abuse community online](#). From self-styled coaches to wannabe "experts" to outright con artists, it is a lucrative, grandiose, and entitled swamp to rival Washington's.

I coined the phrase "narcissistic abuse" - and much of the rest of the language besides - in 1995.

Until 2004, I ran the first (and, for a while, only) website on Narcissistic Personality Disorder and the only 5 support groups available. I regret that I did. I wanted to give victims an outlet and a vocabulary to describe their experiences. Instead, I opened the floodgates to scammers and worse.

Links to the podcast Depression Expression by Scott Ste Marie:

iTunes: <https://apple.co/2EQahtI>

Spotify: <https://spoti.fi/2IdKz3m>

395.

[New Year resolutions](#) are notoriously fragile and ephemeral. But victims of abuse cannot afford this cavalier attitude: their mental - and too often physical - health depends on strictly observing the following promises to themselves:

1. I will treat myself with dignity and demand respect from others. I will not allow anyone to disrespect me.
2. I will set clear boundaries and make known to others what I regard as permissible and acceptable behavior and what is out of bounds.
3. I will not tolerate abuse and aggression in any form or guise. I will seek to terminate such

misconduct instantly and unequivocally.

4. I will be assertive and unambiguous about my needs, wishes, and expectations from others. I will not be arrogant - but I will be confident. I will not be selfish and narcissistic - but I will love and care for myself.

5. I will get to know myself better.

6. I will treat others as I want them to treat me. I will try to lead by way of self-example.

7. If I am habitually disrespected, abused, or if my boundaries are ignored and breached I will terminate the relationship with the abuser forthwith. Zero tolerance and no second chance will be my maxims of self-preservation.

396.

### [Borderlines and narcissists mislabel their emotions.](#)

Emotions start with cognitions (thoughts), information gleaned from the body, plus data from the environment (contextual intake).

When there are fundamental, ubiquitous cognitive deficits and biases, emotions get misidentified (impaired internal reality testing).

We know this is true from multiple experiments and from the fact that techniques such as reappraisal and exposure (approaching the avoided emotions) work. In reappraisal we change the emotion by altering the underlying cognitions.

Borderlines suffer from emotional dysregulation and, like narcissists, they often exhibit inappropriate affect (understandable when emotions get misconstrued).

Empathy deficits: cold empathy (narcissists, psychopaths) or functional empathy (borderline, codependent, and histrionic) when full-fledged emotional empathy is turned off by negative emotionality, splitting, object inconstancy.

Studies show that increased empathy and age-related increase in empathy DECREASE recognition of emotions in others (Israelshvili, Agneta Fischer, Nannis).

Cognitive emoting: analysis, comparison to others.

Cluster B patients cope with these deficits in emotional cognizance by: 1. Repressing or avoiding the emotions (narcissist, primary psychopath); 2. Misjudging the intensity or semiotics of the emotions (misreading cues, signals, and information) (histrionics); or 3. Dissociating the emotions (borderline, secondary psychopath).

Coping strategies involve self-soothing (including self-defeating, self-destructive, self-trashing, and reckless behaviors) and approach-avoidance and other repetition compulsions (with the gradual formation of a persecutory introjected object)

397.

The narcissist switches between overt and [covert self-states](#) and back via collapse and mortification. To resolve dissonances – cognitive and emotional – he experiences and exhibits indifference to hurt and abrogates his boundaries.

398.

The [narcissism of the schizoid-narcissist](#) predisposes him to experience all external objects as bad. He forces all objects - even good ones - to actually become bad objects by infantilizing himself (and so frustrating them) and by abusing them. Consequently, he spends most of his life reacting to these manufactured bad objects with a depressed-angry state followed by a schizoid-avoidant one.

The schizoid-narcissist transforms every external good object (e.g., intimate, loving partner) into an internal bad object (the only kind he know) by frustrating her (child) and hurting her (abuse) within a shared fantasy. When, inevitably, she ends up hurting the narcissist cruelly and egregiously, he reacts with a short period (up to 1 year) of anger-depression (aggression) followed by years in a schizoid state (withdrawal, avoidance, indifference, sexlessness).

The schizoid-narcissist reacts with depression-anger and schizoid-withdrawal states to external bad objects - real or manufactured - and to the mortification that they produce, actual or anticipated.

The long sexless stretches in his relationships are artefacts of the reactive schizoid state, not a primary feature of his psychosexuality (which is autoerotic and often kinky, or even sadistic).

399.

[Depression is aggression](#) towards the bad external object directed inward for fear of destroying the desired and exciting - though frustrating - external object.

The Schizoid state is self-defense: it protects the grandiose self-perception and prevents the narcissist from being consumed by the hunger for a rejecting object (Fairbairn: or from consuming the external object).

Good objects in safe relationships are internalized as memories, not as objects (Bion and Fairbairn differ from Klein).

The Narcissist snapshots sources of supply (converts them to internal objects) owing to his abandonment anxiety and anticipated injury or mortification.

The partner is perceived as a bad, threatening external object and needs to be internalized in order to possess, neutralize, and control the threat.

The narcissist's object relationships are only internal (schizoid) and driven by anxiety (borderline): schizoid-borderline position.

Bad internalized objects are foreign, create dissonance and anxiety, and have to be projected.

400.

I am the last person to invalidate the harrowing experience of [victimhood](#). I was the first to describe in great detail narcissistic abuse in 1995 and I coined the phrases “narcissistic abuse” and “victims of narcissistic abuse”.

But when victimhood becomes an ideology, a career, a profession, or an identity (like identity politics), it is manipulative and pernicious. Such victims turn into abusers, obsessed with power, celebrity, and money.

The only way out of victimhood is to assume full personal responsibility – to own – one’s life, choices, and the consequences of such choices.

[Karpman's drama triangle](#), Triangles and triangulation in Bowen's Family Systems Theory, Ackerman's pathological/perverse triangles, Victim playing, Learned helplessness, Bernard Weiner's attribution theory, and Fundamental attribution error.

[Boredom](#) IS the Meaning of Authentic Life: direct contact with nothingness as a form of Being, as self-awareness (not to be confused with worthlessness).

401.

[Regret](#) makes sense only if there is personal continuity, immutable core identity. Person A can regret having acted in a certain way or having chosen inaction over action only if he has remained largely Person A.

But in identity disturbance, common in many personality disorders and other mental illnesses, self-states are far apart and transformations over time are startling: Person A effectively becomes an almost unrelated Person B. There is no constancy of traits, behaviors, values, or any other parameter of identity.

It makes no sense for Person B to regret the behaviors, choices, and decisions of Person A, although, of course, he can disagree with them and criticize or deride Person A.

Person B can, however, regret not having coalesced and emerged earlier: having allowed Person A to control all the resources hitherto. It is akin to resenting our mortality for limiting the number of possible experiences.

Moreover: Person B could not have emerged and taken over earlier - or he would have. Pseudoidentities are suboptimal, but they are ego syntonic narrative strategies asymptotic to the optimum. They are, therefore, mutually exclusive.

402.

The narcissist is happy AND depressed at the same time! ([affective ambivalence](#)). He regrets things he had done and choices he had made - but shouldn't!

In many personality disorders, approach-avoidance behaviors, repetition compulsions, identity disturbance, and alternating self-states create [affective ambivalence](#): two concurrently experienced moods or affects which contradict each other and are, usually, mutually exclusive.

The avoidant and the schizoid narcissist, for example, endure simultaneous dissonant ego-syntonic happiness, gratification, and satisfaction and ego-dystonic depression and regret, mainly at the costs of the contentment ("happiness") attained.

These costs include: social (schizoid), emotional (dysregulation), psychosexual (immaturity and relationship failures), and impairment of reality testing and cognition (delusions, grandiosity, other deficits).

403.

[Paranoia](#) is a defence against anxiety and against aggression. The latter is projected outwards, upon imaginary other, the agents of one's crucifixion.

Anxiety is also a defence against aggressive impulses. Therefore, anxiety and paranoia are sisters, the latter but a focused form of the former. The mentally disordered defend against their own aggressive propensities by either being anxious or by becoming paranoid.

Aggression has numerous faces. One of its favourite disguises is boredom.

Like its relation, depression, it is aggression directed inwards. It threatens to drown the bored in a primordial soup of inaction and energy depletion. It is anhedonic (pleasure depriving) and dysphoric (leads to profound sadness). But it is also threatening, perhaps because it is so reminiscent of death.

Continued here: <https://samvak.tripod.com/narcissistboredom.html>

404.

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Protect Yourself from [Narcissism Virus](#) as It Evades Your Immunity!

Narcissism Epidemic (Twenge-Campbell)

Naïve susceptible population

Wildtype, mutants, variants (isolates), and strains: standard model

Evading immunity by shapeshifting and cloaking via mimicry

Genetic drift and antigenic shift

Reinfection

Community transmission

Masking (education)

Social Distancing

Gather outdoors (boundaries, no secrecy)

Hand washing

Vaccination: deliberate exposure to specific traits and behaviors creates (1) antibodies (active measures) (2) memory cells but also (3) cells that attack infected cells (soul searching)

Herd immunity, selective immunological pressure

405.

All mental health issues arise from [confusing external and internal objects](#) (examples: that psychosis, narcissism).

I suggest that there is a single clinical entity Personality Disorder with overlays (narcissistic, antisocial, borderline, histrionic).

Each overlay has 3 states: overt, collapsed, covert.

Transition between the states and the overlays is a reaction to gaps (reality intrusion or failure) and narcissistic mortification.

406.

[Structural Dissociation](#) – part of Cold Therapy together with other approaches to trauma and retraumatization.

Dissociation: integrative deficit, not defense (child has few active defenses), symptoms (psychoform and somatoform). Integration and adaptive behavior depend on synthesis (association of all components of experiences and functions into meaningful coherent mental structures both episodically and across time) and realization (analysis and assimilation via personification and presentification – bring past and future to bear on present, mindfulness and reflexivity).

Depersonalization is failure in personification (semantic not episodic memory, see my vid). Trauma reduces integrative capacity. In premorbid personalities with low integrative capacity, may lead to dissociation.

Action systems (inborn, self-organizing, self-stabilizing, and homeostatic emotional operating systems): 1. Guides daily living and survival of the species 2. Physical defense under threat (4 Fs) 1+2 = social defense against abandonment and rejection (haywire in BPD) and interoreceptive defense against mental content (=defense mechanisms, primitive like splitting or sophisticated like passive-aggression).

Charles Samuel Myers 1940 in acutely traumatized war veterans: AS1 linked to ANP (apparently normal parts) AS2 linked to EP (emotional parts of the personality). Myers called them “personalities”, but today we call them “parts”.

EP contains vivid trauma recall (FLASHBACKS) and vehement negative emotionality (fear, horror, helplessness, anger, guilt, shame – or listless, non-responsive, submissive – or derealized and

depersonalized). They are linked to body dysmorphia and separate sense of self.

ANP represses traumatic memories and avoids triggers via amnesia, sensory anesthesia, restricted emotions, numbness, depersonalization.

ANP conditioned to fear EP and reacts to intrusion by altering or lowering consciousness, substance abuse, addictions, compulsions, self-mutilation (to silence inner voice of EP), phobias or mental action, of dissociative parts, attachment and intimacy, attachment loss, normal life and change, evaluative conditioning (associating neutral stimuli with negative or positive outcomes and feelings owing to prior association with negative or positive stimuli), diversion, estrangement.

Individual can have one of each (Primary SD), one ANP and two or more EP (Secondary), or multiple ANP and EP (Tertiary).

Both ANP and EP have rudimentary sense of self ("I") and exclusive access to some memories (=identity, see my lecture to Rostov students).

Dissociative parts vary in degree of intrusion and avoidance of trauma-related cues, affect regulation, psychological defenses, capacity for insight, response to stimuli, body movements, behaviors, cognitive schemas, attention, attachment styles, sense of self, self-destructiveness, promiscuity, suicidality, flexibility and adaptability in daily life, structural division, autonomy, number, subjective experience, overt manifestations, dissociative symptoms (negative like amnesia, numbness, impaired thinking, loss of skills, needs, wishes, fantasies, loss of motor functions or skills, loss of sensation; or positive when mental content or functions of one part introduce on another part's – psychotic/schizophrenia like voices, nonvolitional behaviors, tics, pains; psychoform or somatoform=conversion symptoms).

407.

### [Love Bombing and Grooming in Cluster B Personality Disorders](#)

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Keywords: Love Bombing; Psychotic Space

Abstract

Put together, these techniques create a shared psychotic space within which the shared fantasy thrives on false promises and make believe role play. Whenever the woman tries to exit this common territory, she is punished with sadistic sex, egregious abuse, withholding, or rejection. Finally, the only way open to her is to resort to another man with whom she can create an alternative sanctuary, however fantastic and brief. She cheats and the shared fantasy is irrevocably undermined as

mortification sets in and the woman is now perceived as a threat to be shunned at all costs.

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408.

The [narcissist hates you](#) because you make him feel like himself – and human.

Narcissism is breakdown in communication, both internal, among the constructs (internal objects) owing to dissociation, estrangement and external, with other people (external objects).

Lack of empathy, no access to emotions, primitive defenses, and cognitive deficits and biases (grandiosity, Dunning-Kruger, confirmation) render the narcissist only partly human: the experience of being human is alien to him.

When in an active shared fantasy with an adulating woman (intimate partner who provides 2 of 3 Ss), I experience maximal grandiosity backed by unconstrained magical thinking: I feel invincible, omnipotent, capable of anything and everything, miraculously perfect and accomplished.

This perfect grandiose state is a regression to an infantile state under the auspices of a safe base good enough (not dead - Andre Green, depressive, emotionally unavailable) mother. It allows me to separate and individuate and to experience totally a constellated, functioning self (albeit a false one) or, in Jungian parlance, successful introversion..

The intimate partner can provide a full experience of the False Self (in the active shared fantasy) and a direct experience of the true self (via mortification). This is not real object relations because the libidinal investment is still in the self (and reflected in the sex: self-soothing masturbatory auto-eroticism coupled with sadism aimed at destroying the intruding object omnipotently).

The narcissist gives up on meaningful communication: he convinces himself that he is too intelligent and idiosyncratic. In an active shared fantasy, the intimate partner facilitates communication with the False Self, the only interlocutor acceptable to the narcissist. She also obliquely provides access to emotional and other modes of non-goal oriented communication thereby encouraging non-sublimatory libidinal investment and cathexis.

409.

"Empath", "super-empath" - and, now, "(super)nova empath" - are self-aggrandizing labels used by covert narcissists online as they perpetuate and leverage their newfound eternal pro victim status to garner attention (and, sometimes, profit).

To prove my point conclusively, join the cesspits that pass for [empath](#) support forums and innocently dare to suggest that someone there is not an empath. Or that she may have had a role to play in the relationship (starting with her flawed mate selection).

You will instantly become the recipient of every form of abuse and malevolence known to man (or woman), far more egregious than anything you have ever endured from your narcissist. Nothing worse than the narcissistic rage or passive-aggression of covert narcissists (er, sorry, empaths).

410.

Narcissists are looking for partners to provide 3 SSs: Supply, Sex, Services.

[Narcissists couldn't care less if you have a high level of empathy, a low, or none.](#)

Empathy is a narcissistic injury: advice, help, support, sharing, expressing an interest (induces paranoia), and intimacy.

Life is a process of becoming via insight. Insight creates empathy.

Empathy is the foundation of learning because it allows for comparison.

All three are impossible without access to emotions. If you have access only to negative emotions you obtain cold empathy aimed at subsuming others, making them like you, avoiding growth and learning. Where emotions are inaccessible, narcissists attempt to grasp others and themselves analytically. But such knowledge is like cramming for an exam: it is not assimilated or integrated. It dooms to compulsive repetition like some demented being or badly programmed machine in a loop. The same lessons are rediscovered with every mortification (to learn the narcissist must first decompensate, deactivate all his defenses).

Access to positive emotions guarantees full fledged empathy via insight and learning and generates growth.

Narcissist rejects help, advice because he knows that he is incorrigible. He discourages intimacy because of his abandonment anxiety ("if they see my true face").

The narcissist reacts with aggression to any presumption of intimacy and rejects cruelly love and caring when offered to him (via sadistic frustration, withholding, rejection, and avoidance as well as active abuse). Such presumption of love implies equality, commonness, and knowability, challenges to his grandiosity.

Displays of emotions are fake, embarrassing.

411.

[4 Paths of Trauma Release and Reactance](#) (Presentation in International Summit on Depression, Anxiety and Stress Management)

Fear of abandonment and rejection (BPD)

Narcissistic injury and mortification (NPD)

Frustration (AsPD, HPD)

Cause reactance.

There are four forms of release:

Cognitive release: Catastrophizing or flashbacks (re-experiencing)

Intervention: controlled catastrophizing via imagery

Emotional release: "Triggering cascade" is when a seemingly minor trigger results in vastly disproportional trauma.

Intervention: chair-based (chairwork dialogs), mindfulness, reframing (CBT), DBT, Gestalt, Scema

Behavioral release: Total reactance characterizes Psychopaths, Borderlines, trauma victims (PTSD and CPTSD), and people with mood disorders and impulse control issues. They escalate every conflict, however minor or imaginary, to the level of nuclear, apocalyptic, all-annihilating warfare and make disproportionate use of every weapon in their arsenal simultaneously.

Defiance, posturing, hostility, aggression, recklessness, and abuse are part and parcel of these recurrent pitched battles with one and sundry: all bridges are burnt and relationships are shattered hurtfully and irrevocably.

Intervention: alliancing, self-efficacy agencing, reinforcement, DBT

Somatic release: conversion symptoms, somatisation

Intervention: dream work, psychoanalysis, psychodynamic psychotherapies

Narcissists and psychopaths are dreamwreckers: they are particularly adept at provoking triggering cascades by aggressively and contemptuously frustrating both individual and social expectations, cherished and life-sustaining hopes, deeply held beliefs, and ingrained fantasies and values.

Their lack of empathy, innate, goal focused cruelty and ruthlessness, absent impulse control, and mind boggling recklessness create a whiplash of shock and disorientation coupled with agony and a pervasive feeling of being existentially negated. Intolerable angst is the inevitable outcome.

412.

[Insecure attachment styles](#), attachment disorders and dysfunction are prevalent in cluster B personalities (narcissists, psychopaths, borderlines, histrionics).

In early childhood, they all loved a dead mother, but they do not dare to think about it or verbalize it (the unthought known). Instead they resort to emotional thinking.

They cathect (emotionally invest in) death and aggression (destrudo, not libido), including in inanimate material goods.

Owing to hurt-aversion, they place a premium on self-sufficiency, independence, personal autonomy, and unbridled, antisocial self-efficacy. They frequently self-parentify and are auto-erotic.

They can love only a dead mother, so they try to turn you into one. Killing the mother figure in order to be able to love her (snapshotting, merger/fusion, extension).

They have dead inert non-interacting mute introjects which makes it difficult for them to distinguish internal from external objects.

413.

## User, Taker, Exploiter = Predator

Narcissists and psychopaths do not form committed relationships that are (1) long-term or (2) based on any emotion.

Rather, they collaborate ad hoc, extract benefits, secure favorable outcomes, and instantly discard the sources when they are (1) no longer of use or (2) have turned maliciously hostile.

When narcissists and psychopaths are forced to return to the scene of a systemic failure (in business and in a relationship), they numb myself emotionally as they experience depression.

The only complete solution is to relocate, initiate new business, and start a new relationship with a new woman (establish a new Pathological Narcissistic Space).

A partial and inefficacious solution is to buttress their grandiosity by keeping very busy or by getting involved in a new venture with a new position.

Women: Are they mothers - or whores?

Narcissists and psychopaths abuse women - including sexually - as an ongoing test: Will they continue to be useful? Will they act with malice? What is their breaking point? (In other words: are they mothers - or whores?)

Narcissists and psychopaths are interested only in two types of interactions: (1) Adulation and (2) Stress testing limits and boundaries via abuse and sadistic sex acts (despoiling).

Narcissists and psychopaths are not interested in intimacy, friendship, companionship, or reciprocated adult sex.

### Agatha Christie's Mousetrap

The narcissists and psychopaths's show is going on throughout their lives. The ensembles of actors change, but the play remains the same: the shared fantasy. The actors are interchangeable, commoditized.

Narcissists and psychopaths crave the state of shared fantasy because it is an exit strategy from their lives and allows me to not be themselves.

The shared fantasy is an organizing principle and imbues the narcissists and psychopaths's existence with cinematic color, meaning, direction, thrills, and goals.

But, being a fantasy, this dream state is vicarious and, comfortingly has no real-life consequences. When in a shared fantasy, the narcissists and psychopaths are "normal" and hopeful: they possess (faux, grandiose and erotomaniac) "emotions", make (unrealistic and delusional) "plans", and are (manically) upbeat and energized. It is a self-induced, largely controlled, manic state, akin to Bipolar Disorder.

Shared fantasies come in three forms:

With a man

With a woman

Creative work

Shared fantasies are the only way out of the sometimes life-threatening clinical depression which invariably follows failures, injuries, and mortifications.

Narcissists and psychopaths are actually not into sex (but into sadistic despoiling) and are not interested in money (but in economic security or power). Thus, their measure of self-actualization is the extent of time spent within the shared fantasies.

The narcissists and psychopaths's lives are comprised of cycles of long shared fantasies, followed by short major depressive episodes.

During these long depressions, they hoard, collect, author texts, overeat, watch films, withdraw socially and romantically, avoid sex, shower frequently.

Only one type of shared fantasy is sufficient to sustain the narcissists and psychopaths's wellbeing. When another person provides all three shared fantasy types combined it fosters unbroken attachment.

MEN

"Useful": able and willing to provide supply, services, and (far less important and dispensable) money, whether actually, or potentially (subject to circumstances, like the pandemic or business constraints).

Narcissists and psychopaths maintain FULL CONTACT (within a shared fantasy) with a man only when and only for as long as he actually provides all 3 (supply, money, services).

Narcissists and psychopaths maintain LIMITED CONTACT (during interstitial I) with a man only when he remains useful (actually or potentially, based on her track record) and even if he is hostile (providing he is not malicious).

Narcissists and psychopaths go NO CONTACT if the man is no longer of use, regardless of how he feels about them and about the relationship.

Narcissists and psychopaths go NO CONTACT if the man is malicious (even when he is useful, actually or potentially, based on her track record).

When in the limited and no contact strategies, Narcissists and psychopaths lose all interest in the man, they are not protective or possessive, not attentive or supportive, couldn't care less about him, his fate, family, crises he may face.

In limited contact, Narcissists and psychopaths limit the interaction to extracting supply or to receiving services or money.

Men exit the shared fantasy disillusioned, sad, and enraged, having realized that the narcissists or psychopaths is a phantast, commitmentphobe, liar, loser, failure, misanthrope, misogynist, and sadistic abuser.

They give up on the narcissist and psychopath and resort to other men to do business with or befriend.

## WOMEN

"Useful": able and willing to provide supply, services, and (far less important and dispensable) submissive sex, whether actually, or potentially (subject to circumstances, like the pandemic or family constraints).

Narcissists and psychopaths maintain FULL CONTACT (within a shared fantasy) with a woman only when and only for as long as she actually provides all 3 Ss (supply, sex, services).

Narcissists and psychopaths maintain LIMITED CONTACT (during interstitial I) with a woman only when she remains useful (actually or potentially, based on her track record) and even if she is hostile (providing she is not malicious).

Narcissists and psychopaths go NO CONTACT if the woman is no longer of use, regardless of how she feels about them and about the relationship.

Narcissists and psychopaths go NO CONTACT if the woman is malicious (even when she is useful, actually or potentially, based on her track record).

When in the limited and no contact strategies, narcissists and psychopaths lose all interest in the woman, are not protective or possessive, am not attentive or supportive, couldn't care less about. In limited contact, Narcissists and psychopaths limit the interaction to extracting supply.

Women exit the shared fantasy disillusioned, sad, and enraged, having realized that the narcissists or psychopaths is a phantast, commitmentphobe, liar, loser, failure, misanthrope, misogynist, and sadistic abuser.

They give up on narcissists and psychopaths and resort to other men, for a night (S, B, L, N) or for life (N, K), to satisfy their unmet needs, but also as a way to triangulate, hurt, and punish narcissists and psychopaths.

414.

## Narcissistic mortification

Narcissistic mortification is "intense fear associated with narcissistic injury and humiliation ... the shocking reaction when individuals face the discrepancy between an endorsed or ideal view of the self and a drastically contrasting realization" (Freud in Ronningstam, 2013).

Rothstein (ibid.): "... fear of falling short of ideals with the loss of perfection and accompanying humiliation". This fear extends to intimacy in interpersonal relationships (Fiscalini), unrealized or forbidden wishes and related defenses (Horowitz), and, as Kohut put it: "fear associated with rejection, isolation, and loss of contact with reality, and loss of admiration, equilibrium, and important objects."

The entire personality is overwhelmed by impotent ineluctability and a lack of alternatives (inability to force objects to conform or to rely on their goodwill). Mortification reflects the activity of infantile strategies of coping with frustration or repression (such as grandiosity) and attendant psychological defense mechanisms (eg, splitting, denial, magical thinking).

The pandemic of COVID-19 hit everyone simultaneously as a universal, inescapable external shock. We are going through the five stages of the Kubler-Ross cycle of grief: denial, anger, bargaining, depression, acceptance.

415.

Recently, it is increasingly suggested that [pathological narcissism is the outcome of heredity](#) (genes) or an epigenetically determined expression of genes, including in brain abnormalities. Diathesis-Stress Models and Differential Susceptibility Hypotheses are used to attempt to account for NPD.

What causes us to question the consensus regarding narcissism since 1915?

Pathological narcissism is a life-long pattern of traits and behaviours which signify infatuation and obsession with one's self to the exclusion of all others and the egotistic and ruthless pursuit of one's gratification, dominance and ambition.

As distinct from healthy narcissism which we all possess, pathological narcissism is maladaptive, rigid, persisting, and causes significant distress, and functional impairment.

Pathological narcissism was first described in detail by Freud in his essay "On Narcissism" (1915). Other major contributors to the study of narcissism are: Melanie Klein, Karen Horney, Franz Kohut, Otto Kernberg, Theodore Millon, Elsa Roningstam, Gunderson, and Robert Hare.

Pathological narcissism is a reaction to prolonged abuse and trauma in early childhood or early adolescence. The source of the abuse or trauma is immaterial - the perpetrators could be parents, teachers, other adults, or peers. Pampering, smothering, spoiling, and "engulfing" the child are also forms of abuse.

To identify the role of heredity, researchers have resorted to a few tactics: they studied the occurrence of similar psychopathologies in identical twins separated at birth, in twins and siblings who grew up in the same environment, and in relatives of patients (usually across a few generations of an extended family).

Tellingly, twins - both those raised apart and together - show the same correlation of personality traits, 0.5 (Bouchard, Lykken, McGue, Segal, and Tellegan, 1990). Even attitudes, values, and interests have been shown to be highly affected by genetic factors (Waller, Kojetin, Bouchard, Lykken, et al., 1990).

A review of the literature demonstrates that the genetic component in certain personality disorders (mainly the Antisocial and Schizotypal) is strong (Thapar and McGuffin, 1993). Nigg and Goldsmith found a connection in 1993 between the Schizoid and Paranoid personality disorders and schizophrenia.

The three authors of the Dimensional Assessment of Personality Pathology (Livesley, Jackson, and Schroeder) joined forces with Jang in 1993 to study whether 18 of the personality dimensions were

heritable. They found that 40 to 60% of the recurrence of certain personality traits across generations can be explained by heredity: anxiousness, callousness, cognitive distortion, compulsivity, identity problems, oppositionality, rejection, restricted expression, social avoidance, stimulus seeking, and suspiciousness. Each and every one of these qualities is associated with a personality disorder. In a roundabout way, therefore, this study supports the hypothesis that personality disorders are hereditary.

This would go a long way towards explaining why in the same family, with the same set of parents and an identical emotional environment, some siblings grow to have personality disorders, while others are perfectly "normal". Surely, this indicates a genetic predisposition of some people to developing personality disorders.

Still, this oft-touted distinction between nature and nurture may be merely a question of semantics.

416.

Only the [narcissist's delusions](#) (shared fantasies) constitute mental illness because they impair reality testing and are self-defeating. They involve severe cognitive and emotional deficits and result in egregious misconduct (like stalking) with dire consequences, psychological (mortification) or physical (prison, divorce, bankruptcy).

The delusions are attempts to resolve the jarring dissonance between the narcissist's defiantly grandiose essence and his socialization by withdrawing into an imaginary space where he conforms to others' expectations even as he pursues his agenda of self-gratification. To reconcile the irreconcilable.

The "my way or the highway" attitude, Peter Pan "syndrome", absence of ambition, self-indulgence, slacker indolence, ludic preferences, commitmentphobia, lack of perseverance, boredom, dramatic seeking of novelty, misanthropy, and misogyny are either culture-bound value judgments (not clinical entities at all) - or actually adaptive coping strategies that optimize favorable outcomes under the constraints of the narcissist's immutable core identity.

Dysfunctionality arises only when self-efficacy is compromised and goals are forfeited. If agency is preserved and one's life and lifestyle fully reflect one's preferences and aims, all is well, no matter how many disagree, criticize, mock, or get hurt in the process.

417.

Network methodology and concepts are recently being applied to mental health disorders (psychopathology): [symptoms are treated as nodes](#), causally interconnected via biological, psychological, and societal mechanisms.

Symptoms can become self-sustaining and self-reinforcing as they get integrated in robust feedback loops. The entire network then becomes chaotic (disordered). Stable states of networked symptoms amount to discreet mental health diagnoses (Borsboom, D.(2017) A Network Theory of Mental Disorders, World Psychiatry, 16(1): 5–13, <https://doi.org/10.1002/wps.20375>).

This reconception of mental illness as a network of directly and dynamically interacting symptoms is a reversal of the medicalized, static common cause and latent variable model where symptoms are brought on by a single mental health syndrome or disorder (Bringmann, L. F., & Eronen, M. I. (2018). Don't blame the model: Reconsidering the network approach to psychopathology. Psychological Review, 125 (4), 606-615. <https://doi.org/10.1037/rev0000108>).

In these nascent models, the emphasis is on internal psychodynamic etiology. They neglect social and interpersonal interactions as major drivers of mental dysfunction. Indeed, incorporating other people in such diagrammatics will serve the flesh out the network, materialize it, put on a human face on it,

and connect the internal to the external, as is the case in real life. Interactions with significant or strangers, intimate partners or colleagues, family and friends are as symptom-inducing as any neurotransmitter. Indeed, they are often the direct cause for such secretions and for most crucial and relevant network affects and cascades in the first place.

418.

[Satisficing](#) is when you prefer the just acceptable and minimally satisfactory to the optimal or maximal possible outcomes. The principle, discovered by the Nobel prize winning economist and management theorist, Herbert Simon, helps guide decision-making and is a cognitive heuristic (rule of thumb) within bounded rationality.

Psychologically, satisficers have a low self-esteem. This leads them to believe that they can do no better. They have a perceived lack of options (underchoice, choice underload, to paraphrase Alvin Toffler) and an external locus of control (limited agency and personal autonomy: "my life is determined from the outside and by others who are often envious of me and even malicious").

Ironically, satisficers feel entitled to accomplishments and beneficial outcomes that are incommensurate with their indolence (Path of Least Resistance). They are not self-efficacious and they lack ambition, but disguise it with pseudohumility, sanctimony, and virtue signalling.

Satisficers perceive social reality and their internal psychodynamics as largely random, arbitrary, and meaningless (Cleckley's "rejection of life" or Peterson's anti-humanity). Consequently they lack commitment (commitmentphobes), or cathexis (emotional investment).

They never plan for the future and such little planning as they do is goal-oriented (short-termism). They maintain inordinately low standards and values which are expediently reversed, compromised or abandoned altogether. Identity diffusion or disturbance is common.

Satisficers are subject to magical thinking (I think therefore it is), magical immunity (my actions or inaction have no real-life consequences) as part of a larger suite of essentially psychopathic traits: impulsivity, defiance, recklessness, and novelty, thrill, or risk seeking (adrenaline junkie).

Mental illness such as depression, anxiety, mood, and personality disorders are common among satisficers. But, strangely, slackers and satisficers are also more content than other personality types with the outcomes of the decisions they have made.

Is satisficing a narcissistic, borderline, or psychopathic behavior? [Watch on YouTube](#)

419.

A [response to a young religious narcissistic person](#):

1. Seeking god's approval is a form of securing narcissistic supply - from god himself.
2. You have religious impulses. Your False Self is another deity and you have been worshipping at its altar and making human sacrifices to it (in the form of your true self) throughout your life.
3. You emote through your intellect. You feel only via thinking (cognition). You need to learn suspend your analytical skills and to distrust your intelligence once in a while. Your heart is constantly communicating - you need to learn to shut up your mind occasionally and listen to it, too.

Being too intelligent is often a curse. Like cancer, such intellectual capacity overwhelms and suppresses other forms of relating to life such as emotions or drives (even the sex drive). Intelligent people are also much more risk averse, so they constrict their lives and exclude the vast majority of experiences. They are invariably considered untrustworthy incomprehensible freaks, best shunned and derided, so gradually, they learn to self-isolate and avoid the ineluctable hurt that comes with any attempt to interact with others.

To enjoy a full human existence, one needs to have a balanced psychological ecosystem with average, common faculties. Being outstanding in any dimension of the human psyche typically carries a self-destructive price tag. Nature and human society do not tolerate outliers: they annihilate, confine, and extinguish them.

420.

[Double rejection, double trauma model:](#)

1st rejection BIRTH

Mother rejects and ejects child

1st trauma POV SHIFT

2nd rejection SEPARATION-INDIVIDUATION

Child rejects mother

2nd trauma SELFHOOD

During 1st phase external and internal objects are unitary

Frustration (bad breast) leads to withdrawal: narcissistic investment in introversion (Jung)

Constellated Self

Non-unitary universe with privileged object and all other objects: a schism

(Kierkegaard, Buber's encounter I-thou: eternal thou is God PSYCHOTIC hence religion, including secular; and experience I-it, objectifying others NARCISSISTIC, hence materialism)

Selfhood is traumatic, loss of control, alienation from the world, estrangement from oneself, persecutory object

Eros and Thanatos:

Libidinal and destrudo investment, cathexis

Reflects:

Two types of mother: fully dead (Green) and partly dead (Winnicott: good enough=safe base+dead)

The dead only rejects (death only)

The good enough also accepts (death and life)

[Dead parents](#) traumatize their children and create narcissists, codependents, and even borderlines, and psychopaths who fail to distinguish internal from external objects.

We apply these schemas to objects (both self and others) and to collectives:

Dead objects (inertial, materialistic) generate confusion, disordered, disorganized personalities

Good enough objects result in mentally sound personalities

The key difference: relationship between external and internal objects.

Still, even if objects are good enough, we cannot tell the distinction between external and internal objects

Meaning=safety

What renders reality intolerable? Fuzziness of boundaries between external and internal.

Three successive phases, attempting to create meaningful narrative via organizing and hermeneutic principles:

Psychotic hyperreflexivity (Borderline, Codependency)

expansive identity diffusion (we are the world)  
+dissipated self (diminished self-affection or self-presence)  
+conflation of internal and external

Narcissistic grandiosity (Existentialists, Descartes, Frankl)

deflationary identity diffusion (l'etat ce moi)  
+inflated (false) self  
+conflation of internal and external

Nothingness

suspended identity  
+calibrated self  
+boundaries (this is where I cease to be and the world/you begin)

Human history unfolds like individual psychohistory:

Evolutionary embryology and vestigial structures

Collective unconscious and archetypes

Psychotic phase (religions both divine and secular)

Narcissistic phase (the Self usurps God: Descartes's cogito observer usurped God's role and this culminated in fusing Creator with observer in QM Copenhagen interpretation)

Nothingness

421.

The narcissist needs to hand over to you his own suffering and this way regain his inner peace and sense of control. Your pain is his healing, your crucifixion - his resurrection.

[Narcissism is a delusional disorder](#) but with 2 peculiarities:

1. The delusions are self-centred. Even idealization is co-idealization.
2. The narcissist is self-aware but attributes the discrepancies that inevitably and invariably arise not to impaired reality testing but to the inferiority, malice, envy, etc. of others. He uses devaluation to bridge the gap between perception and reality (the grandiosity gap).

Narcissist is emotionless and is uninterested in people. He is a spectacle: good for an hour or two, but dull and excruciatingly boring with his interminable monologues. He is a one trick pony. He is internally dead (destrudo, Thanatos).

Yet, the narcissist is convinced that he is awe-inspiring and fascinating.

Narcissist is hateful, aggressive, and destructive to both self and others, even significant others. But realizing these qualities lead to ego-dystony. So the narcissist project them. But he is dimly aware of his projection, so he uses projective identification to coerce people to act hateful, aggressively, and destructively.

Narcissism feels special. But he is cast in a mold, cloned stereotype or archetype (Jung's divine child). So, he needs counterfactual narcissistic supply to buttress his sense of uniqueness. Healthy people have a sense of self-worth and idiosyncrasy. The narcissist has a sense of superior idiosyncrasy.

Is the narcissist ambitious?

422.

[Pinocchio](#) and Geppetto: the fantasy to not be puppet is a death wish, to not be himself (because has no self). Without the puppetmaster, when he is gone, there is no puppet, only death.

Object constancy is existential and essential, but in cluster personality disorders and in codependency, the problem is an external locus of existence, not merely of control. There is an outsourcing sense of being, not only self-worth.

Pinocchio teaches us that the only way to become human is via fantasy (lying).

Survival is predicated on becoming the puppetmaster by becoming NPD/BPD:

1. Emulating the abuser

2. Becoming (merger or fusion) the abuser

423.

The narcissist invites you to share his fantasy.

Can we really tell the [difference between reality, fantasy, delusion, simulation and virtual reality?](#)

I analyze four films, including “The Truman Show”, “The Matrix”, “Coma”, and “Best Offer” to attempt an answer.

424.

Why do we need [routine](#)?

Because rituals structure life.

Structure is meaning.

A structured life provides certainty, predictability, reality testing, boundaries, direction, flow, and goals (exactly like a physical structure does).

You can structure your life to be good or to attain evil. This free will choice is only up to you and the consequences are yours to bear.

Bear that in mind.

Ariely’s studies on dishonesty <https://www.psychologicalscience.org/observer/the-truth-about-lying>

Neuroscience of unthinking trust <https://www.pbs.org/newshour/science/how-to-keep-conspiracy-theories-from-ruining-your-thanksgiving>

Everyone lies all the time <https://theconversation.com/truth-is-everyone-lies-all-the-time-6749>

We trust everyone all the time <https://hbr.org/2009/06/rethinking-trust>

Ariely’s new book about lying <https://www.amazon.com/Honest-Truth-About-Dishonesty-Everyone-Especially/dp/0062183613>

Everyone cheats all the time <https://www.wsj.com/articles/SB10001424052702304840904577422090013997320>

TED Talks on lying [https://www.ted.com/playlists/222/5\\_talks\\_on\\_the\\_truth\\_about\\_lyi](https://www.ted.com/playlists/222/5_talks_on_the_truth_about_lyi)

425.

The wise know when to [stop suspecting and start trusting](#). There is a thin line separating the paranoid from the moron.

To suspect all the time is counterproductive. It inhibits and retards. It consumes scarce resources. It prevents collaboration and progress. It constricts one's life and limits it. And it impairs one's reality test. Constant vigilance is a long name for the anxiety and fears induced by stupidity and ignorance.

Paranoia is a form of grandiosity: "I am important enough to be the target of conspiracies and the epicenter of critical events." It is an element of narcissism.

At some point, you have to say: "Enough is enough. I am willing to lay a bet on this person, invest in this business, go on this trip". In hindsight it may prove to have been a wrong decision. But any decision is better than lifelong paralysis.

426.

### The [People-pleasers](#)

People-pleasers dread conflicts and wish to avoid them (they are conflict-averse) - hence their need to believe that they are universally liked. Always pleasant, well-mannered, and civil, the conflict-averse people-pleaser is also evasive and vague, hard to pin down, sometimes obsequious and, generally, a spineless "non-entity". These qualities are self-defeating as they tend to antagonize people rather than please them.

But conflict-aversion is only one of several psychodynamic backgrounds for the behavior known as "people-pleasing":

1. Some people-pleasers cater to the needs and demands of others as a form of penance, or self-sacrifice;
2. Many people-pleasers are codependents and strive to gratify their nearest and dearest in order to allay their own abandonment anxiety and the ensuing intense – and, at times, life-threatening - dysphoria ("if I am nice to him, he won't break up with me", "if I cater to her needs, she won't leave me");
3. A few people-pleasers are narcissistic: pleasing people enhances their sense of omnipotence (grandiosity). They seek to control and disempower their "charges" ("she so depends on and looks up to me"). Even their pity is a form of self-aggrandizement ("only I can make her life so much better, she needs me, without me her life would be hell."). They are misanthropic altruists and compulsive givers.

All people-pleasers use these 5 common coping strategies:

1. Dishonesty (to avoid conflicts and unpleasant situations);
2. Manipulation (to ensure desired outcomes);
3. Fostering dependence: codependent ostentatious helplessness and manifest weaknesses to elicit behaviours and solicit benefits that they angle for, while narcissistic people-pleasers aim to habituate their targets by bribing them with gifts, monopolizing their time, and isolating them socially;
4. Infantilization: displaying childish behaviours to gratify the emotional needs of over-protective, possessive, paranoid, narcissistic, and codependent individuals in the people-pleaser's milieu;
5. Self-punishment, self-defeat, and self-sacrifice.

427.

[Body Integrity Dysphoria](#) (aka BIID: Body Integrity Identity Disorder) appears only in the ICD 11. It is the overwhelming desire to be rendered disabled (usually by amputating a limb) or the extreme discomfort with being able-bodied. Confusingly, it has several diametrically opposed clinical manifestations, the most prevalent being apotemnophilia (the wish to be amputated) and acrotomophilia (being sexually aroused exclusively with a disabled partner, usually an amputee). Acrotomophiles enjoy dominating the amputee partner during sex and are stimulated by the need to position her and take care of her needs.

BID should not be confused with somatoparaphrenia (“transabled”: denying ownership of a limb – usually the left arm - or of an entire half of the body, typically the left one, in the face of evidence to the contrary) or with asomatognosia (loss of recognition of one’s limbs and mistaking them for other people’s, reversed upon confronting proof of body integralness).

In general, single leg amputations with a stump are preferred to any other intervention, to bilateral disability, or to deafness and blindness. Otherwise “(d)evotees adhere to standard conceptions of attractiveness in all other matters outside of amputations”(Solvang, 2007).

BID patients present with a mismatch between the mental map of the body and its actual layout (possibly an error in proprioception or kinaesthesia mediated via damage to specific proprioceptors, mechanosensory neurones, or owing to problems with the vestibular system). Sufferers of BID seek to remedy this incongruence by removing the redundant, colonizing, or alien parts thus restoring a sexually exciting (autoerotic), aesthetic, perceived wholeness via self-mutilation (the same way cancer patients resent their tumors and seek to excise them or, maybe, the same as pregnant women who feel whole only when the baby is expelled from their bodies in childbirth). The anger felt towards the superfluous body part gives rise to sexual excitation (sex involves sublimated aggression in multiple ways).

BID may be reconceived as a [body dysmorphia](#). BID patients resort to role play (for example: the use of prostheses or casts) and, in extremely rare cases, self-harm. The preference for the surgical removal of left-sided organs indicates damage to the right parietal lobe. The line of desired amputation remains stable over the life span and skin conductance is markedly different above and below it.

We can only speculate as to the psychology of BID. Modifying our bodies in order to attract mates and to keep them and also to conform to social mores regarding body image is common practice: makeup, diets, and plastic and cosmetic surgeries are all examples. So, the aforementioned restoration of a sense of corporeal completeness may be one important reason.

Controlling a disabled and dependent partner in order to fend off debilitating abandonment anxiety (akin to the psychodynamic of Borderline and Dependent Personality Disorders) may be another. Such etiology may indicate the existence of underlying narcissism: narcissists psychologically objectify their partners, reduce them to body parts or fetishes, and seek to disable them mentally and also by rendering them physically ill.

Pedophilia may be a form of acrotomophilia: children are not yet fully formed and are socially and functionally “disabled”. There is also the issue of infantilization (the wish to be taken care of and to

avoid having to grow up to be an adult). In Acrotomophilia, the reverse dynamic applies: parentifying. The acrotomophilic is grandiose (“I can see beyond the body into the soul”) and acts as a benevolent and caring parent to his disabled or deformed intimate partner, perhaps in an attempt to re-enact and resolve early childhood conflicts with caregivers with a hoped-for different outcome.

Finally, the ability and courage to modify the body is an autoerotic “private ritual of self-ownership and freedom of choice”, a reassertion of self-control also witnessed in eating disorders.

428.

[Narcissists sexualize intimacy](#) (sexual overperception)

Example of family with mixed sexual signals:

Mother's family - men and women – are all asexual, father's side are all promiscuous.

Or ...

Father's attitude to sex as dirty and all women as whores. Mother was subtly incestuous.

Example of ambient, emotional incest: she reacts to the child's compliments or insults regarding her appearance as a lover would.

The narcissist can be with a woman in one of two ways:

1. As an asexual child with his mother (long-term life partner); or
2. As a promiscuous but stern father with a disposable slut to be sexually despoiled and verbally abused (disciplined).

When the narcissist loves a woman as he had loved his mother, as a long-term intimate partner (he always loves women as a child loves his mother), he renders myself asexual, so as to avoid incest.

When he desire a throwaway woman, like his promiscuous father did, he transforms myself into her stern disciplinarian father: he hates and fears the woman, he sadistically despoils, torments, taunts, frustrates, and abuses her in every way, and he pushes her away, often towards other men (partly to reaffirm his view of women and for the other shoe to drop).

The narcissist fantasizes not about sex but about humiliating, trashing, despoiling, and degrading the woman, alone or with others (in group sex). He is a sexual sadist.

Given the opportunity and consent, the narcissist sexually assaults. Conventional sex leads him ultimately to boredom and ED (erectile dysfunction). He uses even group sex merely to despoil and humiliate the female.

The narcissist is to women what a pedophile is to children: sadistic monster.

## DIVERGENT EXPECTATIONS

Women cannot reconcile true intimacy and love with the narcissist's objectifying, despoiling, and sadistic sex. The former preclude for them the latter.

## STAGE I: INDULGING HIM SEXUALLY

At first - when the attachment and bonding between us are minimal - women indulge the narcissist sexually.

This amplifies and solidifies his own attachment to and bonding with the woman.

#### STAGE II: CUTTING OFF HIS KIND OF SEX

The women then get attached and bonded and they demand to revert to conventional intimate sex. They refuse to continue to have the narcissist's kind of sex.

#### STAGE III: SEXLESSNESS

At this point, the narcissist develops sex aversion or even ED and the relationship is rendered increasingly sexless and disintimate.

The narcissist's attachment and bonding weaken: he begins to regard the relationship as a chore and the woman as a nuisance because he is not getting his sexual needs and desires met.

#### STAGE IV: CHEATING or BREAKUP

The narcissist is still attached and bonded and refuses to let go of the woman or set her free, despite her desperate attempts to break up (erotomaniac stalking).

Women either stay with him (for material reasons), render services, but are free to cheat on him serially and indiscreetly; or women triangulate ostentatiously in order to terminate his stalking.

He is forced to choose between loveless sex and sexless love and in both cases endure mortifying betrayal.

429.

The [False Self](#), first described by Donald Winnicott, is not a new insight. Neither is narcissism. They both have been described and referred to in myths, religious writings, and literature.

More about the functions of the False Self and why it is so beloved by the narcissist:

<http://www.narcissistic-abuse.com/faq48.html>

VIDEO Embrace Nothingness: Help God to Heal

<https://www.youtube.com/watch?v=r0J3jTJ4s7k>

430.

Narcissists - both male and female - are [gender-neutral](#) (neuter) and goal-oriented. They much prefer to impress and inspire awe than to communicate with their dates, have a good time, or even flirt. When they seduce, it is also an order to impress and inspire awe, it is a performance. Everyone – men and women – are indistinguishable: an impersonal audience.

Sadistic narcissists seek a special type of narcissistic supply: sadistic supply. So they prefer by far to frustrate, tease, and humiliate rather than to love, have a good time, or even have sex. If the narcissist is heterosexual, he (or she) will target the opposite sex but this is owing to his (or her) virulent, visceral, and unrelenting misogyny (or misandry).

In this sense, all narcissists are essentially castrated and asexual because they are still prepubescent kids: their sexual energy is totally sublimated and directed at obtaining supply.

The cerebral narcissist can go through stretches of celibacy that last for decades. The somatic narcissist and histrionic female are utterly auto-erotic: they merely masturbate with the bodies of their sexual partners, attempting to impress them with their performance, voluptuousness, and irresistibility.

431.

Why [the more you love him, the more he hates you](#):

Glasser's "core complex"

Rosen's and Bateman's "thick-skinned and thin-skinned narcissists"

Motz's "toxic coupling"

Steiner's "sadomasochistic relating"

Welldon's "malignant bonding"

Lachkar's "v-spot"

Hyatt-Williams's "psychic toxicity"

Yakeley's pathological attachment styles

Fonagy's and Target's reflection and mentalization deficits

432.

The concept of "refrigerator mothers" has been long debunked. Autism is a brain disorder. It is not linked to bad parenting. But a dead, narcissistic mother can cause her autistic child to defend himself by developing narcissism.

[ADHD](#) has been intimately linked to the precursors in children of adult narcissism and psychopathy: conduct disorder and oppositional defiant disorder (ODD).

A bad, dead, cold, mother fosters in the autistic child narcissistic defenses and in her other children attention deficits, hyperactivity, and antisocial behavior. These dysfunctions make it difficult for the child to translate his/her reflexive empathy into mentalizing a theory of mind. Early childhood abuse and trauma, therefore, inhibit the development of a mature form of empathy, with cognitive and emotional components.

433.

[Empathy](#) is a self-contained internal set of processes, triggered by the presence and self-reporting of another person.

It involves two confabulated self-deceptions:

1. That the internal experience of empathy is actually external (has to do with the other person). This confusion between internal and external objects is called "psychosis"; and
2. That the experience of empathy is altruistic and focused on the other person when in reality it is solipsistic and revolves exclusively around self-centred emotional regulation and cognitive processing.

Empathy has all the hallmarks of – mostly healthy - narcissism.

434.

Self-styled online "experts" who no one has heard of in academe, have made such a godawful mess with their nonsense online that [narcissism, primary psychopathy, secondary psychopathy, dark triad, and dark tetrad](#) are now hopelessly muddled in the minds of the helpless and disoriented victims of narcissistic abuse.

435.

As an abused and traumatized child, the narcissist creates a [False Self](#): a godhead to shield and protect him. This divinity is everything the child is not: omnipotent, omniscient, perfect, and brilliant. But like erstwhile idols, it requires human sacrifice and the child surrenders its True Self at the altar of this newfangled Moloch. As an adult, he tries to convert everyone around him to the New Faith by coercing and cajoling them to admire his False Self. Every narcissist is, therefore, a one man missionary cult.

As a growing number of people become increasingly more narcissistic, we are witnessing the emergence of a new religion with every narcissist as both a god and a worshipper, a node in a network. It is the first polytheistic distributed networked major faith, with consequences as momentous as any other major creed has had.

436.

[Narcissists are bumbling fools and buffoons](#). Even when they are highly intelligent, they are often incredibly dumb. They may be erudite, but they are never wise.

People respect me for my intelligence and assume that I possess corresponding traits of wisdom and maturity.

But, when they get to know me up close, they lose all respect for me.

When people - men and women - first make contact with me, they are even awed. But, all of them invariably end up regarding me as a pathetic and indolent doormat loser, a mentally ill and obnoxious, yet grandiose cripple. They feel deceived and are driven to hurt me, put me in my rightful place, and mock me. At best, they pity me and shun me.

I am pervasively disrespected because I thoroughly [disrespect](#) myself: I reject my life and everything and everyone in it as meaningless, I engage in self-defeating and irrational misconduct, I do as I please (my way or the highway), pay no heed to consequences, lack any ambition or motivation, just drift along randomly, giving up on assets, accomplishment, communities, places, language itself, and people without any regret or second thought. I never attach or bond to anyone, anything, any place, any vocation or pursuit. I am ephemeral.

I invest in nothing, never plan, and commit to nothing and to no one. I drift and am an itinerant slacker. The minimal work that I do - even my hobbies! - is shoddy, cluttered, and haphazard, everything looks ramshackle and improvised. I am absent and abusive in all my relationships, busy mostly in fending off encroaching intimacy.

Like Cleckley's patients, mine is a mere mask of sanity, and like them, I don't even bother to keep it on, so naturally no one fears my retribution or respects my boundaries. They trespass on me with impunity and glee, egregiously and ostentatiously.

I am self-destructive and often implore people - offline and online - to humiliate and to hate me (even to the extent of initiating self-directed smear campaigns or anonymously or via sock puppets!!!)

437.

Is the [narcissist a deviant pervert](#), dangerous sexual predator, or just a fun-loving adventurous kink-oriented kind of guy or gal?

Who is he?

[The narcissist](#) is an absence  
A howling wind  
In the vacant corridors  
Of his tortured mind.  
He is the echoing cry  
Of a wounded sepia child  
Faded into  
A bleeding [emptiness](#).  
A void.  
Mirror upon mirror  
Reflects the nothingness  
Where a person should have been.  
Into his carnival attraction  
You are solicited to fill  
The bottomless pit  
Of him.  
Around, a million times you  
Beckon and seduce  
To join his vanishing act  
And to not be.

Poetry of Healing and Abuse

<https://samvak.tripod.com/contents.html>

438.

1. Shadow/dark side, complexes
2. Reaction formation
3. Projection, Projective Identification
4. Narcissism of small differences

Lidija Rangelovska has studied the dark side and the roles of guilt and shame in narcissism and in codependency <http://www.facebook.com/lidijarangelovska>

439.

There is no (emotional) partner or mate, who typically "binds" with a narcissist. They come in all shapes & sizes. The initial phases of attraction, infatuation & falling in love are pretty normal. The narcissist puts on his best face – the other party is blinded by budding love. A natural selection process occurs only much later, as the relationship develops & is put to the test.

[Living with a narcissist](#) can be exhilarating, is always onerous, often harrowing. Surviving a relationship with a narcissist indicates, therefore, the parameters of the personality of the survivor. She (or, more rarely, he) is moulded by the relationship into The Typical Narcissistic Mate/Partner/Spouse.

First and foremost, the narcissist's partner must have a deficient or a distorted grasp of her self & of reality. Otherwise, she (or he) is bound to abandon the narcissist's ship early on. The cognitive distortion is likely to consist of belittling & demeaning herself – while aggrandising & adoring the narcissist.

The partner is, thus, placing herself in the position of the eternal victim: undeserving, punishable, a scapegoat. Sometimes, it is very important to the partner to appear moral, sacrificial & victimised. At other times, she is not even aware of this predicament. The narcissist is perceived by the partner to be a person in the position to demand these sacrifices from her because he is superior in many ways (intellectually, emotionally, morally, professionally, or financially).

The status of professional victim sits well with the partner's tendency to punish herself, namely: with her masochistic streak. The tormented life with the narcissist is just what she deserves.

In this respect, the partner is the mirror image of the narcissist. By maintaining a symbiotic relationship with him, by being totally dependent upon her source of masochistic supply (which the narcissist most reliably constitutes and most amply provides) the partner enhances certain traits and encourages certain behaviours, which are at the very core of narcissism.

More here: <https://samvak.tripod.com/faq6.html>

440.

The narcissist rates people around him according to whether they can provide him with Narcissistic Supply or not. As far as the narcissist is concerned, those who fail this simple test do not exist. They are two-dimensional cartoon figures. Their feelings, needs and fears are of no interest or importance.

Those identified as potential [Sources of Narcissistic Supply](#) are then subjected to a meticulous examination and probing of the volume and quality of the Narcissistic Supply that they are likely to provide. The narcissist nurtures and cultivates these people. He caters to their needs, desires, and wishes. He considers their emotions. He encourages those aspects of their personality that are likely to enhance their ability to provide him with his much needed supply.

In this very restricted sense, he regards and treats them as "human". This is his way of "maintaining and servicing" his Supply Sources. Needless to say that he loses any and all interest in them and in their needs once he decides that they are no longer able to supply him with what he needs: an audience, attention, and witnessing his accomplishments and moments of glory (to serve as his external memory). The same reaction is provoked by any behaviour judged by the narcissist to be narcissistically injurious.

Continue here: <https://samvak.tripod.com/narcissistexploitation.html>

441.

Long-term patients typically react by undulating between emotional numbing & increased arousal: insomnia, irritability, restlessness, & attention deficits. Recollections of the traumatic events intrude in the form of dreams, night terrors, flashbacks, & distressing associations.

The sick develop compulsive rituals to fend off obsessive thoughts. Other psychological sequelae reported include cognitive impairment, reduced capacity to learn, memory disorders, sexual dysfunction, social withdrawal, inability to maintain long-term relationships, or even mere intimacy, phobias, ideas of reference and superstitions, delusions, hallucinations, psychotic microepisodes, & emotional flatness.

Depression & anxiety are very common. These are forms and manifestations of self-directed aggression. The sufferer rages at his own victimhood & resultant multiple dysfunctions. He feels shamed by his new disabilities & responsible, or even guilty, somehow, for his predicament & the dire consequences borne by his nearest & dearest. His sense of self-worth & self-esteem are crippled.

In a nutshell, the terminally & chronically ill suffer from Complex Post-Traumatic Stress Disorder (PTSD). Their strong feelings of anxiety, guilt, & shame are also typical of victims of childhood abuse, torture, domestic violence, & rape. They feel anxious because the disease's "behaviour", progression, & trajectory are seemingly arbitrary & unpredictable – or mechanically and inhumanly regular.

They feel guilty and disgraced because, to restore a semblance of order to their shattered world and a modicum of dominion over their chaotic life, they need to transform themselves into the cause of their own degradation and the accomplices of their torment.

Inevitably, in the aftermath of bodily trauma and protracted illness, the victims feel helpless and powerless. This loss of control over one's life and body is manifested physically in impotence, attention deficits, and insomnia. This is often exacerbated by the disbelief many patients encounter when they try to share their experiences.

Continued <https://samvak.tripod.com/disease.html>

442.

The irony is that narcissists, who consider themselves worldly, discerning, knowledgeable, shrewd, erudite, and astute - are actually more gullible than the average person. This is because they are fake. Their self is false, their life a confabulation, their reality test gone. They live in a fantasy land all their own in which they are the center of the universe, admired, feared, held in awe, and respected for their omnipotence and omniscience.

Narcissists are prone to magical thinking. They hold themselves immune to the consequences of their actions (or inaction) and, therefore, beyond punishment and the laws of Man. Narcissists are easily persuaded to assume unreasonable risks and expect miracles to happen. They often find themselves on the receiving end of investment scams, for instance.

Narcissists feel entitled to money, power, and honors incommensurate with their accomplishments or toil. The world, or God, or the nation, or society, or their families, co-workers, employers, even neighbors owe them a trouble-free, exalted, and luxurious existence. They are rudely shocked when they are penalized for their misconduct or when their fantasies remain just that.

The narcissist believes that he is destined to greatness - or at least the easy life. He wakes up every morning fully ready for a fortuitous stroke of luck. That explains the narcissist's reckless behaviors and his lazed lack of self-discipline. It also explains why he is so easily duped.

By playing on the narcissist's grandiosity and paranoia, it is possible to deceive and manipulate him

effortlessly. Just offer him Narcissistic Supply - admiration, affirmation, adulation - and he is yours. Harp on his insecurities and his persecutory delusions - and he is likely to trust only you and cling to you for dear life. Both paranoia and grandiosity impair the narcissist's reality test and lead to the erection of complex and wasteful defences against non-existent threats.

Watch the video in my channel on the [narcissist as a buffoon and bumbling fool](#).

443.

The Narcissist regards your [love as a weakness](#), a vulnerability he can exploit and leverage to obtain supply, sex, and services and, if he is a sadist, to hurt you.

Women escalate and fail to get a rise out of him: he doesn't mind or care.

The narcissist grieves the shared fantasy not you: his sunk cost (investment) and the inconvenience of having to start all over again. His mourning is aggressive and closer to fury than to pain and sadness.

Women are the only ones who can mortify the narcissist because he reframes their cheating and betrayal as total rejection of his entire being in every possible role (man, lover, companion, guru, husband, father, even provider). Men reject only specific functions and roles that the narcissist fails in (business partner, collaborator, friend).

## RELATIONSHIP CYCLE

Grooming and love bombing (including false promises)

Shared fantasy leads to narcissistic abuse type 1, intended to test the parental capacity of the partner and reenact early childhood conflicts with the narcissist's parents.

Women cheat or betray discreetly, withdraw leads to the narcissist stalking them OR Women bargain and demand leads to narcissistic abuse type 2 (aimed at jettisoning the partner).

Women cheat ostentatiously, abandon The narcissist reframes from internal to external mortification and back (vacillating mortification).

Reason for vacillation: shared fantasy is ego syntonic and he feels wronged while the bargaining phase is ego dystonic and he feels that he is in the wrong.

The narcissist vacillates between an internal cognitive mortification (I am bad, evil, and rejecting) and an external emotional one (I experience my partner or others as bad, evil, and rejecting).

There is a kernel of truth in both mortifications.

In reality, women do reject, humiliate, and abandon the narcissist as a way to exit the shared fantasy or end the bargaining. It renders the external mortification plausible. But the truth is that women misbehave this way reactively, after he had rejected and abused them egregiously.

Following his abuse and rejection during the shared fantasy, the narcissist stalks women.

During the bargaining phase he continues to abuse them in order to push them to cheat on him or betray him ostentatiously and thus dump him. This allows him to: (shared fantasy) 1. Re-enact the early conflict with my mother; 2. Help him revert to external mortification by rendering it somewhat more grounded in reality; (bargaining) 3. Get rid of his partner.

444.

The [sadistic narcissist](#) reacts with contempt and predatory excitement to sexual advances.

Contempt because he interprets such behavior as neediness, weakness, and promiscuous sluttishness. The implication that the partner considers her offer irresistible (rendering him powerless to forgo it) provokes in him extreme aggression, to the point of rage. He is driven to annihilate the supplicant by humiliating and rejecting her disdainfully and, if at all possible, ostentatiously, in public.

Such displays of mercilessly brutal and destructive superiority arouse and gratify the sadist more than any sex: hence his anticipatory ravenous thrill, a carnivore's reflex at the sight of a badly wounded antelope, a shark's swift reaction to the scent of blood.

On the rare occasions that he does engage in sex, he is focused on degrading and despoiling the partner, like a child tearing apart a straw figurine. He gets off and high on the partner's disgust, humiliation, submission, and entrapment. The actual acts are tangential: the victim's reactions matter.

445.

[Intimate partner](#) enters the shared fantasy in order to facilitate the narcissistic solution to the schizoid state: serve as fetishized womb (mother) and affirm the reality and veracity of the False Self. She is misperceived as external object, when actually the narcissist internalized her to guarantee her functioning and prevent abandonment.

Narcissist internalizes all external objects. So Madonna Whore complex is not a splitting defense directed at external objects (women), but at an internal one: the self is split to all body and all mental (Guntrip).

Abandonment is equivalent of birth: being forced back into the world and external object relations. Hence the extreme anxiety, decompensation, acting out, and protector self-state (secondary psychopathy).

Ego evolves - moulded and jumpstarted - via external object relations. Derives strength and sense of reality.

Safety (fear flight reaction) via not being: absence, emptiness, ironically ego death.

Narcissism is an attempt to avoid this solution via grandiose fantasies of invulnerability, omnipotence, and omniscience.

Their locus is the False Self, a construct which represents a compromise: external object relations one step removed and with a decoy - and schizoid inner absence (being unborn, egoless) where a real core should have been.

Narcissism is fetishism: fantasy defenses against the schizoid state (death).

When they fail (mortification), narcissist becomes schizoid.

Then he resurrects (born again) into renewed narcissism.

Like narcissism, Paranoia and depression are also defenses against schizoid state: if external object relations are too threatening, next best is internal object relations (rather than schizoid no object relations and no ego).

Internal objects can be persecutory (eg inner critic). The narcissist, though, experiences them as external (paranoia) and, in an attempt to control his aggression, becomes depressed (substitute for guilt in healthy people).

Schizoid chooses the safety of withdrawal-avoidance from reality and external objects to internal objects (esp. mother) via merger/fusion/assimilation (womb).

Narcissist chooses the pleasure of approach-mastery of external objects via grandiosity and exploitive entitlement (incest).

Both are regressive-infantile.

Codependency and Borderline are composites: merger and fusion are both safe and pleasurable. This is accomplished via pseudopsychosis: externalizing internal objects (such as mother's womb).

446.

### [Narcissists experience 5 types of depression:](#)

#### I. Loss Induced Dysphoria

This is the narcissist's depressive reaction to the loss of one or more Sources of Narcissistic Supply – or to the disintegration of a Pathological Narcissistic Space (stalking or hunting grounds, the social unit whose members lavish him with attention).

#### II. Deficiency Induced Dysphoria

Deep and acute depression which follows the aforementioned losses of Supply Sources or a PN Space. Having mourned these losses, the narcissist now grieves their inevitable outcome: the absence or deficiency of Narcissistic Supply. Paradoxically, this dysphoria energises the narcissist, moves him to find new Sources of Supply to replenish his dilapidated stock (thus initiating a Narcissistic Cycle).

#### III. Self-Worth Dysregulation Dysphoria

The narcissist reacts with depression to criticism or disagreement, especially from a trusted & long-term Source of Narcissistic Supply. He fears the imminent loss of the source & the damage to his own, fragile, mental balance. The narcissist also resents his vulnerability & his extreme dependence on feedback from others. This type of depressive reaction is, therefore, a mutation of self-directed aggression.

#### IV. Grandiosity Gap Dysphoria

The narcissist's firmly, though counterfactually, perceives himself as omnipotent, omniscient, omnipresent, brilliant, accomplished, irresistible, immune, and invincible. Any data to the contrary is usually filtered, altered, or discarded altogether. Still, sometimes reality intrudes and creates a Grandiosity Gap. The narcissist is forced to face his mortality, limitations, ignorance, and relative inferiority. He sulks and sinks into an incapacitating but short-lived dysphoria.

#### V. Self-Punishing Dysphoria

Deep inside, the narcissist hates himself and doubts his own worth. He deplors his desperate addiction to Narcissistic Supply. He judges his actions and intentions harshly and sadistically. He may be unaware of these dynamics, but they are at the heart of the narcissistic disorder and the reason the narcissist had to resort to narcissism as a defence mechanism in the first place.

447.

Most patients with [Histrionic Personality Disorder](#) are women. This immediately raises the question: Is this a real mental health disorder or a culture-bound syndrome which reflects the values of a patriarchal and misogynistic society? A man with similar traits is bound to be admired as a "macho" or, at worst, labelled a "womanizer".

Histrionics resemble narcissists: both seek attention compulsively and are markedly dysphoric and uncomfortable when not at the center of attention. They have to be the life of the party. If they fail in achieving this pivotal role, they act out, create hysterical scenes, or confabulate.

Like the somatic narcissist, the histrionic is preoccupied with physical appearance, sexual conquests, her health, and her body. The typical histrionic spends huge dollops of money and expend inordinate amounts of time on grooming. Histrionics fish for compliments and are upset when confronted with criticism or proof that they are not as glamorous or alluring as they thought they are.

Unlike narcissists, though, histrionics are genuinely enthusiastic, open, emotional, warm, and empathic, up to the point of being maudlin and sentimental. They also strive to "fit in", mingle, blend, and "become a part of" groups, collectives, and social institutions.

The Histrionic woman does not like sex at all - she likes the POWER that her sexuality gives her over men. So when the man is hers, when she had won, conquered, mastered, and subjugated her man, she loses all sexual interest in him and begins to pay sexual attention to other men. She reframes her extinguished flame (discarded lover) and the now dead relationship or infatuation: instead of a much desired lover he is now a good friend, a sadistic enemy, or a much-needed interlude.

Histrionics sexualize everyone and every situation. They constantly act flirtatious, provocative, and seductive, even when such behavior is not warranted by circumstances or, worse still, is proscribed and highly inappropriate (for instance in professional and occupational settings).

Continued: <https://samvak.tripod.com/personalitydisorders17.html>

448.

The [cerebral narcissist](#) is a one trick insufferably haughty, delusional, and entitled pony.

The cerebral offers a front row seat to the pyrotechnics of his Fortean intellect, but nothing else besides: no sex, commitment, investment, warmth, family, home, children, empathy, attentiveness, attention, succor, support, friendship, intimacy, no socializing, good time, leisure activities, or positive emotions, most notably love. He is invariably abusive and contemptuous of everyone, sometimes sadistically so.

He honestly and firmly believes that it is an extreme privilege just to witness and admire his intelligence in action.

He is mortified when his intimate partners cheat on him with other men who are considerably less endowed than him intellectually, or when people shun him and label him a failure and a loser (despite his self-imputed genius), or when he fails to get the job he was angling for.

He cannot grasp that for intelligence to be meaningful to others, it must be embedded in emotions, empathy, and come replete with social skills and the capacity for teamwork.

Moreover, as far as his spouse or partner are concerned, to make any lasting sense and impression, cognitive-analytical prowess must be passed on to off-spring or else it ends up being a one-off, ephemeral, and increasingly more tedious to behold blip or glitch.

Yet, sometimes, the childless cerebral narcissist hoards his gift so jealously that he refuses to share it even by having progeny!

449.

Spectator Australia: "Is This the Narcissism Pandemic?"

[Social isolation with the narcissist](#) is a hostage situation: intermittent reinforcement leads to trauma bonding and the Stockholm Syndrome.

The pandemic challenges the narcissist's grandiosity. The narcissist displaces his need for control onto his spouse or intimate partner.

It is difficult to obtain scarce narcissistic supply in a pandemic, so the narcissist reverts to his partner and when she frustrates his insatiable appetite, he becomes aggressive: sexually demanding or withholding, physically violent, verbally and psychologically abusive, gives her the silent treatment and even threatens her.

"Background Noise" is the only technique that works in these circumstances.

Abuse and abusive relationships with narcissists and psychopaths

<http://www.narcissistic-abuse.com/abuse.html>

<http://www.narcissistic-abuse.com/abusefamily.html>

450.

In the case of the [cerebral narcissist](#), there are several triggers that facilitate the transition from the dominant to the recessive type (to somatic narcissism) and back:

I. A life crisis that causes the narcissist to hit rock bottom and to exhaust all his options. In need of a quick fix of narcissistic supply, the cerebral resorts to sex with its immediate gratification and palpable, measurable outcomes ("conquests"). Sex is also the narcissist's way of roping in a new intimate partner and of maintaining her presence and loyalty to him;

II. Deficient narcissistic supply: When the cerebral's source of secondary supply (his intimate partner) "quits" and no longer fulfils her function as a repository of and a voluble witness to the narcissist's past triumphs and accomplishments, when she becomes critical of him or disagrees with him, no longer follows his leadership and ignores his commands - the narcissist switches from somatic to cerebral. In the narcissist, narcissistic supply is intimately linked and directly proportional to his libido (and more particularly to his sex drive): the dwindling of the former results in the abolition of the latter and in depression;

III. When the narcissist's partner refuses to partake in his sexual fantasies and to collaborate in their execution, he experiences it as rejection, the most extreme form of narcissistic injury and he withdraws and becomes cerebral.

The [somatic narcissist's shared fantasy](#): admirer (of body functionality, especially sexual prowess and irresistibility), playmate (mainly sexual and in kink), mother (the somatic turned ON by incest - not like cerebral who is turned OFF).

### Entraining

Brainwashing in relationships with narcissists is real and starts with grooming and lovebombing.

The narcissist engenders in his victim a dissociative state, like akin to a hypnotic trance.

This is especially easy to accomplish with Borderlines and Codependents who relegate the regulation of their emotions and moods to their intimate partner.

The narcissist is able to entrain ("brainwash into a hypnotic trance) the codependent because they share common roots.

There are two possible pathological reactions to childhood abuse and trauma: [codependence and narcissism](#). They both involve fantasy as a defense mechanism: the codependent has a pretty realistic assessment of herself, but her view of others is fantastic; the narcissist's self-image and self-perception are delusional and grandiose, but his penetrating view of others is bloodcurdlingly accurate ("cold empathy"). Pathological narcissism is a form of addiction to narcissistic supply.

The narcissist is caught in a conundrum of his own making: on the one hand he considers himself superior and godlike. On the other hand, to maintain his inflated, grandiose, and fantastic sense of self-worth, the narcissist is abjectly and humiliatingly dependent on constant input from people whom he considers vastly inferior to him. He clings to them but hates and resents them and himself for his dependence. This leads to bouts of approach followed by avoidance, a repetition complex.

It takes two to tango and to sustain a [long-term abusive relationship](#). The abuser and the abused form a bond, a dynamic, a dependence. Expressions such as folie a deux, trauma bonding, and Stockholm Syndrome capture facets – two of a myriad – of this danse macabre. It often ends fatally. It is always an excruciatingly painful affair.

Abuse is closely correlated with alcoholism, drug consumption, intimate-partner homicide, teen pregnancy, infant and child mortality, spontaneous abortion, reckless behaviours, suicide, and the onset of mental health disorders.

People – overwhelmingly women – remain in an abusive household for a variety of reasons: economic, parental (to protect the children), and psychological. But the objective obstacles facing the battered spouse cannot be overstated.

The abuser treats his spouse as an object, an extension of himself, devoid of a separate existence and denuded of distinct needs. Thus, typically, the couple's assets are on his name – from real estate to medical insurance policies. The victim has no family or friends because her abusive partner or husband frowns on her initial independence and regards it as a threat. By intimidating, cajoling, charming, and making false promises, the abuser isolates his prey from the rest of society and, thus, makes her dependence on him total. She is often also denied the option to study and acquire

marketable skills or augment them.

Abandoning the abusive spouse frequently leads to a prolonged period of destitution and peregrination. Custody is usually denied to parents without a permanent address, a job, income security, and, therefore, stability. Thus, the victim stands to lose not only her mate and nest – but also her off-spring. There is the added menace of violent retribution by the abuser or his proxies – coupled with emphatic contrition on his part and a protracted and irresistible "charm offensive".

Gradually, she is convinced to put up with her spouse's cruelty in order to avoid this harrowing predicament.

451.

Chair, 4th International Conference on Addiction Research and Therapy, October 2020

[Narcissistic leadership](#) often poses as a rebellion against the "old ways": against the hegemonic culture, the upper classes, the established religions, the superpowers, the corrupt order.

Narcissistic movements are puerile, a reaction to narcissistic injuries inflicted upon a narcissistic (and rather psychopathic) toddler nation-state, or group, or upon the leader.

Minorities or "others" - often arbitrarily selected - constitute a perfect, easily identifiable, embodiment of all that is "wrong". They are accused of being old, of being eerily disembodied, cosmopolitan, a part of the establishment, of being "decadent". They are hated on religious and socio-economic grounds, or because of their race, sexual orientation, or origin. They are castigated as different, narcissistic (they feel and act as morally superior), they are everywhere, they are defenceless, they are credulous, they are adaptable (and thus can be co-opted to collaborate in their own destruction). They are the perfect hate figure, a foil. Narcissists thrive on hatred and pathological envy.

Narcissistic and Psychopathic leaders reify the pathologies of their culture and society. They foster and propagate a personality cult and when things go sour, they turn on their followers and acolytes. The narcissistic or psychopathic leader is the culmination and reification of his period, culture, and civilization. He is likely to rise to prominence in narcissistic societies. The leader's mental health pathologies resonate with the anomies of his society and culture ("psychopathological resonance".)

The leader and the led form a self-enhancing and self-reinforcing feedback loop, a dyad of mirrored adoration and reflected love. By elevating and idealizing their "Fuehrer", the mob actually elevates and idealizes itself and the leader's harnessed ochlocracy; in the "Duce's" ascendance they find hope, in his manifest illness – curative solace and a legitimation of their own collective insanity.

The dictator himself equates being elected – however patently unfairly – with being chosen by the transcendental forces of the gods and history. His is a manifest destiny, his exceptionalism - the nation's own. The leader's personal-intimate life and persona may be utterly different to his political-public ones. It is an unsettling Dr. Jekyll and Mr. Hyde effect. In private, the narcissistic-psychopathic leader may be avuncular, empathic, sentimental, helpful, dull, bourgeois, mediocre, middling, sickly, fussy, aloof, or friendly. But, he is at great pains to conceal these attributes from the public.

The narcissist's personality is so precariously balanced that he cannot tolerate even a hint of criticism and disagreement. Most narcissists are paranoid and suffer from ideas of reference (the delusion that

they are being mocked or discussed when they are not). Thus, narcissists often regard themselves as "victims of persecution".

The narcissistic leader fosters and encourages a personality cult with all the hallmarks of an institutional religion: priesthood, rites, rituals, temples, worship, catechism, mythology. The leader is this religion's ascetic saint. He monastically denies himself earthly pleasures (or so he claims) in order to be able to dedicate himself fully to his calling. The narcissistic leader is a monstrously inverted Jesus, sacrificing his life and denying himself so that his people - or humanity at large - should benefit. By surpassing and suppressing his humanity, the narcissistic leader became a distorted version of Nietzsche's "superman".

Many narcissistic and psychopathic leaders are the hostages of self-imposed rigid ideologies. They fancy themselves Platonic "philosopher-kings". Lacking empathy, they regard their subjects as a manufacturer does his raw materials, or as the abstracted collateral damage in vast historical processes (to prepare an omelette, one must break eggs, as their favorite saying goes).

452.

The narcissist equates love with giving and giving goes hand with hand with an entitlement and license to abuse.

Why, when women replace the narcissist as a man (lover, husband), does it cause him mortification? Only women possess this power.

1. The narcissist interacts with women in two roles: [child and father](#). Their rejection recreates the family dynamics (dead mother maternal abandonment).

When women reject the narcissist and betray him, they are also doing it as a mother would reject her child, as his mother had rejected and abandoned him.

When women prefer another man to the narcissist, he perceives it as adopting another child to take his place. This is life-threatening, it is about survival.

It also reaffirms and confirms his essential unlovability as a defective, inadequate, unworthy, bad, and failing object.

When women swap him for a substitute man ostentatiously or inform the narcissist about their cheating in detail, it is impossible to interpret their misconduct in any other way.

2. The narcissist reframes women's cheating and betrayal as total rejection of his entire being and in every possible role (child, man, lover, companion, guru, husband, father, even provider).

Men reject only specific adult functions and roles that he fails in (as a business partner, collaborator, friend).

And why do the narcissist feel that he is the rejected party if he is the one who is doing all the rejecting at first?

There is a qualitative difference between his rejection and theirs: the narcissist's rejection is a mere test, posturing, "not serious", a bluff, and a facade.

The etiology is different as is the motivation: his rejection is tentative, intermittent, targeted, and prospective ("Will my needs be met? Am I too crippled to be worthy of their investment, commitment, and unconditional love? "), their rejection is final, total, and retroactive ("my needs are not met ... Sam is not worth wasting time on").

In short, there is no equivalency or symmetry between his rejection of his intimate partners and their rejection of him:

He rejects his women as a child would reject his mother: harmless though unpleasant temper tantrums coupled with understandable sexlessness. The cerebral never cheats on them (replaces them with other women or harm them).

The narcissist's women reject him as a mother would reject her son: life threatening, harrowing, hurtful, coupled with understandable sexlessness. They cheat on him and betray him (replace him with other men and harm him).

Their response is the nuclear option, totally disproportionate to his provocations. They are reacting to the breakdown and the dysfunction of the idealized version of him, not to the real him: to their broken dreams, frustrated fantasies, and thwarted wishes. The narcissist bears the brunt of their dissonance.

He ends up being mortified because, during the grooming/lovebombing/honeymoon phase, he colludes in conjuring up the idealized him. He comes to believe in it as they both enter the shared fantasy. The women's abrupt and cruel exits force the narcissist to "wake up" and contrast the idealized, embraced, beloved him and the real, rejected, abandoned him.

The narcissist feels deceived and bitter because early on in the shared fantasy he had exposed the women to the child who served as a lure (to establish object constancy and forestall abandonment). They chose to ignore it at their peril. The narcissist thought it was an integral and essential part of the deal they had struck. When they cheated on the child and betrayed it, he felt that they had breached a contract. He doesn't deserve it. Plus, the child is narcissistic, sick, which renders the abandonment and betrayal even more egregious and heartless.

During the grooming phase, the narcissist trots out the Father. The woman has daddy issues and constructs her idealized version of him around it. He colludes in this process in order to transition as smoothly and seamlessly as possible to the shared fantasy.

Once in the shared fantasy, the narcissist reveals the child. It is a shocking revelation which causes resentment: the woman feels that she had been deceived. The child's narcissistic abuse type 1 and sexlessness is interpreted as humiliating rejection, withholding and abandonment. She withdraws and cheats or tries to bargain the child away and replace him with the idealized version. This results in narcissistic abuse type 2.

Narcissistic abuse type 2 is adult and carried out by the Father, the core of the idealized version of me. This confluence renders it traumatic and hurtful.

Yet, it is the narcissist's self-assumed dual role that makes it easier and safer for his intimate partners to cheat in the first place:

The father role makes it feel safe for them to misbehave: they expected unconditional acceptance from the narcissists, regardless of their misconduct.

They also did not perceive their actions as cheating or betrayal. One cannot cheat on a child or a father, both wouldn't mind or care. It is also common and accepted practice to carp regarding one's son or "old man". It does not constitute a betrayal.

The narcissist wants a sexless transactional relationship and end up having it. Why does he feel enraged and unhappy? Because repeated mortifications and losses have estranged him from his False Self. He feels imposed upon, at the service of an alien entity, a badly mistreated plaything. There is a part of him that has awakened and disagrees with the agenda, preferences, and priorities of the False Self. This is the narcissist's experience in Cold Therapy.

Similar to latent or closet homosexual and to asexuals, the cerebral narcissist gets married as an alibi to avoid women and sex and to maintain an appearance of normalcy. His sadistic or kinky sexuality is unconventional and turns women off. The few women who share his psychosexuality or acquiesce are mentally ill, hurtful, and even dangerous. The rational path is to go celibate and thus avoid the risks of rejection, cheating, betrayal, stalking, and blackmail.

453.

Narcissist uses [narcissistic supply](#) to regulate his internal environment and seek equilibrium among the communicating vessels of his psychodynamic needs and processes.

Lidija Rangelovska's Collapsed Source of Narcissistic Supply (CSNS)

Collapsed Pathological Narcissistic Space

Collapsed primary Narcissistic Supply

Auto or self-supply

Collapsed Source of Narcissistic Supply – narcissist seeks more Primary Narcissistic Supply and Auto- or self-supply

Collapsed Primary Narcissistic Supply – offset by more Secondary Narcissistic Supply and Auto- or self-supply

Collapsed Pathological Narcissistic Space – balanced by more Primary Narcissistic Supply

Auto- or self-supply is a regulator tied to schizoid states and involves paranoid/persecutory ideation and delusions

Anchoring

One therapeutic technique would be “anchoring”: re-orienting the narcissist towards self-supply. Rather than resort to fickle and ephemeral external sources of narcissistic supply, the narcissist is taught and encouraged to resort to himself for same: to look forward with excited anticipation to the

structured pursuit of hobbies, vocation, traits, skills, and reward-eliciting behaviors. This approach leverages the narcissist's grandiose solipsism and fantasy of omnipotence to render him emotionally self-sufficient.

The narcissist then resorts to self-delusion. Unable to completely ignore contrarian opinion and data - he transmutes them. Unable to face the dismal failure that he is, the narcissist partially withdraws from reality. To soothe and salve the pain of disillusionment, he administers to his aching soul a mixture of lies, distortions, half-truths and outlandish interpretations of events around him. These solutions can be classified thus:

The Delusional Narrative Solution  
The Antisocial Solution  
The Paranoid Schizoid Solution  
The Paranoid Aggressive (Explosive) Solution  
The Masochistic Avoidant Solution

How does the narcissist react when he fails to obtain enough Narcissistic Supply?

Very much as a drug addict would react to the absence of his particular drug. The dwindling or absence of supply is a trauma and the narcissist experiences post-traumatic stress.

454.

The DSM V re-defines personality disorders thus:

"The essential features of a personality disorder are impairments in personality (self and interpersonal) functioning and the presence of pathological personality traits."

According to the [Alternative DSM V Model for Personality Disorders](#) (p.767), the following criteria must be met to diagnose Narcissistic Personality Disorder (in parentheses my comments):

Moderate or greater impairment in personality functioning in either identity, or self-direction (should be: in both.)

#### Identity

The narcissist keeps referring to others excessively in order to regulate his self-esteem (really, sense of self-worth) and for "self-definition" (to define his identity.) His self-appraisal is exaggerated, whether it is inflated, deflated, or fluctuating between these two poles and his emotional regulation reflects these vacillations.

(Finally, the DSM V accepted what I have been saying for decades: that narcissists can have an "inferiority complex" and feel worthless and bad; that they go through cycles of ups and downs in their self-evaluation; and that this cycling influences their mood and affect).

#### Self-direction

The narcissist sets goals in order to gain approval from others (narcissistic supply; the DSM V ignores the fact that the narcissist finds disapproval equally rewarding as long as it places him firmly in the limelight.) The narcissist lacks self-awareness as far as his motivation goes (and as far as everything else besides.)

The narcissist's personal standards and benchmarks are either too high (which supports his grandiosity), or too low (buttresses his sense of entitlement, which is incommensurate with his real-life performance.)

Impairments in interpersonal functioning in either empathy or intimacy (should be: in both.)

Empathy

The narcissist finds it difficult to identify with the emotions and needs of others, but is very attuned to their reactions when they are relevant to himself (cold empathy.)

Continued: <https://samvak.tripod.com/npdglance.html>

[Welcome Note](#)

Esteemed Colleagues!

At no time in living memory had mental health been a more pressing concern. The COVID-19 pandemic and its calamitous economic consequences threaten us with a tsunami wave of psychological dysfunctions the likes of which we had never encountered before: mood disorders (especially depression), anxiety disorders, exacerbated personality disorders, and, in extremis, psychotic disorders. And this is not to mention the crests of addictions, substance abuse, child abuse, aggression, and domestic violence.

We are ill prepared for this challenge: we lack the capacity, the funding, the training, the manpower, the institutions, the cultural sensitivity, and the resilience (because mental health practitioners are also human).

Conferences like "[13th Worldwide Forum on Mental Health and Psychiatry](#)" in Berlin, April 2021, rush to the breach, to selflessly fill in the gap. It allows us, who are in the front lines of this impending doom, to regroup, exchange ideas, and be exposed to cutting edge research. We feel that we are not alone in our predicament and this gives us the strength to persevere.

I wish you all an edifying and transformative day.

Prof. Sam Vaknin, Member of the Organizing Committee

455.

The [narcissist lacks empathy](#). He is, therefore, unable to meaningfully relate to other people and to truly appreciate what it is to be human. Instead, he withdraws inside, into a universe populated by avatars – simple or complex representations of parents, peers, role models, authority figures, and other members of his social milieu. There, in this twilight zone of simulacra, he develops "relationships" and maintains an on-going internal dialog with them.

All of us generate such representations of meaningful others and internalise these objects. In a process called introjection, we adopt, assimilate, and, later, manifest their traits and attitudes (the introjects).

But the narcissist is different. He is incapable of holding an external dialog. Even when he seems to

be interacting with someone else – the narcissist is actually engaged in a self-referential discourse. To the narcissist, all other people are cardboard cut-outs, two dimensional animated cartoon characters, or symbols. They exist only in his mind. He is startled when they deviate from the script and prove to be complex and autonomous.

But this is not the narcissist's sole cognitive deficit.

The narcissist attributes his failures and mistakes to circumstances and external causes. This propensity to blame the world for one's mishaps and misfortunes is called "alloplastic defence". At the same time, the narcissist regards his successes and achievements (some of which are imaginary) as proofs of his omnipotence and omniscience. This is known in attribution theory as "defensive attribution".

Conversely, the narcissist traces other people's errors and defeats to their inherent inferiority, stupidity, and weakness. Their successes he dismisses as "being in the right place at the right time" – i.e., the outcome of luck and circumstance.

456.

Cue or prayer card or cheat sheet or scorecard

Keep it in your shirt pocket, or in that pocket in back of those tight jeans, print it out, tape it on the fridge, make copies and distribute them, print on t-shirts and big mugs (unlike Minnie), on leaflets, upload to your social media, share with family, friends, and therapists.

Read the text only, no interpretations: distillation of everything we know about ...

### [Phases of Intimate Relationship with the Narcissist](#)

Grooming and love bombing ( false promises, kinky sex, GURU FATHER)

Shared fantasy (GENIUS CHILD, sexless, abuse type 1 intended to test partner as parent+reenact early childhood conflicts)

Intimate partner: 1. Withdraws-avoids (some cheat); or 2. Bargains-approaches (some cheat); or 3. Bargains, then withdraws (many cheat).

Withdrawal leads to erotomaniac stalking

Bargaining leads to abuse type 2 (to jettison the partner)

Stalked or abused, intimate partner: 1. Abandons if she can; or 2. Cheats and betrays ostentatiously, mortifies, and then abandons, or is discarded.

Swipe left for other colors. Download links:

### [Coping with Abuse Tips Sheet](#)

<https://samvak.tripod.com/abusetipsheet.pdf>

Phases of Intimate Relationship with the Narcissist

<https://samvak.tripod.com/chartblue.jpg>

<https://samvak.tripod.com/chartpurple.jpg>

<https://samvak.tripod.com/chartwhite.jpg>

457.

[Self-stalking](#), persecutory objects, and internalized voices (introjects): misidentifying them as external, not internal and so actually psychosis and we need to reframe

The voice of absence and counterfactuals (what if)

Colludes with sadistic superego or inner critic: guilt, shame, doubt, self-loathing, self-destructiveness

Success of hoovering is in order to silence these voices

In external mortification as well

Introjection is defense mechanism against neglect, abuse, trauma, abandonment: identification, incorporation, internalization.

458.

[Betrayal trauma and betrayal trauma blindness](#) (Jennifer Freyd et al.) in BTT (Betrayal Trauma Theory)

When you cannot or are not allowed to express your experience of trauma and abuse, breach of trust, negative emotions, and profound betrayal by someone you depend on in any crucial way.

Such denial and repression lead to dissociation and a host of long-term mental health disorders.

Tests and treatments are reviewed.

459.

A [phobic fear of intimacy](#) betrays a deep distrust of the world as a benevolent place and of the future as an agreeable time. This hurt-aversion apprehension results in reticence: a reluctance to expose one's vulnerabilities lest they be leveraged and abused and a refusal to commit to any long-term relationship owing to a catastrophising mindset ("it is all going to end badly anyhow, so why risk the pain?")

The inner dialog, inner script, of people who fear intimacy is comprised of several strands:

This (potential) intimate partner will destroy my life. I will be left with nothing and no one;

I am no good. I am crazy. I will hurt this (potential) intimate partner and destroy his or her life. I must get away from him/her for his/her own good;

Devaluing the (potential) intimate partner: focusing on his weaknesses, shortcomings, mistakes, misjudgements, and failures;

Imagining the future with the (potential) intimate partner as bleak, unpleasant, with bad, painful outcomes (“He will anyhow leave me, hurt me, or living with him will be dull and oppressive”);

Distrusting the (potential) intimate partner to make one happy, disbelieving his/her intentions, feeling that (s)he is manipulating and imprisoning one;

Doubting one’s own judgement, one’s ability to choose right and appraise the situation correctly;

Diffuse anxiety, an uncomfortable but fuzzy sensation that something real bad is happening or about to happen and one needs to get away before the catastrophe hits.

Intimacy is such a primordial and basic need that, when deprived of it for prolonged periods of time, people are driven to despondence and seek substitutes, even in small doses.

Continued <https://samvak.tripod.com/intimacyabuse.html>

460.

In early childhood, borderlines and narcissists fail to split the “dead mother” into good and bad objects or “breasts” (because she is all bad), so they split themselves instead (into a true self which is all bad, and a false self which is all good).

The narcissist tries to complete the early [failed maternal splitting](#) with his intimate partner (repetition compulsion) in three stages: 1. She is all good (idealization), he is all bad; 2. Co-idealization (if she is good, he must be good, too); and 3. Introjection (internalization/incorporation of the partner) which render him all good 3.

The narcissist constantly tests his intimate partner in order to make sure that she is, indeed, all good (an outcome of post-traumatic hypervigilance).

When she invariably and inevitably fails his tests, he reverses course: she is now all bad. To avoid narcissistic injury to his grandiose false self and to avoid co-devaluation – he discards her promptly.

461.

Speaker in the Webinar on Psychosomatic Medicine, Pharmacovigilance, and Clinical Trials and Drug Safety, October 2020

My topic: "[Narcissism and Autism](#)".

There are three problems with raising awareness and educating people about Autism Spectrum Disorders:

1. We don't know the aetiology of autism (what causes it) and whether the brain abnormalities often observed in autistic patients cause it, are caused by it, or are merely correlated (effectuated by a third, common factor);

2. Autism is a family of disorders which have little in common with each other. Some autistic persons are high-functioning and accomplished, others self-harm, are hypersensitive to stimuli, and noncommunicative; and

3. The long-discredited, "refrigerator mother" theory blamed emotionally unavailable, "dead", or "frigid" mothers for the pathogenesis of autism in their children. This deterred parents from seeking help.

The ignorance, taboos, stigma, biases, prejudices, and lack of evidence-based theories and practices that pervade mental health apply even more so to autism.

[Asperger's Disorder](#) (renamed in the DSM V Autistic Spectrum Disorder Level 1) is often misdiagnosed as Narcissistic Personality Disorder (NPD), though evident as early as age 3 (while pathological narcissism cannot be safely diagnosed prior to early adolescence).

In both cases, the patient is self-centered and engrossed in a narrow range of interests and activities. Social and occupational interactions are severely hampered and conversational skills (the give and take of verbal intercourse) are primitive. The Asperger's patient body language - eye to eye gaze, body posture, facial expressions - is constricted and artificial, akin to the narcissist's. Nonverbal cues are virtually absent and their interpretation in others lacking.

Yet, the gulf between Asperger's and pathological narcissism is vast.

Continued: <https://samvak.tripod.com/journal72.html>

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

<http://www.narcissistic-abuse.com/mediakit.html>

462.

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. Some narcissists - though by no means the majority - actually ENJOY abusing, taunting, tormenting, and freakishly controlling others ("gaslighting"). But most of them do these things absentmindedly, automatically, and, often, even without good reason.

What is unusual about the [narcissist's sadistic behaviours](#) - premeditated acts of tormenting others while enjoying their anguished reactions - is that they are goal orientated. "Pure" sadists have no goal in mind except the pursuit of pleasure - pain as an art form (remember the Marquis de Sade?). The narcissist, on the other hand, haunts and hunts his victims for a reason - he wants them to reflect his inner state. It is all part of a mechanism called "Projective Identification".

When the narcissist is angry, unhappy, disappointed, injured, or hurt - he feels unable to express his emotions sincerely and openly since to do so would be to admit his frailty, his neediness, and his weaknesses. He deplores his own humanity - his emotions, his vulnerability, his susceptibility, his gullibility, his inadequacies, and his failures. So, he makes use of other people to express his pain and his frustration, his pent up anger and his aggression. He achieves this by mentally torturing other people to the point of madness, by driving them to violence, by reducing them to scar tissue in search of outlet, closure, and, sometimes, revenge. He forces people to lose their own character traits - and

adopt his own instead. In reaction to his constant and well-targeted abuse, they become abusive, vengeful, ruthless, lacking empathy, obsessed, and aggressive. They mirror him faithfully and thus relieve him of the need to express himself directly.

Having constructed this writhing hall of human mirrors, the narcissist withdraws.

Continued: <https://samvak.tripod.com/journal33.html>

463.

A narcissist with extreme object inconstancy and abandonment anxiety (esp. a compensatory narcissist whose grandiosity masks an inordinately low sense of self-worth) reacts all the time with romantic jealousy to his intimate partner's infidelity. But most narcissists turn a blind eye to adultery and betrayal and go about their business of securing plentiful and regular narcissistic supply.

Still: ALL narcissists feel humiliated owing to their inability to lead normal lives in which they are not compelled to share their women or give them up to other men (unavoidable outcomes of the narcissist's disability and ubiquitous dysfunction).

Narcissists switch from internal to external mortification real fast but they do first experience agonizing trepidation and mayhem. Such pain should be distinguished from romantic jealousy.

Being cheated on is only the tip of an iceberg.

Imagine a [constant state of humiliation](#): women cheat on you and abandon you, businesses you create go bankrupt, projects you initiate fall apart, zero long-term self-efficacy, an impostor syndrome, a sense of lost agency and external locus of control.

Faced with such trenchant failure, the narcissist has two options: 1. Grandiosity (reverting to external mortification, casting everyone as malicious or envious); or 2. Suicide (opting for an internal mortification: "I am so impaired that I better put an end to it all"). It is a no-brainer. Of course, having to defend one's fantastically inflated view of oneself bring with it its own set of humiliations, betrayals, abandonments, derision, slights, challenges, and put downs.

464.

The narcissist and psychopath have [contempt](#) for: weakness; perceived inferiority (moral, intellectual) and this contempt often masquerades as altruism and sanctimonious self-righteousness; for inadequacy: win-lose zero sum failure, loser; emotions (especially on display); vulnerability; neediness, clinging; attachment/bonding/love; empathy; altruism;

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. Some narcissists - though by no means the majority - actually ENJOY abusing, taunting, tormenting, and freakishly controlling others ("gaslighting"). But most of them do these things absentmindedly, automatically, and, often, even without good reason.

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weaknesses. He deplors his own humanity - his emotions, his vulnerability, his susceptibility, his gullibility, his inadequacies, and his failures. So, he makes use of other people to express his pain and his frustration, his pent up anger and his aggression.

Continued: <https://samvak.tripod.com/journal33.html>

465.

Self-states of the [psychopathic cyberapth](#) (con artist, Internet fraudster). Do psychopaths have a conscience? Do they know they are lying? Do they believe their own lies? Are they delusional? Do they have multiple personalities or merely a brain disorder?

Based on:

RESEARCH INTO THE VOICES OF THE PSYCHOPATHIC PREDATOR: AN ANALYTICAL CASE STUDY

Kreuter, Eric Anton. International Journal of Psychology Research 7.2 (2012): 109-141.

466.

It is not a dynamic between two adults, but between an [adult and a child](#).

Yet, the child has the expectations of an adult and pretends to be one. You are trapped with a deranged infant who firmly believes that he is a grown-up.

Then one day, he wakes up, looks in the mirror and sees a kid there. It is a bad LSD trip, a psychedelic experience, terrifying.

The [mind of a narcissist](#):

<https://samvak.tripod.com/journal1.html>

[Mental map of the narcissist](#) (from my book, "Malignant Self-love: Narcissism Revisited").

<https://samvak.tripod.com/thebook.html>

467.

The [chronically sick and addicts](#) become their illnesses: their disorders displace them and they transmogrify into their dysfunctions.

From individual to dysfunction.

Only the disease is left behind, having consumed and spat out the person.

468.

[It Hurts, is Humiliating to be a Narcissist](#)

The experience of being a narcissist is actually humiliating and hurtful. The narcissist uses grandiosity to fend off the constant pain and to reframe it in ego-syntonic ways.

469.

What is the Difference between [Healthy Narcissism](#) and the Pathological Kind?

In my book "Malignant Self Love - Narcissism Revisited", I define pathological narcissism as:

"(A) life-long pattern of traits and behaviors which signify infatuation and obsession with one's self to the exclusion of all others and the egotistic and ruthless pursuit of one's gratification, dominance and ambition."

Luckily for us, we are all narcissists to some degree. But healthy narcissism is adaptive, flexible, empathic, causes elation and joy (happiness), and help us to function. Pathological narcissism is maladaptive, rigid, persisting, and causes significant distress, and functional impairment.

Prevalence and Age and Gender Features

According to the DSM IV-TR, Narcissistic Personality Disorder (NPD) is diagnosed in between 2% and 16% of the population in clinical settings (between 0.5-1% of the general population). The DSM-IV-TR proceeds to tell us that most narcissists (50-75% of all patients) are men.

470.

In the honeymoon phase you [self-gaslight](#) by idealizing the narcissist. Then you self-gaslight by totally devaluing him. In both cases, you have lost touch with reality.

Auto- or self-gaslighting: when you hear only what you want to hear, what you expect to hear, and not what was actually said. Confirmation bias.

Resistance to change and learning coupled with impaired reality testing.

Future faking is not lovebombing or grooming in pre-shared fantasy phase: narcissist is not predatory, but acquisitive.

Healthy adults in intimate relationships have a fear of loss and abandonment + possessiveness + competition. The cerebral narcissist has only separation anxiety (which is typical of a pre-Oedipal child), though some narcissists have all three, esp. psychopathic and somatic.

Intimate partners of narcissists are virtual singles with a petulant child or a stern father at home: dating is their only outlet and escape.

The only two faux adult roles the narcissist is willing to play (in order to secure the shared fantasy) are brief and devoid of any responsibilities, chores, or commitment. The narcissist's investment is proportional to his expectations and to benefits derived.

This is only a small part of the manipulative ploy which also includes delusional role playing by everyone involved.

A narcissist with extreme object inconstancy and abandonment anxiety (esp. a compensatory narcissist whose grandiosity masks an inordinately low sense of self-worth) reacts all the time with romantic jealousy to his intimate partner's infidelity. But most narcissists turn a blind eye to adultery and betrayal and go about their business of securing plentiful and regular narcissistic supply.

Still: ALL narcissists feel humiliated owing to their inability to lead normal lives in which they are

not compelled to share their women or give them up to other men (unavoidable outcomes of the narcissist's disability and ubiquitous dysfunction). Narcissists switch from internal to external mortification real fast but they do first experience agonizing trepidation and mayhem. Such pain should be distinguished from romantic jealousy.

Being cheated on is only the tip of an iceberg.

Imagine a constant state of humiliation: women cheat on you and abandon you, businesses you create go bankrupt, projects you initiate fall apart, zero long-term self-efficacy, an impostor syndrome, a sense of lost agency and external locus of control.

Faced with such trenchant failure, the narcissist has two options: 1. Grandiosity (reverting to external mortification, casting everyone as malicious or envious); or 2. Suicide (opting for an internal mortification: "I am so impaired that I better put an end to it all"). It is a no-brainer.

Of course, having to defend one's fantastically inflated view of oneself bring with it its own set of humiliations, betrayals, abandonments, derision, slights, challenges, and put downs.

The chronically sick and addicts become their illnesses: their disorders displace them and they transmogrify into their dysfunctions.

From individual to dysfunction. Only the disease is left behind, having consumed and spat out the person.

471.

My narcissist is not self-aware, he is possessive and jealous, and he does the cheating! These are all [anecdotal myths about narcissism](#).

The narcissist regards sex as the antithesis of intimacy.

Emotions have nothing to do with having a self. They are autonomic functions determined by a combination of biology and socialization.

Idealization as self-gaslighting, false and grandiose.

The narcissist is reduced to choosing damaged, broken, traumatized, or mentally ill women as partners. Such mate selection negates and undermines his grandiosity, so he idealizes them. But even in the throes of the shared fantasy, he has no intention to commit or to invest. Ultimately, he absents himself or pushes away his partner.

Being who she is - damaged goods rendered even more dilapidated, decrepit, and dysfunctional by her sojourn with the narcissist - her choice in men is confined to lowlife scum predators who further use her sexually and abuse her verbally or even physically.

Ironically, her time with the narcissist may have been the high point in an otherwise impoverished and drab life - which makes being discarded a devastating and momentous watershed event and makes it difficult for her to let go emotionally. The narcissist may also have been the most qualitative, intelligent, handsome, and accomplished mate she could ever hope for.

If hurts so much to be a narcissist, why don't they change? Narcissism as a religion or ideology, the narcissist is a fanatic fundamentalist: like a Christian martyr, Muslim shahid, kidush hashem. Will sacrifice his life to defend his superiority/grandiosity.

Dasein is a forerunner of mindfulness and some existentialist concepts and a Cartesian concept, in essence: how we experience BEING and EXISTENCE. My principle of Nothingness takes Dasein for granted. It is the next stage: what you DO with YOUR being, how to not let others appropriate it. Universe couldn't care less, no part is connected to all other parts (recipe for dysfunction), a finite mind can know nothing about an infinite mind, and if it is unconscious - it is not be known and all statements derived from these fallacies are false.

here is a [new playlist of Nothingness videos on my main YouTube channel](#):

<https://www.youtube.com/samvaknin>

I recommend to start from video number 7 and work your way up. But, frankly, there is no specific order. You can watch any of them individually.

472.

Why would a narcissist choose to renounce sex and the pleasures of intimacy and succor with a partner? Why would he transform such a decision into an ideology of superiority akin to a religious tenet?

There are [two etiologies to cerebral narcissism](#):

1. When there is overwhelming efficacy in extracting narcissistic supply via intellectual pyrotechnics (when the narcissist is truly astoundingly gifted); and
2. Avoidance in the wake of repeated failures in relationships: sex invariably leads to the formation of a shared fantasy which results in betrayal and cheating by the disgruntled partner and life-threatening mortification. Cerebral narcissism is the strategic outcome of pain- or hurt-aversion.

Every few years - or decades - the cerebral narcissist tries again to become somatic. Such attempts are based on mistaken and counterfactual beliefs that he or the world had changed, or that he had finally found the right partner. So, he boldly ventures forth only to rediscover long-forgotten facts and lessons:

1. His body is far inferior to his mind as a tool for extracting supply (he is unattractive); and
2. Sex still leads inexorably to failure, betrayal, cheating, and mortification because he is a child, not a man and cannot meet a woman's emotional needs.

Reminded of why he chose to withdraw in the first place, so many years or decades ago, the cerebral narcissist then reverts to his dominant mode as a cerebral and again eschews sex and intimacy. Until the next round, if any.

473.

[Red's Agonized Confession](#): Swap Emptiness for Nothingness (Excerpt)

Listen to the testimony of a desperate narcissist. The solution is to swap nothingness for inner emptiness.

[Victims of narcissistic abuse get many things wrong](#) and need special guidance by qualified people. They are not getting it. Talk with Dr. Hema Bajaj.

What is really going on behind closed doors between the [narcissist and his codependent or borderline intimate partner](#)? Daria Żukowska is a clinical psychologist and a therapist.

474.

When we come across someone who refuses to grow up, rejects adult chores, roles, skills, and responsibilities, assumes the mantle of a petulant child, and would not invest or commit in any undertaking or relationship - our reflexive reaction is revulsion coupled with disrespectful contempt.

Women feel deceived and fooled and they respond this way to a Peter Pan type: they shame and humiliate him in public, sometimes by openly and ostentatiously cheating on him with ripe adult males.

Men abscond with the Puer's women and with his property, both material and intellectual. They ostracize him and subject him to a toxic mix of ritualized aggression and acidulous derision. If he is rich or famous or powerful, they await his downfall with glee or precipitate it maliciously and enviously.

These reactive behavior patterns are ancient and in big part biological. The stunted personal growth and arrested development of the eternal adolescent threaten the survival of the species by inhibiting procreation and child-rearing, for example.

The Puer Aeternus is also essentially a free-rider: he enjoys goods and services produced by others but evades rendering a productive contribution to the collective effort. His conspicuous absenteeism - often cloaked in a self-justifying ideology - undermines the survival and the welfare of the many by wasting scarce resources and potentials and by shirking the proportionate sharing of the communal burden.

[Refusing to grow up](#) is, therefore, an antisocial act and elicits the same attitudes and responses reserved to egregious criminal behavior.

475.

A [paracosm](#) is a detailed imaginary world. A shared fantasy is a paracosm of sorts. The shared fantasy is a paracosm with two imaginary friends: Father (false self)-Mother (YOU, the intimate partner)-Son (narcissist) = holy family = trinity (in the Kabbalah where many attributes of god and of creation are feminine; Jung's archetypes).

The intimate partner as a mother allows narcissist to SAFELY explore femininity in general and his femininity (auto-eroticism and in some cases, latent homosexuality) in particular (without the threat of sex).

Shared fantasy is always antisocial because it rejects real life, adulthood, and is paranoid (shared psychosis: "We against the World").

Idealization as self-gaslighting because it is false and grandiose.

The narcissist will sacrifice his life to defend his superiority/grandiosity.

Why would a narcissist choose to renounce sex and the pleasures of intimacy and succor with a partner? Why would he transform such a decision into an ideology of superiority akin to a religious tenet?

But is narcissism a CHOICE?

Narcissist in prison: prosocial, communal, submissive, obedient, conforming – proof that narcissism is choice+self-efficacious reaction to incentives.

But in reality he is an impotent infantile loser with zero self-efficacy - and, deep inside, he knows it. Hence his avoidance of all true commitment and investment: he dreads yet another proof of his disability and failure.

Did you contribute to your breakup and to the dysfunction of your relationship? Undoubtedly.

Whenever two people who are profoundly mismatched and incompatible insist on having a relationship - let alone a shared fantasy - they BOTH generate a dynamic which leads inexorably to the dissolution of the liaison. It is natural, common, and healthy to seek to undermine the sick dyad and free yourself to pursue self-actualization and happiness.

The intimate partner as a mother allows narcissist to SAFELY explore femininity in general and his femininity (auto-eroticism and latent homosexuality) in particular (without the threat of sex).

This is one example of how the intimate partner is indispensable in regulating the [narcissist's internal mental space](#): she is his ego AND self!!!

476.

Both the [covert borderline and the overt or classic borderline](#) are gregarious and crave social interactions as well as long-lasting, intimate, meaningful relationships. The narcissist misinterprets and reframes his need for various types of narcissistic supply as a desire for the same.

All three fail in their quests.

The overt borderline is hampered by her abandonment anxiety which inexorably pushes her to act out and destroy herself as well as any intimacy and trust she may have garnered with her wounded partner.

The covert borderline fails owing to his grandiosity and paranoia.

The narcissist loses his partners because he coerces them into participating in his shared fantasy and to renounce reality and life itself. They rebel, betray him, and walk out on him.

[Covert Borderline](#) (starts 18:30) is a proposed evidence-based diagnosis - watch previous video on my channel.

This video describes the differential diagnoses between the covert borderline, the overt (classic) narcissist, and the two varieties of psychopaths: primary and secondary.

477.

Why do [some narcissists rise to the top](#), are accomplished and successful while others, with an identical personality cast, fail miserably in every thing they attempt and in every dimension of their thwarted lives?

Any combination of two out of these three things distinguish the high-functioning productive narcissist from his loser brethren:

1. He is unusually gifted, endowed, skilled, or talented to the point that his unique contributions are indispensable or irreplaceable. His character flaws are attributed to his genius.

2. He tolerates people and interacts with them, even if only as passive acolytes, fans, and admirers. He somehow succeeds to collaborate with others or lead them and even inspire loyalty. He fakes normalcy and empathy and hides his cynical and misanthropic contempt or his strictly self-interested agenda.

3. He is persistent, goal-oriented, focused, one track minded, committed, invested, and a hard worker. He is as self-destructive as any narcissistic slacker - but he first builds and only then demolishes.

478.

Take my Shadow - Give Me Love

[The narcissist and his borderline partner swap their projected Shadows](#), seeking to legitimize them and to experience these forbidden aspects of themselves by merging and fusing with the intimate partner. This dynamic involves porous personal boundaries and the mourning of a bad, dead object. The narcissist's experience of his life is best described by resorting to a conveyance metaphor: movie, car, train, bus, boat. He suffers from object inconstancy: both internal and external. This leads to ego incongruity (internal) and discrepancy (external). He is in flux among self states. Finally, he resorts to hyperrealism or hyperreflexion.

There may be some kind of projection of the feminine onto the partner and its later introjection. At the same time, the other partner is similarly projecting the masculine and then introjecting it. Homo-erotic homosexuality is best described as a projective-introjective symbiotic swap of anima and animus.

Why don't I change?

1. Defiance, reactance, rebelliousness, non-conformity ("no one will tell me what to do"); 2. Grandiosity ("my way or the highway", fuck off factor); 3. Too late to change, my life is over ("at his age, 60, it is a problem"); 4. I like who I am (ego syntony): carefree, playful, noncommittal, adventurous, childlike, true to myself, proud; 5. I feel liberated, unshackled, with an infinite horizon of unlimited options, possibilities, opportunities and potentials, unbridled; 6. I preempt anticipated failures and thus regain ostensible control (I don't have a following or clients because I reject everyone and am a unflinching truth teller, women cheat on me and abandon me because I abuse them first); 7. Indolent, bored, slacker: I hoard and mummify - devices, books, videos, women - but can't be bothered to make use of or maintain them (so, my objects rot and my women flee).

479.

[Sex is an irresistible](#), primordial, largely reflexive and autonomous language. Like every other tongue, it can be used to express many things: I love you (or like you) and desire you within our growing intimacy (healthy), I want to render you an extension of myself and then make love to my own, extended being (auto-eroticism), or I want to humiliate you and hurt you (sadism).

The sexual sadist is actually asexual: he can go celibate and abstain from sex for years at a time. His psychosexuality is more like a rapist's: it is a power play, not a mode of communication.

The sadist uses conventional sex to masturbate with the partner's body. But when she, his ostensibly intimate partner, tries to revert to sadism-free exclusively conventional sex, he becomes hyposexual: no arousal and frequent bouts of erectile dysfunction (ED).

To regain his erstwhile drive and prowess, he transitions from sexual sadism to exhibitionism and

voyeurism: he masturbates to his partner's gaze and in her presence, he initiates threesomes or group sex to vicariously enjoy the proceedings, or he watches her gratify herself, etc.

480.

1. The narcissist invites you into his hall of distorting carnival mirrors where you see yourself idealized and amplified a thousand times. Infatuation with oneself is one of the two pillars of trauma bonding, the other being intermittent reinforcement: the threat of expelling you from this newfound reflective Eden.

2. If you know the potential consequences of your misconduct and still you opt to misbehave, it means that you want to make these outcomes happen.

3. If you have a choice between an outright abuser and someone who feigns empathy, concern for you, and kindness because he wants something from you - choose the latter: at least you matter to him enough to invest in faking it.

4. Observe actions, ignore words. If someone keeps commiserating with your victimhood, he wants you to remain a victim. Try being happy for a change and watch his "friendship" and "succor" evaporate.

481.

#### [Narcissist's \(universal\) Transaction Rules](#)

As long as you regularly provide me with at least 2 out of 3 Ss (Sex, sadistic or narcissistic Supply, Services/money/power), I am your unboundaried doormat and you can walk all over me and otherwise misbehave as you please.

Give me only 1 of the 3 Ss or none and I will sadistically abuse you, test you to the breaking point, and punish you for failing.

Threaten to abandon me or attempt it and I will either Hoover you or, failing that, stalk you.

Try to bargain with me, change or fix me, set rules and boundaries, or insist on long-term commitment or investment and I am gone as soon as I can find someone to take your place.

482.

The [Internet is the Kingdom of Heaven for narcissists and spawns narcissism](#). It caters to our deepest emotional-psychological needs and cravings. This is an irreversible process.

Psychologists pre-assume universal human nature. There is affinity between humans and computers (naturally): Turing universal machines.

Narcissist fallen, inauthentic "One" (=they) condition.

Choice between world and self: mutually exclusive Individuation is a rejection of the world at the service of the self False. self (narcissism) is a rejection of the self in favor of the world: true ego death, no self.

Will is an illusion, akin to time, grandiose attempt to negate mortality.

Thinking is a subspecies of Nietzschean Will, not the Heideggerian Turn.

It is also Will's precursor and necessary though insufficient condition: Will needs the World.

Malignant egalitarianism as resentment. Last man turns revenge against himself and the Übermensch leads humanity to its essence.

Age of Spartacus: revolt of inferior slaves against elites with the aid of technology and democracy gone awry (both intended originally to prevent true empowerment via objectification, thanatic simulacra, spectacle, reification, fetishism, and fantasy). They went awry owing to rogue members of the elites, traitors and because it evolved into a Platonic narcissistic religion.

Sartre bad faith and inauthentic life: alloplastic defenses, external locus of control, abrogating personal responsibility, Cleckley's rejection of life. Nihilism debased, like narcissism. It is dissent: heresy in the Middle Ages, skepticism in Russia, anti-reincarnation in Buddha (a true nihilist himself).

Internet and social media infantile and ahistorical which Nietzsche would have lauded. He advocated dissociation, child-beast ahistoricity.

My work on chronon influenced by the temporality of Dasein (coming from the past go realize future potentials in the present).

Being is no-thing. Death is the arbiter among potential futures: defines life. Death of the planet forces us to alter choices.

Cyberspace as a Medieval heaven, afterlife, paracosm (kingdom). It is digital Platonism. Not appearances, but ideal forms: hence silos and vehemence. Meaning, morality forms of pareidolia.

483.

The Narcissist's Psychosexuality: From Fantasy to Deviance and Beyond (ENGLISH responses) - Part 19 of 22 QUESTIONS (translated from Hungarian)

23. Sam, sometimes I have these thoughts that Cold Therapy may be a specific type of mental BDSM. In this sense, could BDSM be used as a treatment for narcissists? I mean, if someone punished them from time to time, for all the things they had done to others? Or, is it nonsense? Of course I don't mean that from now on, psychiatrists should be equipped with whips. But if say, a narcissist attended a session twice a year and experienced physical pain, could that reduce his desire for abusing others? For example, if a wife beater got beaten up by someone else every now and then. I know it's not quite an empathetic solution, but the things they do to others can be really outrageous. So, would that affect them in any way?

24. "Water sports" ([sex acts that involve urine](#)) is another popular fetish among narcissists. Although less common, but coprophilia (interest and pleasure in feces and defecation) occurs, too. Where do these fetishes originate from? Can it be related to a disruption between the age of 1 and 4? Do they try to regress to that age? Coprophilia is even more weird. It is sexual arousal related to defecation and/or the look or smell of feces. A coprophile is a person who eats feces or is sexually attracted to pollution. I had a narcissistic patient who had this fetish. By his own account he needed this because nothing else could give him the feeling of humiliation but a woman who defecated on his mouth, and he ate it. The lady who was doing this by profession was a misandrist, borderline dominatrix. My only assumption is that this may also be traced back to neglect or abuse suffered during the age of potty training. His mother might have left him in dirty diapers for too long or whatever. This perversion is sometimes combined with masochism in the most twisted ways.

The ancient Romans felt no shame if they had to use the bathroom. Moreover, some of them found it pleasurable to watch other people unload. To that end, some brothels had glass floors. So, this is not a

recent fetish at all. My question is: how are the masochistic needs and desires of narcissists or psychopaths related to coprophilia or water sports?

484.

My way or the highway! Take it or leave it! That's the way I am and I am not going to change. The narcissist's favorite stock phrases.

One reason for such rigid and defensive intransigence is the narcissist's inability to access positive emotions or otherwise process them. Everything is filtered via the [narcissist's cognitive deficits](#).

When the narcissist comes across a beautiful woman, he gauges her endowments using comparative statistics and aesthetic judgment (very much the way neurotypicals do with an inanimate work of art). He immediately reduces her to the set of potential benefits and outcomes that she reifies: sex, money, power, access as forms of narcissistic supply.

If she - a goddess even - cannot provide him with 2 of 3 Ss (autoerotic sex, sadistic or narcissistic supply, services/income/power), he instantly loses all interest in her and finds her about as alluring as a used spittoon - gorgeous, intelligent and enigmatic as she may be to all other men. Even more astounding: he sees nothing abnormal or infantile in his (lack of) reaction.

Similarly, when a narcissist comes across a broken, sad, grieving man, she notes his vulnerability using her cold empathy scanning radar. Her first thought would be: What's in it for me? How can I leverage his state of mind to obtain sex or money as forms of narcissistic supply?

485.

The narcissist's "romantic jealousy" has little to do with the adult variety and is actually a close kin of sibling rivalry.

The [emotional age of the narcissist](#) is between 4 and 11: a child trapped in an adult body, terrified and disoriented by the adult world. Like all children in this range of ages, the narcissist is incapable of reciprocal intimacy, has access only to negative emotions, resorts to fantasy, and his empathy is mainly cognitive (cold).

The narcissist's sex drive is undifferentiated and not yet correlated with his object relations (not directional): he is autoerotic and tends to objectify his sex partner as a toy, playmate, or aide to masturbating with her body, often in a kinky or even sadistic manner.

So, the narcissist is not possessive in the masculine sense of the word: he is not a man, so he does not feel threatened by men, nor does he compete with them for his partner. He parentifies his mate: she becomes his mother - and a mother would never abandon her child for a man.

Incapable of meeting his partner's emotional and sexual needs, he may even experience relief that she is being gratified elsewhere, taking the inexorable pressure to perform off of him: Now he can play in his sandbox unperturbed!

Still, even a good enough mother may suddenly prefer another child. This is exactly what happens when the narcissist acquires siblings: they garner his mother's hitherto exclusive love and attentions.

The narcissist becomes clinging, needy, possessive, and "jealous" only when he anticipates abandonment: losing his "mother" to another "child" (her lover). His behavior uncannily resembles adult romantic jealousy because it, too, is the outcome of a fear of losing the partner.

But this is misleading. It is a child's existential terror-informed anxiety reaction to being left alone and unloved in a world beyond his grasp and comprehension.

486.

Just when I think that I have seen it all, I come across [ignorant nonsense](#) by self-styled "experts" and "coaches": statements so stupendously stupid that they literally take my breath away. Consider this early morning's crop of two inanities (minutes from waking up):

1. The narcissist keeps his triangulation a secret, self-importantly says a leading "narcissistic abuse coach".

Triangulation is when the narcissist or borderline attempts to get a rise out of you, render you jealous, modify your behavior, or manipulate you by introducing a third party into your relationship.

For triangulation to work, its target needs to witness it! The act of triangulation is always conducted ostentatiously and overtly, in full view, in the open! Secrecy would defeat the purpose!

2. Breathtakingly ill-informed "info" by yet another self-discovered "expert": the narcissist has a boundless ego.

Ego is the part of the personality that controls impulses, maintains reality testing, regulates one's sense of self-worth, and mediates between other constructs of the personality. The narcissist has an atrophied ego or even no ego. Narcissism is a disorder of the (constellated) self. Narcissists are children, stuck at an early developmental stage.

This is why narcissists resort to other people and compulsively seek narcissistic supply: they outsource these ego functions!

So, why do people flock to these shoddy and sometimes shady characters who lack any credentials in the field (such as papers published in academic journals or studies conducted)?

People told me openly: we don't care how knowledgeable or ignorant these "experts" and "coaches" are. We are not looking for a university-level education: we need HELP. When you drown, you are not interested in the chemical properties of water or in the resume of the lifesaver.

We are in search of someone to hold our hand (validation and succor), tell us how to cope (solutions), and give us hope. We don't even care if these "coaches" and "experts" are actually narcissists and psychopaths as long as they deliver these goods.

No one is listening to Sam Vaknin, these victims and survivors told me, because you shame and blame victims, provide no solutions, and your message is bleak, nihilistic, and hopeless.

487.

To fully grasp the narcissist's mind, all you need to know is one word: CHILD. The narcissist's personal development and growth had been arrested between ages 2-3 (an extreme pathology, like mine) and 11 (high-functioning). This is also the range of his emotional age.

Here is a description of a quintessential [CHILD between the ages of 2 and 3 years old](#). It reads like a flawless, insightful, and comprehensive encapsulation of the narcissist (and the grandiose borderline):

Flippant, fickle, not committed or invested, no long-term horizon or planning, unable to link consequences to actions

Curious, but gets bored easily (low boredom threshold and tolerance)

Playful with toys both animate and inanimate, alternating between solitary and gregarious

Grandiose

Tries to impress adults and convert them into parental figures, insecure attachment style, hesitant object relations

Sexually immature, undifferentiated, experimental, and autoerotic

Socially awkward, hypervigilant

Itinerant, desultory

Impulsive, reckless, defiant, demanding, emotionally dysregulated

Dysempathic, aggressive, mildly cruel

Fantast, poor reality testing, delusional

Unreliable, irresponsible, reckless

Unskilled, autodidact, shallow

Imitative (playacting)

Petulant (low frustration threshold and tolerance, temper tantrums), entitled, labile

488.

The narcissist wants his intimate partner to “love” (admire) his [False Self](#), not HIM.

True intimacy (loving the real person) challenges the veracity of the false self and undermines the narcissist’s grandiosity by exposing him for the empty fake that he is or believes himself to be (“impostor syndrome”).

The narcissist feels threatened and nakedly transparent and vulnerable when his mate loves him for his essence, for the quiddity of who he is. He reacts to such authentic emotions with panic, extreme abuse, and flailing rage which borders on hatred.

489.

There is a rare type of narcissist whose misanthropy and misogyny are so extreme that he gives up on both human society and intimate relationships altogether.

But, what about the narcissist’s much vaunted addiction to narcissistic supply and his much touted dependence on its sources: his mates, fans, students, co-workers?

The answer is: [self-supply](#). It is the most radical form of auto-libidinal cathected self-sufficient contemptuous grandiosity.

The cerebral narcissist values his intellect as so superior to everyone else's that he much prefers to resort only to his own judgment and garner self-administered adulating accolades in his own mind.

490.

[Approach-avoidance repetition compulsion](#) was first described by Freud and was initially applied mostly to mate selection and other life choices. It is now considered more widely as any behavior that seeks a goal and then, when it is within reach, undermines it by withdrawing and absenting oneself.

In victims and survivors of abuse, avoidance is a post-traumatic reaction triggered by memories of agonizing abuse. Any approach to a potential intimate partner causes panic and rage, some of it self-directed. Abrupt and incomprehensible withdrawal follows, intended to avoid these ego-dystonic negative emotions.

Avoidance is multifarious: cheating, addictions, itinerancy, numbing, dissociation, passive-aggression, reactance (defiance), impulsivity, recklessness, or lying are all manifestations of the terror of intimacy and the pain that it often brings. Avoidance is closely associated with mood lability and dysregulated emotions.

In a way, avoidance is a form of signalling, a cry for help, a way of begging the partner: please let me go! I am so broken and weak that I cannot even leave and extricate myself!

491.

Whenever a [mental health diagnosis](#) gets a profoundly, awfully bad rep and is stigmatized and demonized, unscrupulous, third rate "scholars", bordering on con artists, rush to enrich themselves by catering to the grievances of the diagnosed clients. They conjure up, out of whole cloth, flattering "diagnoses" and offer them as aggrandizing consolations to the aggrieved patients.

Three recent examples: shy or quiet borderline (as distinct from the pernicious and destructive disorder), empath (read: glorified, angelic covert narcissist), and high-functioning, "recovered", or productive narcissist and psychopath (not the devastating actual dysfunctions).

Let it be crystal clear: there are no such things as shy borderline, empath, or high-functioning narcissist. These are not clinical entities, you cannot find them in any college or university textbook, and they do not form a part of any academic curriculum or syllabus. There are no studies which support any of these much hyped, exclusively YouTube constructs.

These faux "diagnoses" are proffered to the gullible and to the grandiose by callous, self-styled, avaricious "experts" and "coaches": snake oil salesmen and women with zero real world credentials or track records.

People with debilitating mental illnesses lap these fig leaves up - and pay hand over foot for the privilege - in order to convert themselves from perpetrators to victims and from antisocial to prosocial. It makes them feel good and the purveyors of these shoddy counterfeit wares are laughing all the way to the bank.

Just try to contest or even question these "diagnoses" where they congregate in cyberspace and witness the vicious sniping and backlash by "empaths", the shrill and violent defiance by "shy" and "quiet" borderlines, and the destructive orgies of decompensation and acting out by "productive" and "high-functioning" narcissists.

492.

The [pathologies, dysfunctions, attachment styles and wounds of the narcissist and his partner](#) converse, interact, and feed on each other. The narcissist recreates for the partner the sort of emotional ambience that led to his own formation in the first place: capriciousness, fickleness, arbitrariness, emotional (and physical or sexual) abandonment (trauma bonding). The world becomes hostile and ominous and the partner has only one thing left to cling to: the narcissist.

And cling she does. If there is anything which can safely be said about those who emotionally team up with narcissists, it is that they are overtly and overly dependent.

The partner doesn't know what to do – and this is only too natural in the mayhem that is the relationship with the narcissist. But the typical partner also does not know what she wants and, to a large extent, who she is and what she wishes to become.

These unanswered questions hamper the partner's ability to gauge reality. Her primordial sin is that she fell in love with an image, not with a real person. It is the voiding of the image that is mourned when the relationship ends.

The break-up of a relationship with a narcissist is, therefore, very emotionally charged. It is the culmination of a long chain of humiliations and of subjugation. It is the rebellion of the functioning and healthy parts of the partner's personality against the tyranny of the narcissist.

The partner is likely to have totally misread and misinterpreted the whole interaction (I hesitate to call it a relationship). This lack of proper interface with reality might be (erroneously) labelled "pathological".

Why is it that the partner seeks to prolong her pain? What is the source and purpose of this masochistic streak? Upon the break-up of the relationship, the partner (but not the narcissist, who usually refuses to provide closure) engages in a tortuous and drawn out post mortem.

493.

My favorite films involve a protagonist who poignantly fails to realise that he is a ghost. It is a perfect metaphor for the life-threatening but inevitable process of [narcissistic mortification](#): when the narcissist's grandiose defenses crumble under a sustained attack.

Stripped of his reified ideal ego (False Self), the narcissist is then reduced to an obnoxious, but terrified child, rendered a veritable zero from an imagined hero. He can no longer sustain his delusional view of himself as irresistible, a winner, or a genius. Instead, he comes face to face with his own weird creepiness, gaping inadequacies, and history of failures. He realizes he is a ghost: a long dead and unrequited apparition of a howling void.

Moreover: finally face to face with reality, he becomes aware that, ultimately, he has fooled no one and everyone sees right through his pathetic facade: abandonment - his overwhelming horror - is imminent.

Mortification occurs most commonly - though not exclusively - when the narcissist's intimate partner abruptly or cruelly bails out of their shared fantasy: the only illusory space which lets the narcissist maintain his counterfactual paracosm.

On rare occasions, moved by his evident distress and disintegration, the narcissist's intimate partner is reduced to such profound pity that she may even sacrifice herself and remain by his crippled side.

Social media present a contradiction and, therefore, are engines of dissonance: they are mortification by a thousand paper cuts. They constitute perfect sources of narcissistic supply but amount to constant generators of narcissistic injuries. Long exposure to these platforms makes it difficult for the narcissist to idealize his False Self and may lead to recurrent mortification.

The narcissist's only [way out of a narcissistic mortification](#) is to forcefully re-establish his grandiosity and revive the False Self. He accomplishes this resurrection by reframing the mortifying events and by fleeing the scene.

At first, the narcissist constructs a narrative that absolves him of guilt and shame. He attributes his disgrace and downfall either to the envious malevolence of others - or to his own cunning and iron will (cognitive dissonance: "I actually wanted all this to happen").

He then proceeds to discard his erstwhile Pathological Narcissistic Space (his physical hunting grounds) as well as everyone in it, now all indelibly imprinted with the unbearable memories of the traumatic mortification and are, therefore, transmogrified into triggers.

Unable to subsist and survive for long without narcissistic supply, he lovebombs and grooms his way into new sources in a new location only to restart the cycle of idealization-devaluation or mortification-discard-and replace.

The pandemic has rendered all this maneuvering impossible. Forced into immobility and a virtual existence, many narcissists are driven to psychotic decompensation and life threatening, potentially suicidal acting out. Attempts to compensate via social media and a cyber presence only backfire as the narcissist is exposed to multiple repeated narcissistic injuries every minute of every day.

494.

We often confuse mood LABILITY and emotional DYSREGULATION with [INTENSITY](#). Some people need intensity because they cannot feel anything otherwise. They conflate and confuse the intense and the sentimental with the emotional, mistaking drama with feelings.

Real, true POSITIVE emotions are NOT dramatic OR sentimental OR intense. Positive emotions are just THERE: deep, rooted, profound, all-pervasive.

Pain is dramatic, sentimental, and intense. PAIN. ANGER. ENVY. HATRED. Negative emotions. Positive emotions don't require intense dramatics. They are cheapened by such theatrics.

Relationships with narcissists are founded on NEGATIVE emotions: fear, anxiety, envy, anger, control, etc. The pain is caused by withdrawal, rejection, and betrayal. Both parties experience it.

When the relationship is founded only on negative emotions, it gives rise to anxieties and insecurities.

495.

Often, victims set [boundaries](#) long after the abuser had moved on and out, having plundered and pillaged everything they had, having lost all interest in them anyhow, and having traumatized his hapless prey for life.

Examples of shutting firmly the doors of an empty stable: "I will never again date this guy who had raped me while I was drunk" or "After 20 years of his abuse, I moved out".

For boundaries to be effective, they must meet four conditions:

1. They should be firm and rigid, never fuzzy or negotiable;
2. They must be clear and unequivocal and communicated unambiguously;
3. They must come replete with carrots and sticks applied to everyone automatically and equally - including to oneself: rewards for behaviors that conform to the boundaries and punishments for any violation. The deterrent inherent in them must be credible and just - not knee-jerk and arbitrary.
4. Zero tolerance: first strike and you are out, first breach and you are gone, first offense or incident of maltreatment and the offending perpetrator is history.

496.

When the narcissist truly needs and wants something or someone, it is experienced by him as a challenge to his omnipotent self-sufficiency, unbridled freedom of action, and entitlement, and, consequently, as a profound narcissistic injury.

The narcissist then rejects and abuses the very things and people he so craves and, inevitably, ends up experiencing recurrent losses and mortifications. He convinces himself that people are evil and envious and that the world is a hostile jungle, undeserving of him.

The narcissist's reactions are misperceived as [self-destructive and self-defeating](#) when in effect they are meant to preserve his grandiosity, anarchic liberty, sadistic superiority, and nihilistic cynicism as well as the inner equilibrium that these afford him: "I need no one and nothing! Look how I willingly discard and trash everything you, my inferior mediocres, hold dear and essential! I am a free man!"

Such overt humiliating contempt is tinged with a form of mild, taunting sadism: "Easy come, easy go! I accomplish all things effortlessly and this facility renders everyone and everything worthless, dispensable, and interchangeable: intimacy, sex, money, career, family, or celebrity. I just couldn't care less about what you care most! I am burning it all to the ground to communicate to you that you are slaves to society while I am a master of my life! I am my best source of self-supply! You have no hold over me because I do not need or want anything you can possibly possess or wish to share with me! I do it my way!"

Of course, these are mere defensive and compensatory projections and a desperate attempt by the narcissist to pretend that he is in control of his own inexorable decline, collapse, and defeat.

But it is also a rigid, immutable ideology, akin to the mores of the hereditary aristocracies in times bygone. Noblemen in previous centuries held in abiding disdain commoners and their existence: their labor, thrift, sexual exclusivity, and commitment to family and church. Leisurely hedonistic idleness (slacking) was elevated and normative. The ideal among these grandiose and entitled circles was to become a childless bachelor "gentleman of leisure", or "gifted amateur".

497.

[Narcissist's Credo](#)

No one can enslave me, tie me down, or tell me what to do, my way is the only way: seize the day, keep moving, reinvent yourself often (contumacious defiance)

No one has anything I cannot survive without, so no one has power over me or deserves anything from me, I owe nothing to anyone (unbridled freedom)

I abuse and reject anyone who presumes to be superior to me intellectually or to possess something s/he thinks that I need or desire (sex, love, money, power)

I never change, commit, invest, or make an effort because no one and nothing merit such a sacrifice

No one has the right to reciprocate my mistreatment because I am inherently superior and therefore entitled.

498.

The narcissist is the primordial [homo ludens](#): he does nothing else but play games. His entire life is a gigantic chess board or a mega screen. Now he pretends the part of a hypersexed lover, tomorrow he is thespian a man of god, an impostor, a mock psychologist, a fake guru, ersatz public intellectual, or a wannabe father. It's fun, this protean constant self-reinvention!

Other people are either playmates - or toys. When he tires of playing the same game with the same animate and inanimate props - he discards the lot unceremoniously and moves on to another location, a new vocation, replete with a set of new characters.

Sometimes he breaks or dismantles his toys and abuses or rejects his playmates. He always switches abruptly and unexpectedly: an ephemeral apparition where a solid imitative rendition of a human being existed hitherto.

Finally, of course, like every bully, he is left with no one to play with but the Grim Reaper. He resents this sudden constriction of his playpen, this inexplicable impoverishment of his sandbox: he has done nothing to deserve this winding down! It was all just a game, you see, just innocent fun!

499.

The narcissist [grooms potential sources of sadistic or narcissistic supply](#) and proceeds to extract it from them in a well-demarcated and bounded ecosystem called "pathological narcissistic space (PNS)".

The PNS could be a physical location (neighborhood pub, church, or workplace, for example), a system (e.g. the narcissist's family, or a group of fans), or a virtual environment online (a support group, a YouTube channel, a social media account, a MMORPG multiplayer game, a MOOC class).

Sooner or later, the PNS collapses as the narcissist alienates, disappoints, and enrages everyone. He is then forced to devalue, discard, and replace the hitherto idealized niche (his current PNS) and scout for alternatives.

When circumstances - such as a pandemic or a war or a recession - conspire to restrict the narcissist's mobility, access, or ability to conjure up a substitute PNS, it can lead to personal collapse, mood lability, emotional dysregulation, and even to mortification.

500.

Interview granted to Samantha Cleaver for YourTango.com

Q. What are some common ways that a [mother's narcissism can affect her daughter's relationships](#)?

A. Depends on how narcissistic the mother is. Narcissistic parents fail to recognize and accept the personal autonomy and boundaries of their offspring. They treat them as instruments of gratification or extensions of themselves. Their love is conditioned on the "performance" of their children and on how well they cater to the needs, wishes, and priorities of the parent.

Consequently, narcissistic parents oscillate between clingy emotional blackmail when they seek the child's attention, adulation, and compliance (known as "narcissistic supply") and steely devaluation and silent treatment when they wish to punish the child for refusing to toe the line.

Such inconstancy and unpredictability render the child insecure and codependent. When in relationships as adults, these children feel that they have to "earn" each and every morsel of love; that they will be instantly and facilely abandoned if they "underperform"; that their primary role is to "take care" of their spouse, mate, partner, or friend; and that they are less important, less endowed, less skilled, and less deserving than their significant others.

Q. What are the top concerns when daughters of narcissistic mothers start relationships? When their relationships move forward? When their relationships end?

A. Children of narcissistic parents are ill-adapted; their personality is rigid and they are prone to deploy psychological defense mechanisms. Consequently, they display the same behaviors throughout the relationship, from start to finish and irrespective of changing circumstances.

As adults, offspring of narcissists tend to perpetuate the pathological primary relationship (with their narcissistic parents).

Continued: <https://samvak.tripod.com/faq5.html>

501.

We all strive to default to an ego-syntonic comfort zone outside of which we experience dissonances and anxieties. Our comfort zones are narratives that fulfill several requirements and cater to crucial psychological needs:

1. The comfort zone comprises a coherent and cohesive library of theories of mind (mentalism) and of the world (Umwelt). It allows us to predict the future choices and behaviors of people and thus sustain a sense of personal safety;
2. The comfort zone is a set of principles that provide our lives and the world around us with organization and structure (both endoskeleton);
3. The comfort zone imbues everything we experience or do with meaning and helps to make sense of an otherwise chaotic reality;
4. The comfort zone generates directions and goals to pursue (exoskeleton).
5. Finally, the comfort zone seamlessly incorporates our values and beliefs, our Weltanschauung (is axiological and normative), typically acquired via the twin processes of socialization and acculturation. Our conscience (superego, inner critic) is an integral part of our comfort zone.

Personal boundaries firewall the comfort zone: a form of signalling as to which behaviors and

communication (messages) are permitted and which are actionable, out of bound, and will trigger reprisals and sanctions.

The comfort zone is such a critically utilitarian piece of psychological equipment that people ferociously resist any attempt to alter, modify, or challenge it even when they come to accept that it is manifestly and patently counterproductive, self-destructive, and self-defeating.

502.

The narcissist goes through [vacillating mortifications](#) (both counterfactual): from internal to external and back.

Narcissistic abuse type 1 (in the shared fantasy) revolves around externalized negativity: pessimism, ostentatious disappointment and disapproval, criticism, intermittent reinforcement, and rejections. Type 2 (during the bargaining phase) includes verbal, psychological, sexual, financial, and legal abuse, often in the forms of withdrawal and avoidance.

External mortification

“Women reject me first and only then do I react with abuse and negativity”

Internal mortification

“I abuse women first and exude negativity and only then do they react with abusive misbehavior, cheating, and abandonment.”

Reality

Women reject and abuse the narcissist concurrent with his type 1 low-grade ambient abuse. He then escalates it, becomes proactive, and varies his maltreatment, coupling it with both externalized and internalized negativity. This then leads to cheating and abandonment: mutual hostilities culminate in MAD (Mutually Assured Destruction).

Type 2 abuse sets in as an integral part of the devaluation-discard-replace phases of the relationship cycle.

The narcissist escalates his type 1 abuse when he detects imminent abandonment or anticipates it as he tests the boundaries, loyalty, and parental qualifications of the straying errant partner.

503.

[Narcissism is compensatory](#). In the deepest recesses of his tortured mind, the narcissist realizes his inadequacies. In intimate relationships, he is a petulant child, not an adult man. He knows that, sooner or later, deprived of her most basic needs, his partner will either cheat on him or abandon him.

This anticipatory loss gives rise to extreme abandonment anxiety and fear of separation, experienced as “romantic” jealousy. The more labile, dysregulated, promiscuous, exploitative (“gold-digger”), and approach-avoidant (intermittent reinforcer) his mate is, the more constant, all-consuming, and manifest the narcissist’s angst and possessiveness are. But, when breakup is not imminent, the narcissist is neither anxious, nor jealous, even if his partner spends most of her time with other men. As long as object constancy is preserved, I welcome my partner's absence and even the gratification and succor afforded her by her lovers which render her a kinder, more patient “mommy” (ludic time “home alone syndrome”).

The narcissist’s every behavior in his intimate relationships is aimed at forestalling abandonment. Consider his sexual practices: his sadistic autoerotic sex reduces his partner to an objectified – and, therefore, utterly controllable and inert – plaything, a toy.

Conventional sex is out of the question because, at the emotional and psychosexual age of a child, the narcissist is incapable of perceiving his counterparty as a desirable, gendered, full-fledged person. Moreover, having parentified his spouse, the narcissist renders reciprocal, mature sex all but incestuous. His partner's conventional sex with other men is, therefore, not perceived as threatening as long as it is decoupled from object inconstancy (bears no risk of abandonment).

Contrary to online myths, the narcissist is not possessive of his partner, protective of her, or jealous. Nor does the narcissist compete with other males who lay claim to "his" female – as long as her dalliances, affairs, hookups, and liaisons do not threaten the integrity and the longevity of the shared fantasy. "Mommy" can do as she pleases with real men as long as she loves unconditionally and in perpetuity her "child" back at home.

When the narcissist decides to devalue and discard his partner, his separation anxiety dissipates and he wants her gone. During this terminal phase of bargaining and discard, the narcissist actually actively pushes his partner towards other men in the hope of ridding himself of her nagging presence.

504.

The narcissist does not allow anyone to love him: he reacts with abuse to any [attempt at intimacy](#) because he equates attachment with looming and binding commitment, the loss of freedoms, and, thereby, personal stagnation.

Deep inside, the narcissist also realizes that he has to bribe his partner into staying with him and tolerating his mental illness and sadistic abuse. This exigency causes him constant shame and narcissistic injury. Mortification awaits when he is abandoned or ostentatiously cheated on - or both.

The narcissist also feels that "love" is merely self-interested faking, liable to end in betrayal and hurt and, therefore, best avoided. He fends it off preemptively.

Tellingly, the narcissist has no problem to bond with pets or with partners to repeated casual sex precisely because they let him be in full control and expect little in return for their devotion and loyalty.

505.

"[Emotional flashbacks](#)" is NOT an accepted construct in clinical psychology. Flashbacks are dissociative (cut us off from the world), they are like time travel: they recreate fully and faithfully all the sensa of a past traumatic event. To experience a flashback is to be transported into another time and another place in the fullest way. Emotions and memories never recreate or even represent the past accurately: they reimagine it creatively, on the fly, and never in the same way each and every time they are evoked. Flashbacks sever us from the present reality - emotions and cognitions do exactly the opposite: help us to connect with reality (external and internal) and make sense of it.

Differentiating terminology: "involuntary autobiographical memories" (an everyday memory phenomenon), "intrusive memories" (involuntary memories with repeated and usually distressing content, generally associated with psychological disorders), and "flashbacks" (involuntary memories involving re-experiencing distressing events in the present, thought to be specific to PTSD). These are not used interchangeably (Kvavilashvili, 2014).

I propose that, from an early age we relate to the world (external objects) and regulate internal objects using three processes, not two: dissociation (to cope with traumas), cognitions, and emotions are arranged in contextualized narrative memories: traumas overwrite cognitions and emotions with new content (Schnider's silencing).

Traumas and dissociation are as frequent as emotions and cognitions.

Traumas and the language of dissociation comprise the unconscious. Psychological defenses are associated with cognitions (rationalization), emotions (denial, projection), trauma (repression). That children dissociate and can be traumatized proves that these are fundamental features of the mind: not acquired but congenital.

506.

"In Norse mythology the goats slain in Valhalla by the warriors for their feasts were always alive again the next morning.

In a similar way, the [narcissist](#) emerges from every honeymoon a bachelor."

Paraphrased from "Villa and Zapata: A History of the Mexican Revolution" by Frank McLynn, Basic Books, 2000, pages: 127-128

[Return](#)

Sex  
And  
Intimacy:  
Forgotten Arts

109.

There are [two types of triangulation](#) (using a third party to manage the emotional, intimacy, and transactional aspects of a relationship): breakup and restorative.

Breakup triangulation involves overt and ostentatious cheating with a third party in conjunction with other egregious misbehavior. Its aim is to irrevocably break up with a current partner.

Why triangulate rather than simply terminate? A myriad reasons: revenge, rage, community property, inability to let go (codependency), restoring the cheater's self-esteem, feeling desirable and alive again, obtaining succor and ersatz intimacy, or uncertainty about one's true wishes.

But usually, it is simply the desire to cast one's mate as the villain who ended it all because of he is insanely jealous and not magnanimous or empathic enough to forgive and understand.

Restorative triangulation has the exact opposite goal: to revive the relationship by provoking an emotional response from the jilted partner. Such triangulation involves the mere favorable mention of another person, hints at possible misconduct or compromising circumstances, or, at a maximum, aggressive flirting and non-penetrative sex acts, such as kissing, petting (making out), or hugging.

Triangulation is a last resort and risky strategy. It often escalates counterproductively into sexual assault by the recruited third party or results in an extreme reaction by the offended partner who chooses to discard an unfaithful, disrespectful, narcissistic, and dysempathic counterparty.

110.

MAN

[Why did you cheat on me with someone so vastly inferior to me?](#) He is ugly, penniless, paranoid, junkie, drunk, unemployed, indolent, and, generally, a beta loser

WOMAN

Because he gave me what you wouldn't, never mind how much I begged you to.

He flooded me with attention, affection, support, succor, and passionate desire. He wanted me in every way. He gave me hours of listening and handholding and the intimacy of inside jokes and of dancing and socializing and doing small inconsequential things together.

He was far superior to you in every way that mattered. He did not abuse me. I lit up his world and his face every time he saw me.

MAN

He wanted you only in one way and solely for one thing and you know it!

He was FAKING all the rest and not very well, if I may add.

WOMAN

True, he was - and, of course I knew it, I am not dumb or gullible.

But, you see, the very fact that he had bothered to fake it, that he had invested so much into making

me believe his lies - this very exertion flattered me and proved to me that he cared about having me.

After the years of zero emotions with you, of taking me for granted - even these breadcrumbs of attention and effort and time and lust overwhelmed me with gratitude and elicited in me the wish to reciprocate, to show him in every way how much I appreciate it - and him. So, I did. I gave him all of me, my body first and foremost.

As opposed to you, he toiled hard for it and at the end of every evening, he had earned it, this prize that was me.

And it didn't really matter how much IQ or money he had or how far he got in life or how many of his teeth were missing or whether he looked like a roadkill

The only thing that meant something to me was to glimpse myself through his adoring, desirous eyes, to gauge my reflection and to be able to find myself as lovable and as wanted as you have never made me feel. I did not want him, really, but I wanted him to want me, because it made me come alive, finally.

111.

How long will it take you to recover from a traumatic breakup or from infidelity by your cherished partner? And will you be able to remain friends afterwards or will you go no contact? Will you try again, give each other a second chance at relationship recovery?

Answer these six questions in the [Heartbreak and Recovery Scale](#) (HeRS):

1. Did what s/he do come as a shock to you - or was it predictable, the culmination of a visible process?
2. Did s/he humiliate you in the process, especially in public and in front of your peers?
3. Did you react with anger or even rage that just wouldn't go away?
4. Following the events, were you desperate and in the throes of catastrophising ("I will never find someone to replace her") or negative automatic thoughts ("I always fail in my relationships")?
5. In the aftermath, did you experience profound sadness (dysphoria) and nothing gave you pleasure (anhedonia)?
6. Finally, in the wake of the dissolution of the bond, did you feel excruciating pain, overwhelming romantic jealousy, or pathological envy?

If you scored 2-3, it is improbable that you will ever be in touch again. A score of 4 prefaces a new phase of mere friendship or companionship between the two of you. A score of 5 or 6 leads to frenzied - though usually doomed - attempts to restore the relationship to its former romantic self.

112.

If she cheated on you once, she is likely to do it again (serial cheating). If he takes actions (not just talk) to triangulate with another person, he will probably end up double-timing with her or with someone else soon thereafter. If you fell victim to infidelity once, it will happen to you again and with

multiple partners. Facts.

This is because adultery is the outcome of selecting for wrong mates repeatedly, mismanaging relationships similarly, and mishandling by the cheater of his or her inexorable dysregulated emotions and moods. Straying is a cry for help, a sign of debilitating distress, and the dead canary in the relationship's deepest mine shafts.

[Pain aversion leads to self-deception](#). The injured party often has access to all the relevant information, the bulk of which is provided by the guilt-ridden and shamefaced fornicator. But denial and reframing set in to twist the facts into a palatable, non-injurious tale of innocence, innocuousness, and happenstance. Narcissistic defenses - such as invulnerability and grandiosity - kick in to mask the betrayal.

113.

Casual sex with strangers (one night stands, or [stranger sex](#)) sometimes devolves into extreme humiliation and even outright infliction of pain. These outlier experiences could fulfill either of several psychological functions:

1. Experimenting with novelty without the risk of being judged and without caring about the sex partner's opinion. The absence of long-term consequences and future reminders (it is, after all, a one time encounter) encourage sexual daring and openness and result in trying out kink and other forms of "deviant or perverted" sex.
2. (Applies to women only) By picking an inferior or lowlife partner and then allowing him to use her body with no constraining rules or boundaries, women self-trash, self-punish, self depreciate, self destruct, and uphold their self-perception as a "bad, unworthy, dumb, defiled slut". Where there is a rejecting and abusive intimate partner in the picture, it is also a way to "devalue his property" by rendering herself a "whore"
3. Restoring one's self-esteem via the other's out of control, bestial desire: the more extreme the sex acts, the more carnally irresistible the violated or raped or humiliated party feels.
4. Sex with unknown and, therefore, potentially dangerous partners is - oddly! - palliative: the fight, freeze, fawn, or flight response required to survive the night distracts from and ameliorates overwhelming and dysregulated negative emotions, such as depression, disappointment, and anger.

114.

Does he [accuse you of cheating on him](#) all the time? There could be three reasons for his abuse: two of them malignant and one benign.

1. He may be projecting. Actually, he is the one who is cheating or considering to cheat. He assumes that you are in the throes of the same state of mind as he is.
2. He wants to legitimize his adultery or two-timing. If you are cheating - why can't he? And, if you started it, he still maintains the high moral ground, regardless of his peccadillos.
3. He wants to initiate a dialog on opening up the relationship and granting both of you the freedom to be with others, sexually. He just doesn't know how to do it, he feels awkward, he is afraid to hurt you - so he immaturely aggresses.

115.

Both having free choice and maintaining meaningful relationships provoke angst (anxiety or dread) in [broken, damaged, traumatized, or mentally ill people](#).

This existential crisis is further exacerbated to unbearable and intolerable levels by a rejecting and abusive partner. The resulting pain leads to decompensation and to reckless, self-destructive and self-trashing acting out. Such people, often on sudden impulse, then team up with rogue, dangerous, psychopathic, and predatory counterparties as instruments of personal doom and self-mutilation for one night or longer.

Egregious misbehavior is irresistible in such circumstances because it fulfills multiple critical psychological roles and needs. Apart from self-debasement and self-punishment, it also provides ersatz empathic intimacy from the new partner and serves as a signalling function: a cry for help, a beacon of distress, intended to elicit a reaction - any reaction! - from the inalcitrant significant other.

Post-traumatized people have zero tolerance for uncertainty. The intimate partner's approach-avoidance and intermittent reinforcement (abuse-love bombing-grooming-hoovering) drive them up the insanity wall.

Misbehaving badly in any way (including ostentatious cheating) is a way of forcing the partner's hand: wake up, forgive me, and love me from now on - or dump me and let me go. It is brinkmanship at its most acute and actually a rational strategy.

116.

There are 4 variants of the [pandemic of emotional or physical cheating](#): 1. Ostentatious-malicious (intended to triangulate or hurt the cheater's intimate partner); 2. Deceptive (most common); 3. Functional (pressure valve to alleviate stress, palliate, or meet needs, usually in a "don't ask, don't tell" permissive agreement with the partner); and 4. Open-contractual (as in open relationship or marriage)

Recent studies show that half of all cheaters are happy in their marriages and love their partners. The most common reason for straying given by women was: inequality of burden-sharing (not falling out of love, unmet needs, or boredom – but drudgery!). Two-timing had become a psychopathic (antisocial) impulsive mode of protest and subversion of traditional gender roles. It levels the playing field, fostering unigender and gender vertigo.

Themselves children of divorce, young people are disinclined to separate. Why bother? The next intimate partner is bound to be as bad (or as good) as the current one. Cheating is a narcissistic plan B: have the marital cake and eat the forbidden fruit too. Deception, dysempathy, disintimacy, and blind egotism are now widely perceived as positive and self-efficacious adaptations with beneficial outcomes.

Over the past 300 years, we have revamped our behaviors and values, doubled our life expectancy (which rendered monogamy and a partnership for life impractical), and revolutionized our communications and transportation technologies. Our millennia-old institutions, though, have barely changed to accommodate these tectonic shifts. Anomie, atomization, alienation, irrationality, rampant mental illness, multiple dysfunctionality, mob rule, and rabid narcissism are the costs of this failure to reform.

117.

Men choose a casual sexual partner based on one of three parameters (opportunity, availability, visual cues). Women go through a whopping 39 criteria before they agree to copulate.

This is why women may end up having one night stands even with ugly junkie bum losers: they "saw something in him" (read: he passed some of the 39 tests). Women's sexuality is plastic: a woman will

have sex with a man she pities or out of gratitude or because he is intelligent, funny, kind, interesting, attentive, finds her irresistible, pleasant to be around ... the list is 39 items long.

Similarly, the [mating \(mate selection\) algorithm](#) is different between men and women. Men first feel carnally attracted and are then driven to act on their lust. Women's bodies react exactly as men's do: blood flows to all the right places. But they consciously experience arousal only AFTER they have decided to sleep with the man (in other words: after he had been vetted by passing some of the 39 exams)

Different evolutionary paths account for this disparateness: Nature encourages men to be promiscuous and women to think twice. Reproductive strategies reflect the anticipated investment of scarce resources: even in post-modern societies, women are the ones who get stuck with the bill: pregnancy and childrearing.

118.

"It was meaningless sex, she (or he) meant nothing to me!" is the stock response of cheating men (and, increasingly, women). I always found this odd reassurance odiously offensive. It only makes matters worse and hurts even more.

To start with it is never true: there is no such animal as "meaningless" sex. [Sex](#) - even the casual sort with a virtual stranger - always has some intimate and emotional psychosexual background. There is mutual affection exchanged, gratitude expressed, self-esteem buttressed, pity or protectiveness felt, attraction articulated, smells and tastes enjoyed, support given, exuberance, possessiveness, and, often, hopes and expectations aroused.

But, far more importantly: if he or she really meant nothing to you and the sex was that irrelevant - why risk devastating your significant other for no value? Surely, the happiness and wellbeing of your intimate life partner matter more than an orgasm with a nonentity? Or do they?

119.

Studies have consistently demonstrated that both men and women often - though by no means always! - [cheat on their primary partners with far inferior lovers or mistresses](#): uglier, or older, less intelligent, unattractive, or less accomplished. Why would anyone trade down? When the sexual or emotional affairs are exposed, the cheated spouses are aghast at their unintelligibly poor replacements: they feel humiliated and narcissistically injured.

But, actually, such choices of "safe" stand-ins signal an abiding and deep commitment to the relationship with the deceived significant other.

In a relationship that had become emotionless and sexless, the partners have an irresistible urge to satisfy their needs for affection, succor, and intimacy, sometimes including closeness of the physical sort, when they miss being wanted and desired both as companions and as sexual objects.

But, if the strayers still value the primary relationship for whatever reason or if they still hold hope for it, they would attempt to avoid an alternative liaison with a potentially serious substitute. They want to not form a new, competing, and equipotent attachment. It is easier to give up on an inferior stopgap romantic counterparty. They want to stray - but never lose sight of the safe and secure base of home.

Only when they have given up all expectations within the morbid primary bond, do they seek other partners with superior qualities. Such choice is the tintinnabulating death knell of the old, now irredeemably defunct love.

120.

There are [three types of promiscuity](#): frequency, conditional-contextual, and standards.

In Frequency Promiscuity, the quantity of partners and sexual encounters is statistically abnormal - but some criteria and standards are maintained throughout with regards to mate selection, what little time is spent together, minimal emotions (liking the partner, affection, feeling good in his company), and behavioral choices.

In Standards Promiscuity, the numbers of sexual liaisons and disparate partners are not always high but there are no thresholds or benchmarks as to the type of partner chosen or which behaviors are deemed unacceptable: anyone and anything go.

In Conditional Promiscuity, women reward with sex anyone - even a "bad guy" - who is "nice" to them (attentive, protective, and possessive) and finds them irresistibly desirable. It is a meaningless transactional exchange: emotionless sex swapped for worn out pickup lines: better the wrong kind of attention than none.

The first type of promiscuity is not really casual sex: it involves getting to know the prospective sex partner however superficially and cursorily. The second type is compulsive (intended to ameliorate anxiety and depression) and ego dystonic or impulsive (reckless, emotionless, novelty-seeking behavior) and ego syntonic.

Examples:

A heterosexual man who is frequency promiscuous would trawl bars or swipe dating apps to pick up partners for casual sex. But he would be selective as to the physical type of the partner, her psychology, and background. He would also not do drugs or get drunk senseless or visit a brothel. He would spend some time with her, getting to know her better and making up his mind whether he wants to copulate with her or not.

A heterosexual woman who is standards promiscuous will rarely have a one night stand but, when she does, will do it with anyone anywhere at any time. She would also get drunk senseless, do drugs, go to strip clubs, let herself be groped in public or by multiple men, even make herself available to gangbangs, and so on: no standards or inhibitions.

121.

Neglect is when one's intimate partner does not care about one's needs, emotions, or wishes and does not mind or interfere with one's behaviors or choices, however self-destructive or harmful or hurtful they may be.

Two forms of neglect are benign indifference (one's partner is available only on explicit demand, "on call") and malignant freedom: "Feel at liberty to do whatever you want with whoever you wish, just don't bother me with the details"

Neglect is not the same as active and overt verbal, sexual, or emotional rejection: pushing you away and asking you to absent yourself in every way.

Neglect also does not involve withholding of sex or of attention when both are asked for openly and clearly.

But it may well be the most pernicious form of abuse because it implies and broadcasts a lack of emotional investment and interest in the partner that obviates her uniqueness and importance as an individual.

Other forms of abuse: <https://samvak.tripod.com/abuse.html>

122.

[Trust in a relationship](#) relies critically on clear enunciated values, agreed upon rules of conduct and stated boundaries with promulgated sanctions if the above are breached. These interpersonal compacts engender stability, predictability, realistic expectations, and self-regulation.

Testing the trust fostered between the parties is a seriously bad idea. One should avoid placing oneself in temptation's way and in potentially compromising circumstances. The parties should not give in to the grandiose and counterfactual assumption that "nothing will happen if I do not allow it to happen. I've got everything firmly under control. It is safe to misbehave up to a certain point"

Why provoke insecurity and uncertainty in your partner by acting in ways and placing yourself in situations which could go awry despite the best intentions and pre-existing commitments? Human behavior is complex and, therefore, rarely predictable and controllable. Stay on the straight and narrow and where there is doubt or even a 1% chance of mishap and mischief - keep away. Think of your partner's peace of mind and of her trust in you and let go of your "freedom" just a little. After all: grandiosity, dysempathy, risk-taking, novelty seeking, reactance, and defiant autonomy are the hallmarks of ... psychopathy!

123.

Conducting my own mini-poll.

If you are in a committed heterosexual relationship with agreed monogamy and sexual exclusivity (like a marriage), which of the following would you consider to be an [inappropriate behavior](#) on your part:

1. Meeting once a week EVERY WEEK for evening drinks or a dinner with a friend or colleague of the opposite sex who is single
2. Spending the night in a bar with a friend or colleague of the opposite sex and returning home in the early hours of the morning
3. Sharing drinks with a stranger of the opposite sex who you have just met in a bar or in a restaurant
4. Sleeping over on a couch at the apartment of a friend or a colleague of the opposite sex who is single and living by himself
5. Going on a non-business trip or a vacation with a friend or a colleague of the opposite sex who is single
6. Kissing on the mouth and making out (but no sex) with a friend or a colleague of the opposite sex
7. Giving or receiving oral sex (without penetration) to or from a friend or a colleague of the opposite sex
8. Which of these 7 behaviors would you consider as cheating

Kindly indicate your age in your responses.

Feel free to elaborate on your responses and explain the reasoning behind them as well as discuss the issues among yourselves in the comments.

You can also DM me with your answers and reasons.

Thank you for supporting my research.

124.

[Romantic Distancing](#) is when people who used to have a full-fledged relationship remain in the confines of a dyad and share living and business quarters as functional roommates or business partners, but are emotionally and/or sexually avoidant and absent. They keep on keeping on owing to inertia or habit, community property, common children, peer pressure, social expectations, low self-esteem, economic, legal, or other dependence, pessimism regarding the dating pool out there, sometimes good sex, and any other reasons they can think of.

But many of these disgruntled spouses or partners seek sex, intimacy, and love elsewhere. And a small minority do so openly, ostentatiously, often with their official primary partner present and observing as the flirt with another person evolves into much more.

Why flaunt the extra-dyadic affair so cruelly and egregiously?

There are three successive phases in such radical misbehavior:

I. Triangulation: attempting to rekindle the relationship by provoking jealousy. A cry for help, really: a signaling of distress and dysphoria.

If this fails and the partner couldn't care less there is ...

II. Rage and a wish to hurt the partner's feeling by defiant in-your-face, overt, dysempathic, and disrespectful cheating that he is forced to witness.

III. Gradually, being unfaithful becomes a way to self-soothe and cater to emotional and sexual needs not met by the primary partner. There is little effort to conceal the succession of new lovers because the cheater no longer bothers about his or her partner's emotions and whether s/he is hurt or not. Emotional absence and utter indifference as well as unrelenting and driven selfishness had replaced love, friendship, or even common courtesy. The rationalization is: "He (or she) doesn't care or mind, so why bother to hide it?"

125.

Instances of [casual sex will explode](#) after the pandemic is over. But too much casual sex can impair your ability to associate sex with intimacy: if you do it with strangers often enough, your own partner is rendered just another stranger, a statistic. One night stands become the norm and how you think about sex. Habits mold our neuroplastic brain. Meaningful relationships become impossible in a world of meaningless, physical, often drunk sex: you bond to your mate in every way, except sexually. People under age 35 - the generations of hookups and dating apps - are already experiencing this self-inflicted disability whenever they try to have a more significant liaison.

Here are some psychosexual rules to follow to mitigate this risk:

1. Never spend too much time with your casual sex partner before you hit the sack. Time shared engenders attachment and intimacy and transforms what should have been a harmless one-off experience into a more meaningful variant, replete with budding emotions (such as affection or even gratitude). Confronted with these mixed signals, our brains react by linking casual sex to intimacy. Henceforth, you will pursue intimacy only in bars and via occasional romps. Bad idea.

2. Exclude certain sex acts and reserve them only for your loved ones. Don't do absolutely everything with everyone, promiscuously or indiscriminately. Refuse to realize all the sexual fantasies of your casual sex partner. Maintain an island of uniqueness and exclusivity: your body should be used to tell your intimate partner how special he or she is to you. If there is nothing you haven't done before with total strangers or acquaintances - in which way can you make your mate feel chosen and unprecedented in your sex life?

3. Don't have too many [one night encounters](#) too often. Don't sever the neural pathways that connect sex to deep and abidingly profound intimacy. Do not overuse your sexuality off-handedly, transforming it into just another bodily function, a mere exchange of excretions, a form of masturbating with other people's genitalia. Do not debase sex to the point that you will think nothing of cheating on your partner or doing it when drunk, wasted, or stoned senseless. Respect yourself and be mindful of the trust issues (and real-life hurt and dangers) that a totally carefree, anarchic attitude to sex can create.

Casual sex can be fun once in a while and can restore one's sense of wellbeing and self-esteem. If it conforms to one's values and upbringing, it is ego-syntonic and not disruptive. There is nothing wrong with it inherently. But like everything else in life, overuse can be detrimental to your psychological health and to your ability to nurture a future connection with that other special person. You can overdose on casual sex. Recent statistics show that young men have 6 and young women a little over 4 such encounters a year. Women are catching up to men. This is way too much. It is toxic.

126.

[Life can never be meaningful without meaningful interpersonal relationships](#), especially with intimate partners or significant others, including friends. Narcissists, psychopaths, histrionics, and borderlines are incapable of having such profound connections, each disorder for its own psychodynamic reasons.

Consequently, even in the best of times and when they are goal-focused, the lives of these people are aimless, diffuse, derealized, depersonalized, confabulated, and dissociative. They meander and wander and stumble through their lives as if they were on a stage set, sempiternal, disinterested, and mildly curious observers of the comings and goings.

Often they end up hurting and traumatizing others more by their absence than by their presence. Lacking object constancy, their "nearest and dearest" are out of mind when they are out of sight. Splitting helps them to justify egregiously immoral, antisocial, harmful, and hurtful misconduct: if your partner or friend is suddenly all bad, intentionally frustrating, persecutory, and evil - surely whatever you do to him or her is in self-defense.

In his unsurpassed masterpiece, "The Mask of Sanity", Cleckley suggests that meaningful relationships "influence to consistent, purposive behavior". Studies - like Lisa Wade's - are demonstrating that the young have elevated meaninglessness to an item of faith: it is bad taste to attach to your sex partner and dating is down 50%, replaced by hookups. Problem is: meaninglessness is malignant and metastasizes to all other areas of life, including marriage (or partnership) and parenthood. It is a psychopathic fixture and goes hand in hand with "pseudologica fantastica" (pathological lying), as Dan Ariely had convincingly demonstrated.

127.

I regard [sex by women and men](#) as fundamentally different experiences. "Penetration" is an aggressive male chauvinistic word that refers to the woman as a territory to be probed, invaded, and conquered. Men are as much engulfed and "digested" by women as they pierce them.

With the single exception of rape, the woman has to invite her sex partner in, welcome him warmly, bathe him in her unique libation, and guard his liquid manhood in herself. She is a host, he is a guest in her shrine.

Even in casual sex, the woman gives access to her essence, from the inside. Even a one night stand implies a modicum of intimacy, closeness, naked vulnerability, and total trust between the woman and her sex partner. At least as much friendly confidence as between a hostess and her guest who she invites to the most shielded private recesses of her home.

This is why cheating by his female intimate partner is such a disproportionately devastating blow to the cheated heterosexual man from which he never fully recovers. Women are far less impacted by the sexual-physical aspects of their partner's infidelity precisely because the anatomy is different: when a woman gives consent it is more pronounced, explicit, proactive, significant, and, well ... deeper.

128.

There is a marked decrease in dating (-50%) and [relational sex](#) and a pronounced increase in the frequency of casual stranger sex. Recently, I posted two lengthy videos about promiscuity and casual sex. I left three issues to be explored in a future feature:

1. The proliferation of sublimatory channels.

Sexual energy (a manifestation of the libido, the life force) can be converted and directed into other, socially conformist, venues, like artistic creativity or politics.

Modern technologies have empowered us and granted us access to so many new or hitherto inaccessible activities that sex had been pushed to the bottom of the list. Simply, we are too busy to copulate and sex has to compete with other equipotent distractions and diversions.

2. The male brain perceives pornography as the real thing. The female brain similarly reacts to erotic and chic lit. This renders sex with a flesh and blood partner a poor, logistically fraught substitute best avoided except as a last resort.

3. As both men and women became way more narcissistic or even psychopathic and as the numbers of broken and damaged victims and survivors of abuse proliferated, the pool of eligible acceptable partners shrank dramatically. People are more demanding, self-centred, dysempathic, grandiose, defiant, impulsive, incapable of attachment and bonding, leery of intimacy, and less prone to compromise.

The effort and performance required today in establishing and maintaining a viable longish-term dyad far outweigh and outstrip anything expected in the past. Breakups, divorces, and infidelity are stratospherically high - so, why bother? The prize is no longer worth the price and it is all for one night, anyhow.

129.

Both Picasso and Einstein would have been considered abusers nowadays. With such a reputation, women would have shunned them, regardless of their genius or celebrity status. See Harvey Weinstein.

It wasn't always like that. In my youth, [geniuses were allowed to mistreat other people](#), including and especially their intimate partners and nearest and dearest. The genius's infidelity, outbursts, moodiness, and absences were the price one paid for the once in a lifetime privilege of sharing a life with a luminary. It was both expected and accepted.

Today, physical appearance and a kind personality (real or feigned) are the two parameters that determine attraction. A towering intellect, an overabundance of talents, skills, and expertise are major turn offs and their bearers are derided, hated, suspected, and shunned. In these uncertain times, there is safety in mediocrity, similarity, and predictability. The irrational is comforting, the stupid congregate, the losers afford each other succor. Alpha winners are hunted, penalized, or avoided altogether, by both genders.

130.

[Pick-up artists](#) (PUA) are communities of men, guided by self-imputed "experts" who purport to have found the exact sequences of buttons to push to get a woman to succumb and offer access to her body.

They fail to see the irony: like homebroken and trained puppies they jump through hoops held high by females and adhere religiously to a script written entirely by the fairer sex: "You want to sleep with me? You have to go through these motions and act clownishly for hours"

I have even less respect for self-disparaging and self-loathing incels who whine constantly and pathetically about being shunned by women and how they have a god-given right to sex, by force if need be (black pillers). Some of these misfits even undergo extensive cosmetic surgeries to fix their "facial deformities", a form of body dysmorphic insanity known as lookmaxing.

Red pillers are more benign: they claim only to have seen the light and the true nature of women as rapacious and psychopathic entities who leverage the institutions of society to their unbridled and dysempathic benefit.

The logical extension of this alleged power asymmetry is to avoid all committed relationships (casual sex is fine): enter MGTOW (Men Going Their Own Way)

There is no question that traditional gender roles are dead and that sex has become merely a physical function, no longer associated with intimacy. Both men and women feel disoriented and overlooked in this maelstrom of gender vertigo.

It is also true that women are empowered and, having been only recently emancipated, are imitating the traits and behaviors of antisocial men. It is a veritably post-apocalyptic age for relationships and dating.

But the solution is not avoidance or manipulation. We need a new social contract between the bearers of disparate genitalia. And we need with our heads rather than with our nether organs.

131.

[How to tell apart a one night stand with a stranger from a first date that ends with sex?](#)

1. Casual sex is focused on the act and takes place after a brief chance encounter in a bar, pub, restaurant, club, dating app or site, a party.

Dating is more involved and time consuming: it requires coordination, spending time together, getting to know each other, and engaging in other activities, such as attending an event, dancing, or socializing.

2. Partners to a one night stand are selected mostly based on their looks or physical attractiveness, often fuelled by alcohol ("beer goggles"). Personality matters only in date sex. In casual sex people end up in bed because they turn each other on. In dating, they end up having sex because they fascinate or like each other or for some other emotional or transactional reason ("owing" the other, for example).

3. One night stands may result in one more encounter, but rarely lead to a relationship. Dating sex morphs into more much more often.

4. Casual sex evokes instant diffuse, weak, consistent, body-focused, and stable emotionality: gratification relaxation, comfort, a general "feel good" fuzzy factor. There is no psychological intimacy, just the physical kind.

Emotions and intimacy in dating start low. They are hesitant and diffuse in the first few minutes. They coalesce, focus, become clearer, and intensify with hours spent together to the point of communicating positive feelings - anything from gratitude to affinity to infatuation - via sex.

5. One night stands with strangers are unambiguous: the acquaintance with the partner is so brief, cursory, superficial, and forgettable that it borders on anonymity.

Date sex comes after getting to know the partner substantively over hours of talking and interacting with him or her in various settings and sometimes with other people. The acquaintance is much deeper and consequently the sex is less perfunctory or emotionless.

6. Finally, in casual sex, the transition from hanging out together to full-fledged sex is abrupt and transactional: the parties waste little time on banter and are focused on the gratification.

In dating, courting and signalling precede the sexual act, which is a culmination of fondness and intimacy, however minimal.

132.

When intimate partners cheat on each other, they ease their conscience and allay their guilt and shame via a "deceitful confession": coming clean about certain facts and circumstances while altering, minimizing, or denying outright the more egregious misconduct, the core of the transgression.

The aim is utterly selfish: to unburden the offender but without hurting his significant other with exclamation like "what s/he doesn't know won't hurt her/him" or "what happened there, stayed there, it was totally meaningless and I will never see this person again"

Examples of deceitful confessions:

I just (danced with him, kissed her), but it stopped there, I got hold of myself, nothing else happened

We got drunk, so we slept overnight in a hotel room, that's all.

I spent the night at his apartment, but he is an old friend, like a brother to me.

I stumbled and fell all over her, so we started talking and we have common friends. I am meeting her to have a quick bite.

[Deceitful confessions](#) make matters worse. They only amplify the emotional damage made to the intimate partner and the wreckage in the relationship.

Why engage in acts that are evidently massively injurious to someone you claim to care about and love - if these misdeeds are so meaningless to you and so casual that they can be glossed over so effortlessly? If the sex with another person was so forgettable, why not forget about it to start with?

But of course in an age of ubiquitous narcissism and psychopathy, self-gratification trumps impulse control and one's needs, however trivial, invariably take precedence over another's wellbeing, however profound.

133.

[Conditional love](#) is offered only when the love object takes certain actions or attains certain performance criteria. In contradistinction, pernicious or toxic love sends a mixed signal: "Only I love you because you are not lovable and you are better off dead"

Conditioned love connects love to certain acts and minimum accomplishments. Toxic love links love to pain, hurt, and self-eradication.

People exposed to intermittent love in early childhood bribe other people to secure their caring and succor. They become people-pleasers, codependents, histrionics, or narcissists. People who grew up with dual signaling (I love you - you are unlovable - kill yourself) end up being internalizing borderlines, schizoids, schizotypals, or externalizing psychopaths.

All these intimacy-challenged, intimacy-anorectic types have rejection sensitivity coupled with zero latency: no matter how emotionally invested they are in another person, the minute they anticipate or perceive rejection, they catastrophize and instantly switch off any emotions they may have had. They do not mourn or grieve and they immediately transition to a new love interest or friend, in some cases within minutes from the breakup.

134.

Many of you have been so wounded in the past that you do not trust yourself to make the right decisions anymore.

You let these bad advisors: [anxiety, wariness, and even fear](#) dictate your choices and decisions and constrict your life.

In modern society, we are narcissistically obsessed with avoiding hurt, pain, and death altogether or at least postponing them indefinitely.

But pain and death are the only two things, apart from love, that give life any meaning. They are the greatest teachers, the engines of personal growth and development.

Even depression is not such a bad thing. It is like trash collection: it is how we process inner debris.

We should not seek these negative emotions and experiences out - but we should welcome them with an open mind and, much more crucially, an open heart.

135.

[Sexual inflation](#) is when women offer unconditional sex with no strings attached. Such behavioral choice leads to a precipitous decline in committed relationships and a commensurate rise in casual sex.

Throughout the history of our species women traded access to their bodies as vessels of both sexual gratification and childbearing (pregnancy). Men provided, in return, proteins: as nutritional supplements (game meat they had hunted for), as sperm, and packaged in muscles. They guarded their women and children (really enslaved chattel) from incursions by other men.

Typically, men euphemistically relabelled this possessiveness "protection" and the whole unsavory arrangement "marriage". But nowadays as sex is freely and instantly available, men have little incentive to commit. Women are no longer dependent on men for any of the traditional functions.

The foundation of the inter-gender compact have crumbled, gender roles became fluid and fused (unigender), and this frustration led to aggression (radical feminism and the manosphere). Gender vertigo ensued: men and women are exceedingly wary of each other and repeated hurt and abuse perpetrated by both parties is driving most people to opt for an atomized, solitary, self-sufficient existence as a lifestyle choice.

136.

People are [emotionally or sexually unfaithful](#) to their partner for dozens of unrelated reasons. Often an affair is merely an attempt at self-exploration. But in some cases, cheating - whether a love liaison or a one night stand - is the only way to transition out of an addictive relationship founded on trauma bonding or even mere pity. Even if the partner is not aware of the transgression, the offending party is and it is often enough to bring about the separation.

Intimacy with a third party is empowering: it restores the cheater's self-esteem and confidence, makes him or her feel desirable, less tolerant of the absence, rejection, and maltreatment meted out by the spouse or mate. Having alternatives does wonders to one's sense of personal autonomy and self-efficacious agency.

Being loved by an outsider - even if only briefly and physically - proves to the straying party that s/he deserves better. It is also, of course, a way to sever the emotional bonding conferred by exclusivity, to disinvest in and divest from the failed dyad (decathect)

Sometimes, desperate to eject, cheaters self-trash recklessly with highly inappropriate partners and in insalubrious circumstances in order to render themselves "damaged goods" and make it easier for their partners to give up on them.

With narcissistic, borderline, and psychopathic cheaters, the act buttresses injured grandiosity: the hidden and forbidden makes them feel special and superior as well as righteously vengeful and omnipotent.

137.

Women weigh the looks of a potential partner for casual sex & then, to a lesser extent, his personality & mind.

On a date (or a relationship) - even a single outing - personality is king: is he attentive, nice, kind, empathic, supportive, and attracted? Looks come second and the mind matters but only up to a point: average intelligence is less intimidating than genius and a sense of humor has to be accessible in order

to register at all.

The personalities of narcissists - both cerebral and somatic - are exceedingly obnoxious and repulsive. Laughable pomposity combines with outlandish grandiosity and sadistic misogyny with objectifying chauvinism.

All types of narcissists are, therefore, forced to labor inordinately hard to get any woman to just glance their way, let alone date them or sleep with them.

Only damaged, broken, promiscuous, & mentally ill women deign to consider the narcissist as a mate or a date. And even these bottom of the barrel specimen invariably recoil and jump ship after a short while.

The cerebral - of less than average good looks to start with - spends months upon months targeting potential sexual partners in pyrotechnic displays of superior intellectual fireworks which usually backfire: most women find such ostentatious efforts to impress them into submission manipulative and creepy.

The somatic dedicates the same amount of time, albeit behind the scenes, honing his body into an irresistible proposition. Women go to bed with the somatic only to then discard him as so much wet Kleenex, disposable & forgettable.

So, while the somatic scores much more often than the cerebral, his return on investment is also derisory.

Still, at least the [somatic has some sex life. The cerebral is doomed to long celibate stretches](#) - years or decades! - without regular female company & sex. Even his "intimate" partners cheat on him serially & overtly with other men. He ends up being a pitiable meal ticket in a sexless liaison, a sugar daddy, or the infrequent client of cheap sex workers as he gets older.

138.

People tend to mate or copulate with partners who are more or less equal to them in every way - or physically superior. Members of the manosphere misuse the term "hypergamy" to refer to the latter preference.

Less known is the fact that, with the exception of a precious few self-styled "sapiosexuals", the vast majority of people assiduously avoid potential mates with an IQ considerably higher than theirs. They are positively turned off and intimidated by such a discrepancy.

These preferences have to do with psychological defenses aimed at preventing narcissistic injuries (humiliation arising from conspicuous inferiority) and preserving the integrity and functioning of the ego or the self. Envy and competition are also involved in such avoidance.

Finally: people feel elevated and elated when they have a relationship, however cursory, with physically superior partners. They attribute the mate selection to their own attractive personality or style.

But [everyone feel exploited, hypervigilant, anxious, paranoid, and vaguely menaced when they team up with their intellectual superiors](#). People wonder why they were chosen: what is in it for the more

intelligent counterpart. They become suspicious of ulterior motives and a hidden agenda. They anticipate abandonment and loss sooner or later, when their inferior faculties are exposed.

139.

Imagine the following two scenarios:

1. Your wife returns home at 5 AM and tells you that she ran across her colleague in an afterwork bar. They spent the entire night talking and reminiscing, but nothing inappropriate and sexual happened. It was such heartwarming fun that they decided to meet again from time to time: she even intends to bring him home and introduce him to you.

2. The octogenarian widowed neighbor from upstairs dropped by while you were away. He was so lonely, depressed, and heartbroken that your wife let him fondle her breasts and touch her genitalia in order to lift his spirits (if nothing else besides)

Strangely, the first scenario is likely to render you far more jealous than the second one. It is because romantic jealousy is not about sex at all. It is about intimacy and it is a form of extreme anxiety about anticipated loss, rejection, and abandonment. The risk of losing your wife to the animated corpse from the floor above is zilch - but her colleague can definitely make a move on her and the way she had already reacted to his company indicates that he stands a chance of breaking up your marriage.

People also often confuse humiliation (narcissistic mortification) with [romantic jealousy](#). Being cheated on undermines one's sense of safety and creates disorientation, confusion, and minacious insecurity. Infantile regression triggers infantile defenses, extreme neediness, entitlement, petulance, and a passive-aggressive wish to destroy the frustrating and hurtful object. But all these have nothing to do with romantic jealousy. In other words: it is possible to be devastated but your wife's cheating and still not feel romantically jealous or possessive at all.

140.

There is an almighty confusion, even among mental health practitioners and in diagnostic bibles, such as ICD-10, between the dom in BDSM (with hyperdominant sexuality) and the [sexual sadist](#).

The dom (top) seeks to please his submissive (bottom) partner by subjecting her to pain, humiliation, and degradation. His arousal crucially depends on the power he exercises over her and on her overt excitation at the wielding of his dominance. The sadist is turned on only by the evident suffering and repulsion of his counterparty during the intercourse.

BDSM is consensual and, often, compassionate and considerate. Sadism in bed is exercised either without consent or with coerced consent which is extorted reluctantly and, usually, under explicit or implicit threat of abandonment.

The sadist dehumanizes his partner and reduces her to body parts. To him, she is not a human being, let alone a woman or even a sexual entity. He is out to spoil, dismantle, and corrupt her, as children do with toys. His main desire is to witness her unbelieving horror at what is being done to her, at her psychological or physical mutilation, and at the cheer and gratification on her tormentor's face as he proceeds with his gruesome business. Her nauseating disgust, extreme discomfort, and palpable hurt, debasement, and agony are his aphrodisiacs. Conventional vanilla sex actually turns him off.

141.

[Sex can be a way to avoid intimacy](#) rather than experience or enhance it. By reducing the partners to fetishized body parts or objectifying them into animated dildos and dolls, the act becomes impersonal and auto-erotic rather than intimate. The partner remains largely anonymous and is then discarded

perfunctorily and is easily forgotten.

Such casual one night stands usually occur a short time into a random meeting with a stranger in a bar or a party. Few meaningful words are exchanged: bodies speak and seductive flirtation usurps real conversation and getting to know each other. Even just hanging out, having fun is perceived as a wasteful prologue best truncated. People think with their crotches and reduce the other to his or her genitalia and erogenous zones.

This urgency and one track mindedness are what distinguish true casual sex from a first and even only consummated date.

142.

If your intimate partner or spouse is uttering ANY of these sentences, s/he is [about to cheat on you](#) and s/he knows that it is almost certainly going to happen:

No need for abandonment anxiety

These are just your insecurities

You are being insanely jealous/paranoid

I am just going for a drink with him/her

You should trust me/don't you trust me?

He is like a brother (she is family) to me

We are going to just discuss work

Actually, I don't find him/her attractive/interesting

I didn't know he/she is going to be there

I will be back before you know it

I just need some personal space and time

S/he wants to discuss something highly personal with me, so it is better if we are alone

I will never cheat on you

Feel free to add your own "pearls" of protestations of innocence and faux or guilt-driven displays of goodwill.

143.

[Cheating](#) with no intent to exit the shared fantasy - even with the same man repeatedly - does not provoke romantic jealousy in the narcissist.

Actually, cheating with the same man preserves the idealized version of the woman, while casual, slutty sex challenges or destroys it.

So, the narcissist prefers the former: if she has a stable, long-term, intimate lover or if she has sex with someone she has known for a long time – but only someone who does not threaten the shared fantasy with him.

The shared fantasy demands presence and availability. If the narcissist is busy (not available) or absent, the woman is free to do as she wishes (object inconstancy). But if he is available and present, she should be all his, exclusively. If she then spends time with other men, he perceives it as a rejection of the shared fantasy and it provokes abandonment anxiety and romantic jealousy.

Cheating which challenges or destroys her idealized version (drunk one night stand) and is intended to facilitate an exit from the shared fantasy (prefers to spend time with other men) provokes extreme romantic jealousy focused on both the sex and the intimacy with the other man (=the substitute shared fantasy). Cheating that is intended to mortify leads to a breakup without romantic jealousy.

The narcissist doesn't have sex (except sadistic despoiling) or real intimacy with his woman, so he does not mind if she has both with other men. He has a shared fantasy with an idealized version of his woman, so he feels excruciating hurt and intense romantic jealousy ONLY when the woman replaces the shared fantasy she has with him with a shared fantasy (=intimacy) with another man and, in the process, as she exits the shared fantasy she had with him, destroys the idealized version that I am interacting with.

144.

Here is a syllogism for you: (1) [All sex is physically intimate](#); (2) Some sex is emotionless and meaningless; hence (3) All emotionless and meaningless sex is intimate, at least corporeally. In other words: intimacy is not connected necessarily to emotions and meaning. The context is crucial.

Intimacy is the removal of psychological defenses and physical barriers in order to grant access to one's body or mind. If so, an appointment with your gynecologist or psychotherapist is intimate; but rarely involves reciprocated emotions or is a part of a meaningful relationship. Still: exposing your genitalia to be probed and sharing your innermost secrets and thoughts are, no doubt, intimate acts.

145.

Just finished watching the culturally sensitive and fascinating series "Unorthodox". In the last episode, a young (19), married, penniless, homeless - and pregnant - Jewish orthodox woman has a one night stand after a tour of a local bar in a foreign city (Berlin). She sleeps with a relative stranger who had been sporadically nice and helpful to her in the preceding two days. Neither of them considers her behavior a problem. No one sees anything wrong in a man taking advantage of a broken, disoriented woman. Yes, taking advantage because she is not in the right frame of mind to make even minor decisions. An interracial, multicultural, politically correct gay couple even find the whole thing hilarious and promise to keep her secret.

As long as such [social, interpersonal, and sexual mores](#) are endorsed by the mass media, our species is doomed: the monogamous, sexually exclusive couple still is the indispensable basic organizational and functional unit without which everything will grind - is grinding! - to a halt.

This is not to say that couples cannot agree and negotiate other - non-monogamous, non-exclusive, consensual - types of arrangements (such as open relationships or polyamory). But what she did was cheating, pure and simple. And, yes, I prefer "cheating" to the more sanitized and neutral versions

such as "adultery", "extramarital affair" or "extradyadic sex". Where the parties do not agree to introduce other people into the couple, emotionally or sexually, and one of them does so secretly and surreptitiously, it is deceit, pure and simple. And no amount of touchy-feely "look how wonderfully tolerant we are" of rainbow-colored makeup can disguise the hideousness of the act. There is nothing aesthetic or commendable about it: it is ugly and bestial.

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This is not to say that couples cannot agree and negotiate other - non-monogamous, non-exclusive, consensual - types of arrangements (such as open relationships or polyamory). But what she did was cheating, pure and simple. And, yes, I prefer "cheating" to the more sanitized and neutral versions such as "adultery", "extramarital affair" or "extradyadic sex". Where the parties do not agree to introduce other people into the couple, emotionally or sexually, and one of them does so secretly and surreptitiously, it is deceit, pure and simple. And no amount of touchy-feely "look how wonderfully tolerant we are" of rainbow-colored makeup can disguise the hideousness of the act. There is nothing aesthetic or commendable about it: it is ugly and bestial.

147.

Our [sex partners](#) are either people who we care nothing about, emotionally insignificant and disposable - or those who mean the world to us.

But sex is mostly a physiological function: hormones rage, body systems realign. So, as far as the brain is concerned, banging a stranger is no different to copulating with your loved one. Making love to your sweetheart is not necessarily deeper, or better, or special. This is why we react to pornography so potently.

This fact creates two problems:

1. Casual sex is much more profound than we think. We force ourselves to deny and numb our reactions to it and this creates dissonances even in the most experienced cads and swingers. Conversely, we reframe sex with loved ones and confabulate to render it much more than it is.

In short: the hookup culture of rampant one night stands has pathologized behaviors, cognitions, and emotions and this adversely affects our ability to integrate physical intimacy into dyadic romantic relationships.

2. We all prefer passionate "bad guys" and "bad gals" for casual sex. But everyone is "bad", given the right partner and circumstances. As technology explodes the number of potential accessible partners, it is becoming increasingly more onerous to maintain "role constancy". Hence the supernova in adultery and cheating behaviors. We oscillate between our scripts as "good" (transactional) and "bad" (promiscuous) which fosters additional dissonance and anxiety.

148.

Studies have repeatedly revealed that swingers (adherents to the Lifestyle) are happier and in better mental health than monogamous couples.

The psychological roots of [cuckoldry](#) are many and I have written about them extensively (watch my recent video on the topic).

Two much neglected aspects are:

1. The cuck(oid) reclaims his partner after she has had sex with another man (sometimes by copulating with her then and there). After the deed is done, she chooses to return to him. This clear preference for him as her man boosts the cuck's self-esteem and helps him to reframe the situation: he now pities the other guy who just got a taste of what he would be missing henceforth: the cuck's hotwife.
2. The entire choreographed scene is also a test of loyalty taken to an extreme: having bedded another man, will his mate still be faithful and loyal to him - or will she elope? Every time she elects to return to him from her exploits, she is renewing her vow to her dyad with the cuck.

149.

Women fantasize about bad guys: muscular, tattooed, drop dead gorgeous. They swipe them on Tinder and read about their steamy exploits in chick lit.

But studies - including the largest ever made - have demonstrated conclusively that [in real life a woman chooses a man based mainly on three factors](#):

1. Is he nice to her (he can be a jerk with others, but never with her);
2. Does he find her irresistibly attractive (is he into her and finds her fascinating); and
3. Is he serious about the relationship and willing to commit: provide consistent succor and fun for a brief while - or much more for a lifetime: a home, children, future, hope, common plans, companionship, and steadfast support.

These criteria apply to any type of interaction: from casual sex or a one night stand to marriage.

Courtship, therefore, can be reconceived as an extended form of virtue signalling. But women are attuned to subtle nuances: is he truly into ME - or actually into what he can get out of me? Are his commitment, attentiveness, and kindness genuine and tested - or fleeting, shallow, and forced? Women probe men continuously.

So, to dispel three myths (MGTOWs and red-pillers, pay attention):

1. The man's looks, earning power, accomplishments, status, and toys don't matter much in mate selection, even for a quickie in a hotel room or an apartment. Actually, nothing else matters except the three aforementioned factors; and
2. A woman always knows when you are faking it, but she gauges the effort that you are putting into your act. Even a sham performance involves investment and commitment and signals unequivocally your overwhelming interest in her. Put on a good enough production and she will go for you.
3. Women fear rejection way more than men. They break apart when they are ignored or rebuffed.

Men are far more resilient and take it in stride. This is why women administer all these tests and apply these criteria rigorously: they cannot afford to be abandoned, discarded, and dumped too often.

For more, read the jaw-dropping book "A Billion Wicked Thoughts".

150.

#### [Four Rules to Avoid Bad Relationships:](#)

1. If it feels wrong - it is wrong.
2. S/he is trying too hard? It involves too much conspicuous and ostentatious effort? It is fake.
3. Too good to be true? It is not true.
4. Verify everything: 90% of the time, people lie and 90% of the time we believe every word they say (90:90 rule or base rate fallacy).

You feel ill at ease because you are flooded with info that generates cognitive dissonance (he says one thing and behaves another) and emotional dissonance (I am so into him, I will ignore). This leads to confirmation bias.

But all the info is there (misogynist vs. narcissist vs. sadist), available to your intuition.

Philosophers have a lot to tell you about your gut feeling and whether, when, and how you should trust it.

151.

If all [your relationships end up the same catastrophic way](#), you most likely need to work on three issues:

1. Anticipated hurt (your certainty that everyone is going to hurt you sooner or later);
2. Interpreting every behavior as hurtful (hypersensitivity, hypervigilance, paranoid or persecutory ideation, "no skin"); and
3. Preemptive aggression (I am going to hurt or dump them before they hurt or dump me).

152.

#### How the Cringe Stole Christmas

To describe [sex with a woman](#) as "penetration" is counterfactual: no barrier is breached (except when the hymen is broken in virgins). Up until recently, most women were virgins when they got married, hence the widely used misnomer. To properly describe the act, one should use words like "insertion" and "engulfment" or "reception".

Penetration is of course the male's aggressive POV and aggressive: the amorous equivalent of laying siege to the woman.

But nowadays women are as assertive and dominant as men (if not more so). They often initiate the sex, aggressively when needs must. This is also reflected in the non-traditional positions that many women assume during sex and in the expanding use of toys and aides.

Sex is totally reciprocal in most cases and the woman's needs and predilections are fully catered to. As a minimum, the parties equally use each others's bodies to climax.

Still, there are objective differences:

Men are invited in: women maintain the exclusive function of gatekeeping. Men are guest, women hosts, anatomically speaking. It is the apex of corporeal intimacy to allow someone into your body.

Men deposit sperm (gametes) in the woman while women only contribute lubrication.

Male latency with same woman is way longer - but not with a different woman! So, psychosexually, men do regard women as "single use" partners and their physiology reflects it. On porn websites, this frame of mind is abundant and women are irredeemably objectified.

Women also secrete bonding and attachment hormones (such as oxytocin) way more than men do and men release copious amounts of conquering aggression hormones, such as testosterone.

There is no such thing as meaningless sex, however cursory and casual. But we have learned to deceive ourselves that such insignificant liaisons do exist. We are paying the ultimate price now, as a species: the complete breakdown in communication between men and women; gender vertigo and wars, fueled by misogyny and misandry; and a unigender world where women increasingly and vociferously emulate psychopathic men and men are lost like never before oscillating between toxic masculinity and effeminate self-negation.

153.

When your best friend takes your new car for a spin with your permission - you do not feel slighted, hurt, offended, or that your car had been devalued or depreciated in any way.

But if s/he were to [sleep with your spouse](#), even with your consent, you would instantly come to regard your intimate partner henceforth as "damaged goods".

Why the starkly disparate emotional reactions?

The car does not reciprocate, share, or feel anything. As opposed to most spouses, it is not conscious or sentient.

But what if the sex was utterly mechanical and therefore meaningless?

There is no such thing as "meaningless" sex. All sexual acts are intimate to a degree. By undressing and sleeping with your friend, your spouse had instantly created and shared with your friend a set of exclusive moments to which you are not privy and which you would never share. You are denied access to a time in your spouse's life which is unique to her and to her lover. It is an act of exclusion. It involves emotions, however basic.

But surely your spouse has had such moments with others before you had met?

True. But once you had teamed up, you had agreed, explicitly or implicitly, that all intimate moments will be exclusively shared by both of you and only by both of you. Granting access to your bodies reifies precisely such moments of exclusive mutuality, a declaration of the special place you have in each others's lives. Sleeping with someone else is a breach of this compact even when the whole event is orchestrated, impersonal, unsatisfying, and consensual.

Other forms of intimacy with another also constitute a violation of the bond even if they do not end in bed. Some people regard an evening spent talking as more intimate than even sex: a candlelit dinner, the sharing of confidences, a nightlong bar crawl, a holiday, or a good time, fun evening spent together.

Why does exclusivity matters in a romantic intimate relationship?

Because it safeguards against instability, external shocks, threats, hurt, and abandonment. It guarantees the longevity of the union, thus encouraging and fostering commitment and investment in the bonded dyad.

154.

Some couples are romantic, others are transactional (for example: in a parenting marriage, or a power couple, involved in business together).

The [dynamics of a dyad](#) can be analyzed using six axes:

1. Cultural and social backgrounds of the members: from compatibility to conflict;
2. Communication: style, effective protocols, trigger points, and context-independent content;
3. Expectations: from congruity to mismatch, level of fulfillment;
4. Goal-setting, decision-making, and execution: from equality to asymmetry, efficacy;
5. Cooperation: from synergy to cancelling out or conflict; and
6. Reflexivity: from visibility to transparency.

155.

It is rational to prefer to be with someone who feigns empathy and caring, fakes attentiveness and interest in you, and pretends to have no ulterior motives, goals, or an agenda.

Even when you know for a fact that the other party is attempting to manipulate you in order to secure sex for the night, gain access to your money, pick your brain, or leverage your skills or power, it is irrational to turn them down just because they are acting the part. Loneliness is a pernicious toxin with a high price tag, far greater than any alternative's.

[Faking it is a form of virtue signaling](#): it requires sustained efforts, commitment, and investment in the relationship, however faux it may be.

Moreover: it is a predictable behavior and conforms to social norms of conduct and mores (it is communal and prosocial). If you are aware of what's happening, you can even enjoy the ardent courtship, the attention, succor, and time together with the faker: you get to decide on when and where to grant the thespian desperado his most fervent wishes.

The flip side is true as well: people who refuse to fake, pretend, play along, and white lie are either sadists or rabid misanthropes: bad news in either case. They hold you in such contempt that they see nothing in you and of yours that is of the slightest interest to them.

Refusing to partake in the social game of hide and seek is a form of grandiose haughtiness and a resounding slap in the collective face - and in yours as well. He who declines to even fake it when with you is sending you this message: "Your sex, your company, your mind, your love, companionship, or friendship, even your money are not worthy of even feigning the slightest interest in you or sunk capital on my part."

Someone who refuses to fake is rejecting you lock, stock, and barrel and, probably, enjoying your humiliation to boot.

156.

Women - and to a lesser degree, men - who are [cruelly rejected by their loved ones](#) and intimate partners, sometimes go through two phases: 1. Acting out, followed by 2. Sublimation.

The first phase involves reckless and self-destructive self-trashing: punishing oneself for one's failure to hold on to one's relationship or marriage. For example: women rejected by men they love often consort with lowlife scum. The temporary boost to self-esteem and the gratification of both sexual and emotional needs typically come replete with a high price tag: from rape to STDs.

Promiscuity and dissolution are followed by almost schizoid withdrawal and an obsessive-compulsive focus on religion, children, career, or activism. Sex aversion is common.

In this second phase, celibacy is coupled with growing addictive and self-soothing behaviors. Many remain stuck in this limbo for life, unable and unwilling to risk a repeat of the harrowing cycle in a new liaison.

[Return](#)

**Democracy,  
History,  
And  
Other Fictions**

[Return](#)

**Me,**

**Me,**

**And**

**Me**

133.

What a cruel irony it is that I have developed [Cold Therapy](#) - the first ever effective treatment (cure, really) for Narcissistic Personality Disorder (NPD) - too late to benefit from it myself.

I am 59 years old, my health is failing. My mental illness had consumed my life - is still devouring it - as surely as the bush fires ravage homes in Australia, leaving only the ashes of Me behind.

#### WARNING

I will block anyone who gives me the feel good New Age crap about how it is never too late in life. Life has an expiry date beyond which it is all blood and tears and stools and wallowing in your own stench of decomposing physical and mental decrepitude. So back off with your American anodyne platitudes about how every age has its charms. Old age sucks 100%. We lie to ourselves about it in order to survive somehow in the face of our own vanishing dismemberment.

NPD is the slowest invisible cancer - but of the soul and mind. It is spiritual AIDS with nothing to abet it. It is all-pervasive, relentless, and merciless. It starts at age 3. It causes people around the narcissist to hurt and torment him purposefully and profusely as a way of getting back at him for his egregious abuse. It is Inferno and I have been its Dante since 1995. No Beatrice can help me, no god, no healer. I have been doomed by my own progenitor to a life of itinerant, profound, debilitating hurt, unlovable, shunned like a leper, feared and loathed and mocked in equal measures.

It is with impotent rage that I bequeath Cold Therapy to a world I care nothing for or about. Rage at the injustice of healing and aiding millions with my pioneering work since 1995 - except the only person who most deserved my love and my devotion and my succor: Sam.

134.

[The Talks on Psychiatry and Mental Health](#), San Antonio, August 2020.

I am a member of the Organizing Committees of dozens of international conferences on mental health, neurology, brain studies, psychology, and psychiatry:

<http://www.narcissistic-abuse.com/mediakit.html>

135.

I am the one who taught the world in 1995 that [narcissism is untreatable](#), that no amount of insight can help the narcissist, that narcissists cannot love, attach, or bond in any normal sense of these words, and that the only truly effective coping strategy when you have found yourself marooned with a narcissist is no contact. I invented the very language used today to communicate on this topic, including "narcissistic abuse" and "no contact"

But I am very lonely in my solipsistic, delusional, and sad universe. I crave to be loved and to experience intimacy in all its forms.

So, I harnessed my formidable intellect - all 190 IQ points of it - to write my user's manual. I had hoped to find salvation in self-awareness. I should have trusted my own warning (dated 1997) that this would be a futile effort <https://samvak.tripod.com/2.html>

I then embarked on a Herculean attempt to invent a new treatment modality for narcissistic disorders of the self, Cold Therapy. I succeeded, but way too late for me: the first practitioners of this technique will be certified only this year. I am 59 years old and my health is failing.

And, in the meantime, I kept traumatizing one woman after another as they had maintained the futile endeavour to transform and heal me with their love, dedication, and commitment. Many women made numerous personal sacrifices just to be with me. I objectified, exploited, and then abused them.

The closer they got to the howling void that is me, the more they panicked: the horror was so great that many of them ended up cheating on me egregiously and ostentatiously just to break the shared nightmarish surrealistic psychotic state of our togetherness, the addictive spell that I have cast on them. Only one of them kept in touch after this harrowing experience. All the others vanished from my life without a trace, like hostages fleeing a death cult.

136.

My [relationship algorithm](#) is very simple

1. I acquire and addict the woman to my presence by offering her my scintillating mind, a fount of knowledge, and inventive kinky sex.
2. I alternate between displays of empathy, succor, and loyalty and savage, soul-devastating abuse (intermittent reinforcement)
3. If the woman becomes adulating, submissive, and obedient, I continue to abuse her with impunity - but also make her my most intimate life partner and trusted confidante
3. If the woman becomes defiant, abusive, demanding, and devaluing, I amplify and vary the modes of abuse to include all forms of rejection and indifference.
4. A defiant, immature, narcissistic, or psychopathic woman would tend to triangulate at this stage: she would misbehave with other men or threaten to do so or choose another man to fulfill some of her needs, emotional and/or physical.

Upon the first hint of triangulation, I push the woman aggressively and relentlessly to develop a full-fledged relationship with the other guy, for one night or for one year, up to her.

5. Her betrayal of me and cheating on me thus accomplished invariably, I abandon the woman and move on to seek an alternative.

137.

Sam Vaknin talks to Sahar el-Nadi (@saharelnadi). Her YouTube channel is the leading source of info about narcissism in Arabic:

<https://www.youtube.com/watch?v=E5UAFGbiT0o>

It is also available on my YouTube channel <https://www.youtube.com/samvaknin>

138.

[International Conference on Clinical Psychology and Neuroscience](#) to be held in September 17-18, 2020 in Brussels, Belgium.

I am a member of the Organizing Committees of dozens of international conferences on mental health, neurology, brain studies, psychology, and psychiatry

<http://www.narcissistic-abuse.com/mediakit.html>

139.

Am I [rude, abrasive, and impatient](#)? You bet. But I am never gratuitously abusive.

My Instagram is a retard-free zone. Ask a truly stupid question and expect to be banned or at the very least called out on your glaring lack of intelligence. I have zero tolerance for idiots. Example of a DM I got recently: "When you say me and I in your text - are you referring to yourself?" Dummkopf blocked.

Another thing: do your research before you comment or DM me. I don't spoonfeed. There is no excuse - except raging indolence - to not first google. I hate lazy people with a passion, so don't try me.

Finally, you are here to learn - not to show off. I am not interested in what you "think" or "believe". If you are not academically qualified - shut up and be humble. Share the FACTS about your life experience. Share information from reliable, peer reviewed, vetted sources. No conspiracy theories and no inane feel good new wave nonsense.

Generally, you would do well to confine yourself to reading my posts. This is not a community I am running here and you are not now and never will be my pal. Don't get too cosy or familiar with me: we are not on a first name basis and I don't give a fig about you or your life unless you pay me to do so.

You are my follower - so follow me respectfully and be grateful that I am sharing free of charge what I spent decades studying.

And if you didn't get this message or disagree with it - do both of us a favor and unfollow me post-haste.

140.

February 17. Budapest, Hungary. Sam Vaknin lecture: [How to Manipulate the Narcissist and Still Survive To Tell About It](#).

Narcissists and psychopaths are better equipped to deal with modern life. The narcissist is adept at manipulating symbols and narratives (starting with his own confabulated False Self). Our technologies encourage poor impulse control.

In a society of spectacle, appearances and simulations are the only forms of reality: TV stars become presidents (from the USA to Ukraine). "Fake it till you make it" became "To fake it IS to make it". Vacuous celebrities are famous for being famous.

Fawning and media hungry academics talk about "productive narcissists" and "high-functioning psychopaths". Narcissists are happy go lucky, they expound and recommend that parents teach their children to be more narcissistic.

What used to be an extreme and obnoxious pathology has now become the de rigeur bon ton, a

positive adaptation, and the organizing principle that infuses everything with meaning: from politics to business to dating and sex.

141.

I am [defending psychoanalysis](#) in the prestigious conference The Talks on Psychiatry and Mental Health, San Antonio, August 2020.

I am a member of the Organizing Committees of dozens of international conferences on mental health, neurology, brain studies, psychology, and psychiatry  
<http://www.narcissistic-abuse.com/mediakit.html>

142.

[Lecture in Budapest](#): "How to Manipulate the Narcissist and Live to Tell about It"

Media kit and press room <http://www.narcissistic-abuse.com/mediakit.html>

[Cold Therapy 5-days seminar](#) starts in Budapest, Hungary.

Learn about Cold Therapy <http://www.narcissistic-abuse.com/faq77.html>

143.

I seem to attract [two types of women](#): those with the psychological makeup of a psychopathic narcissistic man or women who adhere to and uphold traditional gender roles.

The first kind are ambivalent about me (love-hate), compete with my accomplishments and mini-celebrity, and visit upon me the sins of all their previous abusers combined. They are envious, aggressive, resentful, defiant, and contemptuous. They act impulsively and conspicuously to shock, shame, and humiliate me. Often they disrespect me in public and badmouth me behind my back. Afraid of my retribution and vindictive vengeance, they are paranoid, manipulative, and deceitful. The relationship, such as it is, deteriorates into a zero-sum power play.

The second sort admire my intellect and seek to gratify me in every traditional feminine way by rendering their services and catering to my needs and wishes. My targeted abuse and hurtful rejection are patiently tolerated and smoothed over.

Both these types of women ultimately end up abandoning me or cheating on me with other, kinder, more attentive and desirous men. Drama is inevitable. Either way I end up on my own, time and again.

144.

I am in the throes of reconceptualizing pathological narcissism as a post-traumatic condition or even a role play of sorts. If this be the case, the False Self may be reconceived as a dissociative fragment, the outcome of repeated traumas that had been sliced off and repressed. A kind of godlike alter

This view renders [NPD not a personality disorder, but a private case of DID](#) (Dissociative Identity Disorder, formerly known as Multiple Personality Disorder)

More about the False Self <https://samvak.tripod.com/faq48.html>

Narcissistic Personality as Multiple

Personality <https://groups.google.com/forum/m/#!topic/NARCISSISTIC-PERSONALITY-DISORDER/mxA7tQxS68U>

145.

[All the women in my life ended up with other men](#): they cheated on me, got involved in affairs, or abandoned me altogether. Many of the other men they opted for were far inferior to me in every way: uglier, older, poorer, losers, disabled, mentally ill, criminals, or far less intelligent than me. Most of them abused my women verbally, psychologically, and even physically way worse than I have ever done. A few of them withheld sex or, conversely, sexually assaulted my straying women.

And yet my women manifestly preferred these men to me and maintained long-term relationships with them.

It always puzzled me: Why trade down? And why settle for another, much more egregious abuser? What in ME made the relationships I had offered to my women so intolerable that they had fled screaming to the hills and flung themselves into the hirsute arms of the first man they came across, ANY other man, never mind how dysfunctional, repulsive, and dangerous he was?

The answer to the conundrum was that I made sure to deny my women adamantly and recurrently the things that truly mattered to them. If they sought commitment and children, I gave them only sex and attention. If they thrived on sex and attention, I withheld both, but acted as a good, long-term provider. If what they wished for was certainty and stability, I peregrinated and approach-avoided. If they needed personal space, I intruded. If they craved common memories and companionship, I absented myself. Being a virulent misogynist at heart, I sadistically taunted and punished my women by becoming their dream and then by remaining a mere fantasy, tantalisingly and forever out of reach. So, furious and heartbroken, sad and mad, they dumped me emotionally, sexually and, in all 26 cases but one, also physically.

The other men that usurped my place and absconded with my women have adopted the opposite strategy: they gave my women what they desired most, be it attention, or sex, or succor, or commitment. Having been granted their most fervent wishes, my erstwhile women turned a blind eye to the less savory aspects of the men they selected. They shouldered on.

146.

I have become a [global hate figure](#) because I remind people how stupid they are: statistically, the overwhelming vast majority of the readers of this post would be inordinately gullible and unintelligent. I also insist to take away people's delusional fairy tales and pet conspiracy theories (starting with all religions through homeopathy and Reiki to New Age trash and meaningless labels such as empaths)

Women especially find my intelligence intimidating. Even before I outed as a psychopathic narcissist, women have been avoiding me, terrified of being exposed as possessed of less than stellar intellect. After all, how does one succeed to not bore to tears someone with 190 IQ and encyclopedic knowledge? How do you keep him interested? Dating me was perceived as a combination job interview and competitive sport: at best exhausting and at worst devastatingly humiliating.

Contrary to the proliferation of self-enriching predatory life coaches and personal trainers and therapists and gurus - I take away false hope, not give it.

There is no giant inside each one of you: most of you are lucky to earn the title midgets. And there are

very few things you can do well: you are likelier to fail in most of your attempted endeavors. And life is utterly random and meaningless. And, breaking news, like the tooth fairy, god is a hairy fairy tale for the feeble-minded. The last thing the CIA cares about are your tinfoil heads. The majority of humanity - including your children and their children - die unlamented and soon forgotten. Facts. Face them and move on with your lives, such as they are. And don't forget to despise and hate me for opening your eyes and for telling you the unvarnished truth.

147.

I can accept and tolerate - and have countenanced in dozens of intimate and work relationships - [cheating, betrayal, and abuse](#) when they do and did not involve attempts to deceive me, cover up misbehavior, or misrepresent facts and events.

When you lie to me, you are challenging my grandiosity: in my mind, I am omniscient (all-knowing). To prevaricate implies that you think that I am stupid and gullible enough to believe your nonsense: your feeble and futile confabulations constitute a narcissistic injury. I am driven into rage and vindictiveness by such manifest dishonesty. I immediately absent myself from the relationship, one way or another.

Perhaps this has to do with the fact that I am delusional and my reality testing is shot: I know how easy it is to pull the wool over my eyes. I am so focused on securing narcissistic supply that I screen out even the most blatant reminders of the traitorous misconduct of significant others. It sometimes takes me months to realize what had happened: that I had been conned, stabbed in the back repeatedly, or subjected to egregious ostentatious infidelity which I actually witnessed! Triangulation is hopeless in my case because I never notice it!

Less typically, I never lie. This has nothing to do with my non-existent morality and everything to do with my grandiosity.

Lying requires a sustained effort: first to come up with a plausible false narrative (external consistency) and then to recall it and retell it (internal consistency). I am so vastly superior to everybody else that I deem no one worthy of such exertions. I also enjoy sadistically inflicting pain on others with my brutal honesty. It is a great and wounding fun to be always truthful - and a lot less taxing than lying.

148.

Participating in a Webinar organized by The Talks: The [Psychology of COVID-19](#) - Implications for mass and individual psychology and health.

May 16, 2020, 10:00 AM CST

[https://www.thetalks.com/webinar/impact\\_psychology\\_health](https://www.thetalks.com/webinar/impact_psychology_health)

Watch my videos on COVID-19 here: <https://www.youtube.com/samvaknin>

149.

As I was growing up, my mother had informed me - in sadistic words & life-threatening deeds - that [I am unlovable](#), no one will ever love me.

It took me the rest of a long life to realize that she was wrong: I am inordinately lovable.

People feel affectionate towards me instantly & women get infatuated & care about me profoundly even at a distance, let alone face to face. They are bewitched by my mind & by my ability to understand their essence the way no one had ever done before.

When I - rarely - put my mind to it, I am superintelligent, irresistibly charming, hypersexed, insightful, & stimulating to be with. I have had the most incredible life. Some women also bond with the delightful, curious but deeply wounded child inside me.

Yet, not one person perseveres, no one sticks around: men won't collaborate with me after a while. Women are the worst: my life has been one extended & egregious torture by furious, frustrated, envious, & heartbroken females.

At first, they try their hardest to share a life with me. But invariably, all my intimate partners end up cheating on me openly (in my presence or they make sure to share the tiniest details afterwards) - or dumping me unceremoniously in favor of another man. There hadn't been a single exception in 26 serious relationships!

So, my mother must have had a typo: I am lovable, but not livable.

I treat people as functions, props, or objects. I extract from them the 3 Ss: sex, supply, services. I expect them to leave me in unhindered peace when they are not engaged in the performance of their duties. If they attempt to make demands on my time, attention, or resources, I become cruelly abusive, lash out & all but demolish them almost demonically. I am otherwise utterly self-sufficient, engaged in an addictive intercourse with by far the most intelligent and exciting person I know: me.

Other people I perceive as ineluctable nuisances, maintenance chores, background white noise. They are there to entertain me, serve me, and cater to my needs. And like The Help downstairs or a utility service provider, their presence should never be felt as they unobtrusively glide, ghostlike, in and out of my life.

150.

[Women are terrified of me](#). Literally. Even women who know me well and whose lives I have transformed for the better. Not long ago, a student I had agreed to meet appeared hours late, accompanied by her best girlfriend and ... a police detective for protection. I am kidding you not.

When I ask women why they are so mortified, they answer: "You are a psychopath and a narcissist, you are dangerous". How dangerous and in which ways remains vague, even to them. There is just a general feeling of acute menace in the air, entirely engendered by their fervid and ill-informed imagination.

But the very same women freely pick up complete strangers in bars, get drunk or high senseless, and end up alone in hotel rooms and apartments with these men. They trust them fully.

Many of these casual dates are seasoned predators. They could well be psychopaths and narcissists. Why are women NOT afraid of these unknown men - but paralyzingly scared of me?

Moreover, many women recoil in undisguised horror at my presence and then date, bed, and have intimate committed relationships with men they KNOW are abusers, criminals, junkies, or alcoholics. These men are not strangers to these women! They have a reputation for being violent, reckless, and antisocial that these women are fully cognizant of. Yet, they still invariably prefer these men to me.

I have been a student of irrational behavior for decades now. But this puzzle stumps me. These women are not choosing better men than I am. On the contrary: they are opting for far more abusive

or dangerous men and usually also far inferior in most ways. And yet, they avoid me like the plague. Go figure.

151.

I am always 1000% upfront with my women: I provide them with a roadmap as to what they could and should expect. Few men, if any, are as explicit, as honest, and as self-disclosing as me at the beginning of a relationship.

But women REFUSE to believe me. They refuse to believe that such a heartless, robotic, emotionless being can have a human form AND they grandiosely expect to be the sole and first exception or to "fix" me.

In all critical aspects, I am not human, more like an artificial intelligence.

The problem I have is that I am trying to mate with [another species](#), not my own: humans.

Women are terrorized and horrified by me not only because I am a psychopath. Many women can live with that.

No. They run away screaming to the waiting arms of the first man available because they find out that I am a reptile or a computer simulation or a robot with a brain who is about 10 times more potent than an average one (fact: I have 190 IQ). It is like being trapped in a futuristic sci-fi yarn with an alien life form, albeit carbon-based.

PS

Just to set the record straight: my work on narcissism actually has little to do with introspection.

I have a database of 1736 DIAGNOSED narcissists who responded to a 687 questions long questionnaire. It is by far the biggest in the world.

Long gone are the days that my work emanated from self-observation.

BUT

Women MISCONSTRUE my work as autobiographical. They wrongly apply to me everything they hear and read about narcissism, 99% of which is copied from my original work in 1995-9.

152.

When I post well researched video commentary on my YouTube channel, get numerous comments about my hair, my shirt, the nature of the drinks in my transparent glass.

This is a manifestation of [Parkinson's law of triviality](#): people dedicate more time and heated energy to things they know well from personal experience than to deep and demanding topics that necessitate learning and critical thinking.

Everyone knows a lot about hair and shirts and water - but how many understand the intricacies of viral propagation?

This is a very disturbing truth. It means that most folks can be easily manipulated by juxtaposing a marginal but familiar topic with a crucial, life-altering one.

Most interlocutors or voters or decision-makers will pay attention and dedicate resources to the former - but largely gloss over the latter.

[YouTube is deleting my videos on COVID-19](#). None of my videos contains any conspiracy theory and all the information is thoroughly researched.

But I dared disagree with the dogma of universal social distancing (as do many mainstream medical experts) and that is sufficient basis nowadays for heavy-handed, authoritarian censorship.

Youtube - a monopolistic utility! - could have added a disclaimer to flag videos it deems inaccurate, misleading, or dangerous. Instead, it chose the reprehensible path of the most unsavory regimes in human history: to muzzle dissent and digitally execute its bearers.

This may be the most lasting damage of this pandemic: the reversal of human and civil liberties hard-won over centuries. YouTube's egregious misbehavior is exactly what gives birth to conspiracy theories.

All my videos are still available here - spread this link: <https://www.youtube.com/vakninmusings>

[YouTube is falsifying the number of views on my video](#). Last night, between 10:53 and 03:57, the number of views remained at 7000, even as the likes exploded to more than 1000. I checked every 20 minutes. I fell asleep at 04:18, so not sure what happened afterwards. This morning, at 10:57 AM, the counter was on 9,360 views. In a typical night, all my new videos get at least 8,000 additional views. No doubt: YouTube is manipulating the statistics.

Go to my channel to see that videos with 1000+ likes typically have 20,000+ views:  
<https://www.youtube.com/samvaknin>

Videos that are not widely watched do not get recommended and so are forgotten.

Similarly, YouTube deleted ONLY my COVID-19 videos with the HIGHEST view count, starting with the highest even though I have said the very same things in other, less popular videos.

153.

I get a high-like rush from rejecting the sexual advances of women or from teasing them to the point of agonizing distraction. Shocking women this way is so potent that I prefer it to actual sex: the gratification I get from frustrating women, wounding them to the quick, disempowering them, and hurtfully undermining their self-esteem is more than orgasmic.

Richard von Kraft-Ebbing was the first to suggest (in his seminal tome, "Psychopathia Sexualis", published in 1886) that sadism amounts to deviant sexuality. There is sado-masochism as a sexual practice, of course.

In actual sex, I am mostly a [sadist](#), though I avoid any physical injury to my female partner, I just force her to perform humiliating acts, thus objectifying her maximally.

But sadism can also be a form of sublimated (socially acceptable, diverted and channeled) psychosexuality. Devastating women by rejecting them is both sadistic and erotic and, on the surface at least, conforms to social behavioral conventions and mores.

According to the recent mega study "A Billion Wicked Thoughts", women cannot resist men who find them irresistible and treat them with affection - regardless of any other quality in the man or lack thereof. A man can be an ugly junkie loser dimwit and still bed a woman if he treats her as a princess and perseveres in passionate courtship. I make sure to deny women precisely these elements and then observe their disintegration, decompensation, and acting out with unmitigated sex-like pleasure.

I do the same to men and get the same high out of it, but, being heterosexual, with men it is merely a power trip: my ability to deny their most fervid wishes and humiliate them in the processes buttresses my grandiose omnipotence.

154.

[Facebook unpublished my page on Donald Trump](#) (set up years ago) after I suggested in an interview that he might be a narcissist. Whether you agree with my assessment of Trump or not - this an egregious suppression of free political speech reminiscent of the darkest epochs in human history.

First, YouTube deleted my highly academic videos on the pandemic. Then it deleted a video which did not mention the pandemic at all, but did criticize YouTube - in the most civilized manner! - for its content policy.

As I had been warning: what started off as censorship of COVID-19 related information has now devolved into ugly, open, dangerous and full-fledged political censorship, resembling the oppression found in the worst regimes on Earth and in history.

The USA had just slipped way down the slipperiest of slopes and climbing back might be impossible. Free speech and free media are now not only chilled but banned altogether and in all spheres of life, not only the pandemic.

American democracy has never been as strong as it was made out to be. Both YouTube and Facebook are monopolies: most people today get all their information from these two online platforms. They should be immediately regulated under anti-trust laws. But show me the politician or public intellectual or regulator or media personality who would dare confront these behemoths.

I reuploaded the videos here: <https://www.youtube.com/vakninmusings>

155.

This just in.

Wonderful news!

Six weeks ago, in one my early videos on the pandemic, I reviewed several dozens antivirals and zeroed in on [Remdesivir](#).

I predicted in that video that Remdesivir will prove to be the cure for COVID-19 owing to the way it interferes with the replication of the virus's RNA.

I am so happy it panned out!

I wrote here:

[https://www.instagram.com/p/B\\_S2R9vD5HP/?igshid=e3djykh13byg](https://www.instagram.com/p/B_S2R9vD5HP/?igshid=e3djykh13byg)

“We will begin to use Remdesivir (a medication that I recommended in my vid weeks ago). It will cure COVID-19, so restrictions will be again lifted. Vaccines will fail clinical trials repeatedly and will come on stream only in 2022.”

The videos are now available here:

<https://www.youtube.com/vakninmusings>

156.

[My Bar Mitzvah](#) at age 13: new video on my YouTube channel  
(<https://www.youtube.com/samvaknin>)

In the description of the video, you will find active links to the following:

Press clippings from Sam Vaknin's early years in Israel (HEBREW and photos)

Online Photo Exhibition

Diary of a Narcissist

<https://samvak.tripod.com/journal1.html>

Press Room and Media Kit with links to interviews and documentary films about Sam Vaknin and his work in psychology

<http://www.narcissistic-abuse.com/mediakit.html>

157.

I can no longer log into my old Instagram account @vakninsamnarcissist

I am a [member of the Organizing Committee of the 33rd International Conference on Psychiatry and Mental Health Webinar in June 2020](#)

<https://psychiatry.neuroconferences.com/organizing-committee.php>

Additional international conferences on mental health, neurology, brain studies, psychology, and psychiatry

<http://www.narcissistic-abuse.com/mediakit.html>

158.

100,000 subscribers on my main [YouTube channel](#) (another 30,000 on my other channels).  
23,000,000 views on this channel (another 5,500,000 on the others)

A total of almost 800 videos, mostly on psychology, but also covering topics in finance, geopolitics, philosophy and, lately, medicine.

Main YouTube channel <https://www.youtube.com/samvaknin>

World in Conflict and Transition <https://www.youtube.com/vakninmusings>

159.

This [pandemic taught us humility](#). The way to survive and overcome it is to find purpose in life that is bigger than ourselves and to return to the village: communal therapy.

[https://www.thetalks.com/webinar/impact\\_psychology\\_health](https://www.thetalks.com/webinar/impact_psychology_health)

A video of the full webinar is available here: <https://www.youtube.com/samvaknin>

The Talks Mental Health Webinar: Resilience and Hope - Coping with the Impact of COVID-19 on Mental Health and How to Overcome It

May 16, 2020, 10:00 AM CST

Watch my videos on COVID-19 here: <https://www.youtube.com/vakninmusings>

Additional international conferences on mental health, neurology, brain studies, psychology, and psychiatry

<http://www.narcissistic-abuse.com/mediakit.html>

Buy most of my books in Amazon:

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

160.

[I don't know how to be a man](#). I switch between being hero (I am a macho, all women be damned) and zero (resistance is futile: any passing male is more man than I am and is going to bag and bed my woman).

Men just walk to my women - lovers, girlfriends, wives - and pick them up in my presence. This is because, when we are in public, I show zero interest in the woman with me and give no hint of intimacy of any kind with her. I ignore the woman completely, or, if I pay any attention to her at all, it is briefly, just to mock and berate her painfully (which arouses the other men's savior protective "damsel or princess in distress" instincts)

I am immersed in interacting with the male company, trying to impress them. I usually meet in groups, so the role of the woman by my side is very unclear (Hanger-on? Admirer? Student? Guest? Estranged wife? An ex? Lovers quarrelled?) I never protest when a man flirts with my woman or picks her up. I give the impression that I couldn't care less, that I am not bothered at all, that I have

better, more important, things to do than to get involved.

I never stand up for my woman or protect her even when I know that she is very drunk and that the man she had picked up to spend the night with or to have an affair with is a piece of lowlife scum alcoholic criminalized junkie loser. I let her go and get hurt.

My women behave like virtual singles: aggressively pick up men, flirt with them, spend long stretches of time with them, days and sometimes whole nights, go to bars and night clubs alone and pick up men there. They have emotional affairs or cheat repeatedly.

My women become so desperate that they signal to men, give them their phone numbers, and flirt with them even when they are having an evening out with me in a restaurant! They have no real bond with me and are starved for sex and intimacy, to be wanted and cherished. They feel used and abused by me. They want out by any means: cheating and ostentatious infidelity is their exit strategy.

When asked directly, my women let the other men know that I don't care or mind any misbehavior and that I have no interest in them, their whereabouts, who they are spending time with, when and if they will return, and how they choose to act ("he is busy with his computer", "he rejects and abuses me", "he is very sick, has mother issues" "he told me I can fuck others").

161.

I am a [global hate figure](#) and have grown accustomed over the past three decades to reams of vitriolic hate mail. But the pandemic amplified this murky wave into an effluent tsunami. The irony is: in most of these diatribes, people call me a "narcissist" and enumerate my misbehaviors in exacting detail - all first described in and borrowed from my work in 1995.

The overwhelming majority of these haters don't even know who I am or realize that they can throw these epithets in my face only due to my pioneering work almost 30 years ago. Every single speaker on narcissism is rehashing my texts, handed down the generations of self-styled experts, gurus, political analysts, life coaches, "empaths", and professional victims.

I gave my detractors every single weapon that they are now deploying against me! I and my unwitting disciples have fostered in tens of millions of people around the world awareness of what was happening in their relationships and lives, a name for it, and a language to describe and communicate it.

Among numerous other terms, I coined the very phrase "narcissistic abuse" in 1997. Yet I was never invited to speak in "Narcissistic Abuse Awareness Day". Another recently self-confessed narcissist gone public was welcomed by the organizers as a speaker. Enough said.

162.

Swipe left for the number of views of my entry on Wikipedia. More than 100,000,000 people have discovered [narcissism](#) for the first time on my Geocities, Tripod, and HealthyPlace websites since 1995. My website - a birthday gift from my wife, Lidija @reframingtheself - was the first and only one to deal with narcissism for years.

I had established and ran the first 5 online support groups for victims and survivors between 1995-2004. There was no one else online - just me. A Herculean task of educating and teaching and helping people. My first support group grew to 250,000 members in less than 2 years when the Internet was in its infancy.

I had to invent a new language, now in wide use all over the world: "narcissistic abuse", hoovering, flying monkeys, cerebral, somatic, inverted narcissists - I coined all these phrases and dozens more. I

also borrowed terms like "narcissistic supply", gaslighting, and CPTSD and applied them to the study of narcissism, narcissists, and abusive relationships. My book, "Malignant Self-love: Narcissism Revisited", now in its 10th edition, was first published in 1999.

I made all my work freely available from day one: 43 books, 2000 articles, 600 videos. At no charge. No strings attached. Unlike all the other speakers on narcissism.

I gave tens of millions of victims and survivors their lives back - and a voice. Everyone who discusses narcissism nowadays is building on my work, whether they are aware of it or not. How I ended up being a universal hate figure is a mystery.

Every day I get an average of 30 messages wishing me dead in the pandemic from women who admit that I had saved their sanity and future. YouTube is flooded with comments about my appearance, my voice, my personality and how it is a pity that I have a presence online. Haters shuttered my first Instagram channel, had Facebook remove my pages, and deleted 43 of my videos. The virulent tsunami of hatred I have been confronting for 25 years boggles the mind.

This is the thank you I get daily for 25 years of a dedicated, charitable mission.

163.

[Keynote speaker in the 37th International Conference on Psychiatry and Psychosomatic Medicine](#) tomorrow, starting at 09:50 AM.

The topic of my talk:

Psychology of Habit-forming in a Time of Pandemic

[First Keynote Speaker in the Virtual Global Summit on COVID-19.](#)

My topic: COVID-19: Wakeup Call or PTSD?

Certificate of Recognition for [my presentation in the 37th Conference on Psychiatry and Psychosomatic Medicine](#) organized by the academic publications Clinical and Experimental Psychology, Journal of Neuropsychiatry, and Journal of Psychology and Psychotherapy.

Certificate of Recognition for [my membership in the Organizing Committee.](#)

The topic of my presentation was: "Habit-forming in the Time of Pandemic" and you can listen to it on my YouTube channel: <https://www.youtube.com/samvaknin>

Additional details here (search for keywords psychosomatic medicine): <http://www.narcissistic-abuse.com/mediakit.html>

164.

After 15 years of self-imposed monastic seclusion, I re-emerged in 2016. To my unmitigated horror and disorientation, I found out that the world I had left behind is gone for good and the new normal is as alien to me as the surface of Pluto.

I withdrew into my shell in the 1990s, a time of unbridled optimism in the West. Now, a mere two decades later, [everything is topsy-turvy](#):

Sex is meaningless and casual, promiscuity is an accomplishment, virginity a repellent liability, adultery is universal and fun;

Divorce and reciprocal abuse are the norms in all manner of so called "relationships", intimacy is threatening, courting is harassment;

Expertise is suspect, mocked, and rejected;

Charitable acts are vile conspiracies, technology is slavery, erudition is derided, truthism and malignant grandiose egalitarianism abound;

Entitlement pervades; career criminals are martyrs, law enforcement monsters, con artists and actors rule and rock;

Social interactions and sexuality are vanishing, loneliness is in vogue;

The occult, the paranoid, and the irrational are considered superior to science and rationality, books and learning are niche pursuits;

Birthrates tumbled under the replacement rate, marriage and parenthood are widely shunned and frowned upon;

Only the virtual is real, censorship is praised, rabid and escalated self-promotion touted;

Plutocracies and authoritarian psychopaths govern, poverty, hardship, and sickness the norm worldwide.

And this was before Nature declared war on us.

I count my blessings: I don't have much longer to live. This is one planet I would be delighted to check out of. It is not mine and I have no idea how I ended up here. I want to go home.

165.

September 16, 2012

I hate this [brave, new world](#) where:

Illiteracy is 140 characters long and has a face-book;

Everyone has a thousand virtual "friends", but virtually no real friend;

Every child has a mother and multiple fathers, but no parents;

Knowledge is a matter of opinion and opinions a matter of fads;

Our idols sport muscles and vocal cords, but little else besides;

The right to vote is universal, but the will to vote is not;

Everyone has a right to free speech, but little of value to say;

Extramarital sex is considered recreation and monogamy a throwback;

The only ideology is self-gratification and collectives are mere dim memories;

The only certainty is uncertainty and the only permanent fixture is change (for change's sake);  
Obsolescence is the driver of innovation, but science, art, and literature are obsolete;

As men and women lose their traditional roles, confusion and inter-gender enmity reign. In a unisex world, homosexuality, or sexual abstinence are rational choices.

As malignant, narcissistic individualism is on the rise, the species is dying out. In many countries - including major ones such as Japan, Russia, and Germany - the population is declining precipitously.

More than one third of the youth of these places opt for celibacy and singlehood. Sperm counts have plummeted by a whopping 70%. We are in the throes of vanishing.

166.

I am a keynote speaker together with the Medical Director of the NHS and others in the 33rd [International Conference on Psychiatry and Mental Health](#) in Dubai on June 25. I will participate via a video link.

I am also a member of the organizing committee (OCM). I am a member of the Organizing Committees of more than 90 additional mental health, psychology, psychiatry, and neuroscience conferences - more here:

<http://www.narcissistic-abuse.com/mediakit.html>

167.

Event: [Lecture at the Department of Psychiatry, McGill University, Canada](#), January 22, 2021

I will discuss my new concepts of [covert borderline](#) and the bridge between overt and covert cluster B states via collapse and narcissistic mortification. It is a standard model of personality disorders, akin to the standard model in particle physics.

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones there.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

<http://www.narcissistic-abuse.com/mediakit.html>

168.

Every relationship represents a fine tuned balance between [prize and price](#). The longevity and health of the connection crucially depend on and derive from this equilibrium.

In my case, the prize - what I can and am willing to offer and to share, my intellect - is often inaccessible: most of the time, no one has any idea what I am on about. The difference in terms of IQ between me and an average person is substantially greater than the gap between a human and a chimpanzee, a pig, or a dolphin. So the pearls I cast are to the herd of swine like so many shards of useless glass.

Even when (rarely) I do succeed to penetrate, however incrementally and partially, people - especially women - find that it is not worth the price they have to pay to keep me company. I am too difficult, entitled, hypervigilant, and high maintenance.

Most folks settle for much less of a prize if the price is right. They look to connect with others who are either authentic or human, or, the bonanza, both.

To be human is to be flawed in some way, NOT perfect or superior! A imperfect counterparty - interlocutor, sex partner, lover, spouse, or partner - engenders feelings of comfort, safety, ease, and is endearing. Someone who is genuine but immoral or fake is still fully human: their inauthenticity proves how insecure and vulnerable they are - how REAL.

I am fraudulent through and through: a mere confabulation. I am wholly invented, an utterly fictitious character with a feigned facade simulating a Self where there, in truth, I am nothing but wisps of smoke swirling in an interminable hall of mirrors. I have camouflaged myself so efficaciously that I have lost myself.

Additionally, I am irredeemably and unmitigatedly inhuman: a sadist in bed and out, zero emotions, possessed of a reptile's cold empathy. I victimise and humiliate as others breathe and more often than not I find the experience of demeaning, despoiling, and debasing others far more exhilarating than sex.

All the endowments I have are at the service of this single-minded pursuit. No wonder no one would come within a mile from me. I am more alone than the most devout monk in the most desolate wasteland: in the desert of me.

169.

I never let anyone - man or woman - [love me or befriend me](#) because it negates my grandiosity which I cherish and value about everything - and everyone - else.

Intimacy implies the ability to truly know me. But, like god (that other, more successful piece of fiction), I am unknowable. I make sure of that. To presume that any inferior being out there can have access to my splendiferous mind is to slight me.

Similarly, there is no love or friendship that is not equipotent: in intimate relationships, there is a symmetry of powers, rights, and wants between paramours, partners, and buddies. But I am no one's equal: I am so vastly superior intellectually that I am out of the grasp of ordinary dimwits (=everyone else, the remainder of the teeming masses of humanity, the great unwashed). Plus, I don't need anyone: I use everyone but only as interchangeable commodities, indistinguishable and inert. To claim otherwise is presumptuous and grandiose, almost sacrilegious.

I am, of course, open to relationships with women for sex, supply, and services (3 Ss) and with men for the latter two functions. Serviced and adulated is half my happiness. The other half is sadistically humiliating and hurting folks in all manner, both in private and - the delicacy - in public. What is there to not like?

170.

I am working on [reconceiving of BPD and NPD as post-traumatic disorders](#), as REACTIONS to CPTSD which involve dysfunctional attachment, dissociative self-states, arrested development (infantilism), cognitive deficits, emotional and affective dysregulation.

171.

[Speaker in the Depression and Psychiatry webinar](#) on July 13.

My topic: Sadism in Sadistic and Narcissistic Personality Disorders.

I am a member of the Organizing Committees of more than 100 international conferences on mental health, psychology, psychiatry, and neuroscience:

<http://www.narcissistic-abuse.com/mediakit.html>

172.

[Embrace Nothingness](#): an [antidote to narcissism](#)

Hard data from all over the world show the following, consistently and over millennia:

1. Accept that you are special only to yourself, unique only as a statistic, indistinguishable socially from billions of others;
2. Accept that you are here today, gone tomorrow, ephemeral, utterly forgettable and that your life is random, arbitrary, nasty, brutish, short, and meaningless. You are nothing but an eat2shit machine. Chances are that you will die childless (if you are man) or hated by your offspring.
3. Surrender: resistance is futile, change is an illusion. There is nothing you can do about your essential nothingness, your social station, your future, or people you care about. Not every problem has a solution and very few problems are real.
4. If you insist on protesting, do it by withdrawing and disengaging: in passivity there is safety. The systems set up by the elites want you to fight and to keep losing, it fosters mental illness and submissiveness in you that they can leverage to their benefit.
4. You cannot better or meaningfully alter yourself: you are who you are fundamentally, in most cases, an unendowed zero and loser and this is the way you will remain to the day you die, alone and impoverished.
5. If you were born to poor and uneducated parents, you and your children and their children will end up even poorer and with irrelevant education.
6. The only two ways to make headway in life is to be born to the right parents or to marry the right spouse, social mobility is a myth. Emerging from the right hole or penetrating it is the only way to improve your lot.
7. Anyone who tells you that he has a solution, a cure, a system, a therapy, a cause, a framework, a religion, god, love, empathy, or rules for life is a con artist, probably a psychopathic narcissist, out for your money and adulation. Adhering to a delusion, confabulation, fairy tale, fantasy, or outright lie is replacing a manageable problem with an even bigger one.

Not everything that is true works and not everything that works is true, but you should always prefer what's true to what works. Hope brings forth expectations which invariably result in frustration which causes depression and other forms of mental illness: hope is a counterfactual poison. Your compulsive

need to believe in something or in someone – a god or a guru – leads to either subservience or dysfunction, usually to both.

8. Your children will grow up hating you, depressed, anxious, miserable, mentally ill, or diseased. Their lives will resemble yours in their aimlessness and emptiness.

9. Focus on experiencing your life, do not over-think or over-analyze, you are probably too stupid to do either: eat, drink, make love, have fun, watch the sun rise and set and the flowers bloom, be happy.

10. Live and let live: do not moralize, motivate, hector, punish, argue, debate, convince, position yourself, compare, repair, reach out, converse, expect, hope, demand, or befriend. Just be and let others be. They have the same right to their insignificant existence as you do to yours.

The [video](#) is available on this channel:

World in Conflict and Transition

<https://www.youtube.com/vakninmusings>

173.

[Keynote speaker in the World Congress on Psychiatry and Psychology](#) on August 17, 2020.

My presentation: COVID-19: Mass and Individual Psychology and Psychopathology

[Certificate of Recognition](#)

174.

[Award certificate for my presentation in the Depression and Psychiatry webinar](#) on the long-term neurological effects of COVID-19 and the formation of clinical personality disorders in patients affected by the SARS Cov-2 virus.

A few years ago, I analyzed one great [pandemic](#) and predicted and welcomed the next one in this paper published on Academia.edu.

175.

Despite the fact that [I won Israel's most prestigious prize for maiden literature in 1997](#), my biographical entry was removed from the online encyclopedia of Israeli authors. The reason? I am a psychopathic narcissist.

I am in good company, together with Columbus, Washington, Churchill, Heidegger, Wagner - history is being falsified on a scale never seen before. "Gone with the Wind" and "To Kill a Mockingbird" are blacklisted. Monuments are being pulled down, names deleted and effaced, politically incorrect textbooks shredded. If you dare to resist, you are mobbed and gangstalked, your reputation smeared. Many lose their jobs or even freedoms.

Today's heroes and idols are lowlife scum: career criminals and con artists, covert narcissists and psychopaths, and ruthless politicians. New Speak is everywhere and walking on linguistic eggshells de rigeur.

In Stalinist Russia, successive editions of the Great Soviet Encyclopedia sported doctored and retouched photos, eliminating those who fell out of favor. I never thought I would see the day that this became the praxis in the West.

176.

Speaker in the Webinar on Healthcare, Health Economics, and Policy, tomorrow in Osaka, Japan.

My presentation is very timely: [Social Values and the Health System](#)

177.

There are as many [health systems and models](#) as there are countries. This is because healthcare is a public good and, thus, reflects the social and cultural values of the societies that design and adopt them.

Video presentation in Webinar on Health Care, Health Economics and Policy

178.

World Conference of Psychiatrists and Psychologists (webinar) in Toronto, Canada.

Topic of my presentation: [Unifying Cluster B Personality Disorders](#).

179.

I am a stalker, sometimes erotomaniac, often a [sadistic bully](#). I cling to the women in my life and invade their existence in every way, like a cancerous metastasis. I act clinging, needy, demanding, infantile, verbally abusive, entitled, and highly dependent.

Everyone who ever came in contact with me has shunned me or fled, sooner (within days), or later (within years if they had enjoyed my money while having lovers on the side, or if they pilfered my ideas and prospered all the while).

Men don't mind or even relish being seen as assertive and decisive, so, when they were done with my utility, they had just vanished or told me off in no uncertain terms.

Women prefer to be thought of as sluts rather than as heartless traitorous bitches and so they cheated on me ostentatiously in order to get rid of me. They picked up men in my presence or contacted me after the act to inform me of the minutest details of their betrayals.

Many of these women went to even much greater and more egregious extremes that defy belief. Their need to put distance between us drove them to the realms of insanity, decompensation, dissociation, somatization, and rabid acting out.

Of course, I am childless. Women panic at the mere thought: what female in her right mind would interbreed with a mutant?

YouTube numbers tell the whole story: my content is of the highest quality. Yet, people avoid me like a virus of the mind which can cause a systemic infection. Even if they recover from being exposed to me, there is bound to be traumatic multiple organ long-term damage.

It took me 60 years and 43 books authored to come to terms with what everyone in my childhood had

told me, from my mother to my kindergarten teacher: I am very mentally ill, a pathogen, and profoundly unlovable.

Innumerable men and especially women, confronted with my hideous deformities, confirmed to me that I am a Quasimodo of the soul. I can't even ring the bells anymore: there is no one left to listen.

180.

[Predicting the apocalypse in 2016](#)

Available here: <https://www.youtube.com/vakninmusings>

My responses IN ENGLISH. The days of Western civilization are numbered. Sam Vaknin talks to Milan Adziewski for TV Sonce.

181.

[Certificate of Recognition for my presentation](#) about how social values affect the design and functioning of healthcare systems.

The presentation, made as a keynote speaker in the webinar on Healthcare, Health Economics, and Policy is also available on my other YouTube channel: <https://www.youtube.com/vakninmusings>

182.

[Amazing Polly refers in her new video to my article](#) about the body in illness as a torture chamber.

<https://www.youtube.com/watch?v=jeVf8Bq1knk>

Relevant videos on my channel:

<https://www.youtube.com/samvaknin>

YOU and YOUR BODY after Domestic Violence, Rape, Battering: Perpetrator and Society Collude

COVID-19: Will We Become Psychotic Narcissists? (37 Int. Conf. Psychiatry & Psychosomatic Medicine)

COVID-19 Clones Borderlines, Psychopaths: Real Zombie Apocalypse (Depression and Psychiatry Webinar)

183.

In 1995, I coined the phrase "narcissistic abuse". In 1997, I was the first to suggest that narcissistic abuse leads to [CPTSD](#): Complex Post-traumatic Stress Disorder (CPTSD).

My original article is still here (originally published on Geocities and Suite101): <https://samvak.tripod.com/abusefamily22.html>

184.

Organizing Committee Member for the [Stress 2020 Conference Webinar](#): International Summit on Depression, Anxiety, and Stress Management, August 2020.

[First Keynote Speaker](#) in the Stress 2020 Conference Webinar: International Summit on Depression, Anxiety, and Stress Management, August 2020.

[Certificate of Recognition](#) for my oral presentation as a First Keynote Speaker in the Stress 2020 Conference Webinar: International Summit on Depression, Anxiety, and Stress Management, August 2020.

The title of oral presentation was: "Triggering Cascade, Trauma Imprinting, and Total Reactance" is now available on my YouTube channel <https://www.youtube.com/samvaknin>

Additional mental health, psychiatry, and neuroscience conferences I am participating in:

<http://www.narcissistic-abuse.com/mediakit.html>

185.

[I broke the heart of every woman I have ever been with](#) not because I am a cad, or a macho womanizer, or a two-timing scoundrel, or an Apollo, or such a catch. Not because I am a virile quintessence, or a male epitome, too much of a man - but because I am not a man at all in any sense of the word and by any stretch of its meaning or definition.

Because I had tricked them into believing that I am whole and wise and mature and that I am a MAN - when in fact I am disabled beyond redemption and about as genderless as a toddler and as lifeless as a rusted robot. Even my sex is mere autoerotic pyrotechnics, a simulated, despoiling copulation.

When my women had found out the truth about my act, my non-existence, my utter lack of manhood, they perceived this as humiliating rejection and egregious abuse. They wrongly attributed to me false advertising and future faking. Wrongly because I had deluded myself into believing that this time, with this woman, it will all be different. I wasn't lying - merely fantasizing yet again, dreading the motherless loneliness of my mind.

So, some women became gold-diggers, splurged and shopped and travelled at my expense while satisfying their needs with other men.

Others, blinded by unbearable anguish, riven by impotent rage, self-recrimination, and overwhelming sadness, disillusioned and disenchanting, they lurched and latched onto the first warm body, any passing predatory male, for the comfort, affection, and attention that I had denied them. The fake intimacy of casual sex, the make-belief of a fling or an affair. Then they abandon me to make a life with real MEN, however flawed and unaccomplished, even abusive.

Like Sisyphus himself, I had to witness this justified, but heart-rending betrayal unfolding time and again and, sighing, hopelessly heave the rock of my existence against the unrelenting slope that is my life.

186.

My grandiose and psychotic mother felt deeply that we, her children, absconded with her life, so she eradicated our lives in vengeful return. But she was "sentenced" to reach a ripe old age and witness our wasted, decrepit, aimless, mentally disabled existences, the bitter, poisonous fruits of her rejection and vicious, life-threatening abuse.

My stunted, arrested personal growth has yielded a genius-child in the egregiously unfit and neglected carcass of a deceitful adult. I have wasted all my many years looking for another mother to love me unconditionally and accept me as I am, including my warped sexuality and delusional grandiosity. I tested every woman in my life by subjecting her to mind shrivelling sadistic psychological abuse and to my sexual proclivities: is she the one? Will she survive the [horror of ME?](#)

They all flunked my test, cheated on me ostentatiously with other men to force me to let them go. They all finally dumped me and abandoned me in ways so cruel to render their actions unheard of, even psychopathic.

After each such mortifying, gut wrenching trauma, evidently unlovable as forewarned by my parents, I withdrew from life completely, avoiding all human contact, the hapless and passive recipient of tidal waves of hatred online and off it.

For interminably long stretches of time - many years or even decades at each go - I just sat there, gazing forlornly, witnessing my women drifting away into their parallel lives with other men, suffering the tsunami of ill wishers and haters, awaiting, without much hope, my resurrection at the hand of my next mother, my new adopted family. Anticipating the next round of excruciating agony meted out by my loved one.

187.

I hate my mental illness with vehement vengeance. I am impotently enraged and profoundly sad at the way it had impacted my life. My narcissism reduced to rubble everything and everyone that could have been beautiful in my life. It forced men and women to hurt me really cruelly in self-defense.

But the overwhelming majority of narcissists are not like that at all.

[Narcissists are proud of their narcissism](#) and emotionally invested in it. They believe that it renders them more self-efficacious and creative.

188.

I have been asking myself two questions for a long time now:

1. Many gurus, YouTube celebrities, and public intellectuals are considerably more rude, abrasive, impatient, and even bullying than I am.

Why do people tolerate their misconduct and continue to shower them with love and adulation - and, at the very same time, react abusively, hatefully and aggressively to almost anything I say? And I mean ANYTHING!

Because people perceive me as inferior to them.

It is easy to accept even egregious maltreatment from someone you deem superior to you, or even from an average guy, very much like you: "He is a genius, a teacher, a leader and it explains and justifies his outbursts" or "he is a good guy who is just having a bad day", or "he means well, he simply has a temper on him".

But people bristle at haughty, condescending, and wounding behavior by their evident inferiors. They retaliate in kind or escalate, assured that they will prevail and triumph over a lowlife wannabe or a defective, mentally-ill [psychopathic narcissist](#), like the repellent Sam Vaknin.

2. Why do women invariably reject me outright and immediately prefer other men to me, even when

these men are way poorer, less educated, losers, abusive, junkies, older, infirm, and even uglier?

Same answer: any man - repeat: any man whatsoever!!! - is infinitely preferable and vastly superior to a psychopathic narcissist like me.

It took me a long while to accept that people - women and men alike - disrespect me overtly and ostentatiously because they actually regard me as pitiable and lame, a buffoonish pompous fool, broken and dysfunctional, unlovable, hideous, insufferable and revolting, hopeless and to be shunned.

People cut me no slack and give me no break because I am the one who have been telling humanity for 25 years that I am a monstrosity, a psychopathic narcissist and that my ilk are traumatizing inhuman mutants, good for nothing, and best avoided.

At least folks take my word for this. People are reacting to WHO I am (psychopathic narcissist) - not to WHAT I am saying as I myself had taught them to do when they are confronted with someone like me.

189.

### [WA Real Interview](#)

Narcissism is not merely a mental health disorder. It is an organizing principle of our postmodern existence. It lets us make sense of our new complex realities. Narcissism is also a new, unprecedented, networked religion with every narcissist as both god and worshipper. Cyberspace is our equivalent of Heaven in the Medieval Times.

190.

[First Keynote Speaker in the Psychology, Psychiatry, and Public Health Webinar](#), August 2020.

Additional mental health, psychiatry, and neuroscience conferences I am participating in:

<http://www.narcissistic-abuse.com/mediakit.html>

191.

[Failing and being hated](#) feel real to me, somehow more reliable, and way longer-lasting. Both have a calming, anxiety-reducing effect. I know where I stand, who is who, and what's next.

In contradistinction, love and success are fickle and ephemeral and when they are ineluctably gone, it is painful.

Often, love is feigned by goldiggers and worse, or conflated with erotomania and dependence. Success calls for antisocial cutting of corners and for compromising and bargaining away one's integrity and principles, trampling even on loved ones in the inexorable process.

Attempts to be loved and to accomplish require great investment and grandiose faking for passing, soon to be forgotten returns. The prize is often unworthy of the price.

Consequently, as far as I am concerned, love and success feel inferior to and less safe than any other alternative, worse even than being socially shunned and derided or than becoming a total loser. I undermine both these seductive lures on sight.

Better be an authentic loser, but true to myself, than a faux winner: who is doing the winning anyhow, if one is not oneself - but a fraud?

"For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?" Matthew 16:26

192.

In my dreams I bid adieu to people I will never see again.

And they are more real to me than they have ever been.

Old men are made of [memories](#), I now discover.

The flesh is worn, defeated, the spirit mellow. All that remain are sepia snippets and pervasive waste.

What could have been way overwhelms what is.

Existence dwindles, ethereal, ephemeral, and foregone, bleeds seamlessly into embracing nothingness.

Not rage. Just grace. A truce with life, a welcome pact with death, the inner peace of absence looming.

It is of beauty, this surrender - or maybe 'tis the victory of spirit.

193.

Certificate of Membership in the [Editorial Board of Journal of Neuropsychiatry and Neurodisorders](#).

I am Editor in Chief or Member of the Editorial Boards of well over 60 academic journals in my fields, all listed here:

<http://www.narcissistic-abuse.com/mediakit.html>

194.

I am a child tyrant emperor: infantile, petulant, moody, divine, and delusional.

I am a Wunderkind: a boastful genius.

I want just to play. Nothing else. To have fun. That's all (shared fantasy). I renounce reality and truth.

My game is: you are my vastly inferior slaves and disciples.

You must accept me as I am. You are expected to fully forgive and love me unconditionally, regardless of my conduct or misconduct, even when I inevitably hurt you badly time and again.

I am immutable, opinionated, obstinate, grandiose, labile, dysregulated, and depressive. You should not try to change or fix me or to bargain with me: you are not my equals.

You can play only with me, unless I let you play with others (when you are no longer my playmates, just my servants).

I am entitled to take anything I want from you. I can do to you and with you anything I wish. You

have no right to protest, decline, or resist my demands. You are my property, my chattel to dispose of and do with as I please.

You must obey my wishes unthinkingly and promptly, never disagree with me, and even please me with your agony.

You have no right to expect or demand anything from me. If I give you anything, it is because I choose to. I give only what I decide to give, usually only as little of my time, attention, knowledge, and money as absolutely necessary to keep you hooked and around as my playmates.

Only I decide which game we play, based on how capriciously bored or thrilled I am at any given period.

If you are not fit to play my game, I lose all interest in you.

If you refuse to play my game exactly how and when I want it, or if you make any demands whatsoever, I walk away and look for a new playmate.

Simple, really. And it works! I have had no reason to regret any of it over the decades of my life. Compared to the overwhelming vast majority of humanity, I am in a good place and have spent the time allotted to me on this Earth precisely as I had wanted to: [my way](#).

Minnie called me "an ugly mug" and I retaliated, labeling her a "java queen". Tune in for the [next episode](#).

195.

For almost three decades I self-isolated in cell-like rooms, shunning all forms of human contact, including sex. I did not socialize or befriend anyone. I spent 100% of my time reading, writing, shooting videos for my YouTube channel, collecting ebooks, print books, and films. I let the women who loved me be intimate in every way with other men. I didn't care. I had rejected life as thoroughly as any suicide. I was all but gone and foregone.

Then, following a nearly lethal depression, I returned to life full force. I attempted to compress into a few years everything I had missed during my self-imposed wasteland hibernation.

[My resounding failures in every sphere](#) in this last endeavor to rejoin the human race served as excruciating reminders of why I had chosen to go monastic in the first place: I am spectacularly unfit to be with people, men and women. I lack the most rudimentary skillset and my mental illness aggravated and egregious had by now become an insurmountable obstacle.

Additionally, I had dedicated the long years of my seclusion to fostering and propagating in full public view the reputation of a freakish and creepy psychopathic mutant, making sure few would dare or want to come near a self-confessed monster like me. It was a labor of self-hatred well done: possibly the sole accomplishment in my vacated existence.

The pandemic sealed this last effort to resurrect and I am back where I started: a dilapidated monk in a confined space with a severely constricted life.

My vicissitudes remind me of two films: "Charly" and "Awakenings". In both masterpieces, the protagonist's capacity to engage with life and love is curtailed irreparably by a medical condition. In both, he is awakened by a miracle cure and exuberantly experiences the beauty of the world. He loves,

he laughs, and then, tragically ... the effects of the drug wane and he is back to his erstwhile somnolent zombie state.

196.

Keynote Video presentation to Psychiatry Meet 2020's World Psychiatrists and Psychologists Conference Webinar, August 28, 2020

The Conspiracy of Symptoms: [Mental Illness as a Network](#) – Metaphor or Reality?

Network methodology and concepts are recently being applied to mental health disorders (psychopathology): symptoms are treated as nodes, causally interconnected via biological, psychological, and societal mechanisms.

Symptoms can become self-sustaining and self-reinforcing as they get integrated in robust feedback loops. The entire network then becomes chaotic (disordered). Stable states of networked symptoms amount to discreet mental health diagnoses (Borsboom, D.(2017) A Network Theory of Mental Disorders, World Psychiatry, 16(1): 5–13, <https://doi.org/10.1002/wps.20375>).

This reconception of mental illness as a network of directly and dynamically interacting symptoms is a reversal of the medicalized, static common cause and latent variable model where symptoms are brought on by a single mental health syndrome or disorder (Bringmann, L. F., & Eronen, M. I. (2018). Don't blame the model: Reconsidering the network approach to psychopathology. Psychological Review, 125 (4), 606-615. <https://doi.org/10.1037/rev0000108>).

In these nascent models, the emphasis is on internal psychodynamic etiology. They neglect social and interpersonal interactions as major drivers of mental dysfunction. Indeed, incorporating other people in such diagrammatics will serve the flesh out the network, materialize it, put on a human face on it, and connect the internal to the external, as is the case in real life. Interactions with significant or strangers, intimate partners or colleagues, family and friends are as symptom-inducing as any neurotransmitter. Indeed, they are often the direct cause for such secretions and for most crucial and relevant network affects and cascades in the first place.

As usual, evolution borrowed the best of all possible worlds, models, structural engineering approaches, and action principles.

[Acceptance Speech as Co-Editor in Chief](#). See my membership in the Editorial Boards of 70+ academic journals and of the Academia.edu Editor Program:

<https://samvak.tripod.com/mediakit.html>

197.

Keynote Presentation to the 3rd Intl. Conference on Addiction and Psychiatry, September 2020

Big part of the text here: <https://samvak.tripod.com/sense.html>

The proto-psychologists James and Lange have (separately) proposed that [emotions](#) are the experiencing of physical responses to external stimuli.

They are mental representations of totally corporeal reactions. Sadness is what we call the feeling of crying. This was phenomenological materialism at its worst.

To have full-blown emotions (not merely detached observations), one needed to experience palpable bodily symptoms.

The James-Lange Theory apparently did not believe that a quadriplegic can have emotions, since he definitely experiences no bodily sensations.

Sensationalism, another form of fanatic empiricism, stated that all our knowledge derived from sensations or sense data. There is no clear answer to the question how do these *sensa* (=sense data) get coupled with interpretations or judgements. Kant postulated the existence of a "manifold of sense" – the data supplied to the mind through sensation.

In the "Critique of Pure Reason" he claimed that these data were presented to the mind in accordance with its already preconceived forms (sensibilities, like space and time). But to experience means to unify these data, to cohere them somehow. Even Kant admitted that this is brought about by the synthetic activity of "imagination", as guided by "understanding". Not only was this a deviation from materialism (what material is "imagination" made of?) – it was also not very instructive.

The problem was partly a problem of communication. Emotions are *qualia*, qualities as they appear to our consciousness. In many respects they are like sense data (which brought about the aforementioned confusion).

But, as opposed to *sensa*, which are particular, *qualia* are universal. They are subjective qualities of our conscious experience.

It is impossible to ascertain or to analyze the subjective components of phenomena in physical, objective terms, communicable and understandable by all rational individuals, independent of their sensory equipment.

198.

In 1983, I was an up and coming young Vice-President in a closely-held and secretive Jewish family multi-billion USD group of companies. I was transferred to New-York and given a corner office on a high floor in one of the Twin Towers. I hated the glass-encased building: it was ugly, massive, impersonal, badly maintained, and it swayed with the winds. I asked to be reassigned to our Park Avenue outfit and my wish was granted.

Fast forward 18 years. On [September 11, 2001](#) I entertained a couple of house guests, senior journalists from Scandinavia. I remember watching in horror and disbelief the unfolding drama, as the United States was being subjected to multiple deadly attacks on-screen. I turned to the international affairs editor of a major Danish paper and told her "This could not have been done by al-Qaida." I am an Israeli and, as such, I have a fair "sixth sense" as to the capabilities of terrorists and their potential reach.

Enter David Ray Griffin. I was introduced to him by a mutual acquaintance. He is emeritus professor of philosophy of religion and theology at Claremont School of Theology and Claremont Graduate University. He has published over 30 books, including eight about 9/11, the best known of which is "The New Pearl Harbor Revisited: 9/11, the Cover-Up, and the Exposé."

On the face of it, his credentials with regards to intelligence analysis are hardly relevant, let alone impressive. But, to underestimate him would be a grave error. Being a philosopher, he is highly trained and utterly qualified to assess the credibility of data; the validity and consistency of theories (including conspiracy theories); and the rationality and logic of hypotheses. These qualifications made

him arguably the most visible and senior member of what came to be known as the 9/11 Truth Movement.

In our exchange, he proved to be tolerant of dissenting views, open to debate, and invariably possessed of rigorous thinking.

Read the interview here: <https://samvak.tripod.com/911.html>

199.

How am I whiling away [my pandemic](#)?

Accepting reality and who I am.

Getting rid of long held delusions about others, but especially about myself.

Realizing my limitations.

Healthy process, but it provokes mourning: I grieve for who I thought I was and for a life so pervasively confabulated that it was never lived.

200.

Sam Vaknin's Genius Bloopers and Show-stoppers Co-startling Minnie the Mug

"You were always somewhere else, she couldn't understand you, she didn't know what you wanted from her ... she used to cry ... you made her very unhappy ... didn't you know that?" ("Waiting for the Barbarians").

[People - men and women alike - are a burden and a drain on my energy](#). In crisis (such as this pandemic), I prefer to be left entirely to my own devices. I ration my resources to maximize ROI and anticipated ROI. Where I see no future benefits or goals accomplished with certainty within a minimal timeframe, I go no contact. Women should provide any 2 of the 3 Ss (sex, sadistic and narcissistic supply, services), men 2 of 2 Ss - any fewer leads to effective withdrawal (or, where inescapable, minimal transactional communication) or, the minute it is feasible, actual no contact.

I am the one doing ALL the rejection, humiliation, abuse, refusal to commit, and abandonment. But I feel out of control: these acts are compulsive. I am furious at and resent myself for being so weak and for succumbing to my mental illness. So, I reframe with self-destructive and self-defeating counterfactual negative automatic thoughts so as to punish myself ("they abandoned me because I am unlovable").

My core failure is my delusional grandiose entitlement: like many others, I refuse to adopt any active roles because they involve commitment, investment, and familiarity or intimacy, however minimal. I do adopt passive roles as a recipient. I frame this choice as a failure because I fail to maintain the loyalty and presence of my 3Ss providers (as all successful passive rollers do). My failure lies in my unwillingness to invest even in the bare maintenance of my sources and suppliers: my grandiose entitlement is so outlandishly delusional (unrealistic, fantastic) that I fail even as a totally passive consumer (eg, as a con artist).

During the pandemic, I want commoditized, one time, anonymous narcissistic supply without (1) familiarity and/or (2) demands on any my resources. Familiarity implies equality or contempt (rather than fear of ultimate anticipated rejection) and to demand my attention without commensurate return (sex or services) is an insolent imposition. In both cases, I reject the supplier (having already garnered the narcissistic supply) and by doing so I extract sadistic supply (by humiliating her/him) to add to the already harvested narcissistic supply. I encourage familiarity and am responsive only when ROI in the form of the 3 Ss is guaranteed.

I do not have the stamina and the emotional skill set required for any type of human intercourse. Nothing and no one has meaning for me, except as a diversion. I aspire to nothing and want nothing and no one. I prefer to masturbate not only sexually (autoerotic) but also psychologically/intellectually (autolibidinal).

"If we want nothing, then nothing stands in our way. This may lead to a life of monastic enlightenment -- or habitual evasion" (Corbett, "Art of Character"). Sterile pseudointellectual pursuits replace real life action.

201.

[English only excerpts of this lecture](#), given in Budapest, Hungary, February 2020:

<https://www.youtube.com/watch?v=0uM13pZxBLM>

8 strategies to co-exist with a narcissist and survive narcissistic abuse.

202.

How does the [narcissist experience your survival and coping strategies](#), such as no contact, grey rock, mirroring, withholding, and background noise? How does he react to them? (ENGLISH Excerpts)

Full lecture here:

Hungary, February 2020

<https://www.youtube.com/watch?v=0uM13pZxBLM>

203.

[Answering your questions and comments](#) (see who gets the buffet pun):

1. How can you discuss empathy if you don't have it?
2. Nothingness: giving up rather than shaping up
3. Negativity is ego congruent
4. Shadow-banning
5. I watch him and not you because he cares about me
6. Sam Vaknin: Hot, sexy, handsome
7. Halo Effect in a Celebrity Cult
8. False self could be a sort of special interest in Autism
9. Albert Camus not a Jew
10. Universe and human stupidity
11. Sadistic supply vs sadistic sex vs narcissistic supply

12. Probability challenged professors (IQ tests)

13. Why blame mothers? (ACE Study)

204.

I never protect or value what's mine - from my women to my intellectual property - so others openly take everything and everyone away from me. I often give my ideas and goods for free and push my women to cheat on me with other men.

Men pick up on my distress signals and despise me for my spinelessness. They openly flirt with my dates, lovers, and spouses in my presence and whisk them off into nights of good time and carnal pleasure, ignoring me completely. I never dare to protest these fathomless humiliations. I just await the return of my despoiled, drunk partners.

This also engenders disrespect: whether I am perceived as cowardly, or as defeated, or as a slacker flake, I merit and elicit only derision, revulsion, and contempt from others: men, women, intimate and business partners, colleagues, clients.

Coupled with their envy of my gifts and revolt at my obnoxious and pompous personality, it leads to virulent displays of public humiliation/shaming and passive-aggressive or punitive acts against me.

Such disrespect is communicable and contagious and the contagion is exacerbated by my own behaviors: I either feign indifference or reactance ("do your worst, see if I care" defiance).

My apathy is not perceived as a sign of strength, but on the contrary: it is the hallmark of a doormat's cowardice, weakness, and absence of enforceable boundaries. I open myself to contempt, abuse, and gleeful mockery.

Alternatively, people interpret my behaviors as passive-aggression.

My visible, public, and ostentatious disrespect for my intimate partners is coupled with overt disinterest in them and observers grasp it as a profound lack of self-dignity, strength, and self-respect (as abdicating, not caring for, and not protecting my "property").

Similarly, my reactance is not perceived as credible: I am about as intimidating and deterring as a weakling spoiled brat - and even more repulsive and antagonizing. People experience an irresistible impulse to slap me down to size.

My attempts to "man up", deter, and intimidate provoke the offending party to escalate into egregious territory and react with undisguised disdain whenever I try to set [boundaries](#) or enforce them.

205.

Watch NEW VIDEO Jordan Vaknin and Sam Peterson? [Jordan Peterson and Sam Vaknin Juxtaposed](#)

<https://www.instagram.com/p/CFashYSJA1U/>

206.

[Human Experiments](#) by Dr. Sam Vaknin

Dr. Sam Vaknin conducts public experiments on human subjects (aka students):

1. Internal vs. External Objects

## 2. Empathy? What's That?

Full lecture available on my YouTube channel and titled: "Extremes of the Human Mind: The Most Terrifying Place of All".

207.

First keynote speaker in [3rd International Conference on Addiction and Psychiatry](#), September 29, 2020.

Speaker in [Webinar on Addiction, Depression, and Suicidal Risk](#), September 30, 2020.

Speaker in [International Webinar on Psychiatry, Alzheimer's, and Dementia](#), October 5, 2020.

Certificate of recognition for my presentation on [Depression and Narcissistic Disorders of the Self](#) in the Webinar Addiction, Depression, and Suicidal Risk.

[Chair of the 4th International Conference on Addiction Research and Therapy](#), October 5-6, 2020 (swipe left).

My presentation: "When Narcissists and Psychopaths Become Leaders".

Certificate of Recognition for my presentation "[Sensa, Emotions, and Cognitions](#): Three Sides of the Same Coin?" in the 3rd International Conference on Addiction and Psychiatry, September 2020.

Certificate of Recognition for my keynote presentation as "[When Narcissists and Psychopaths Become Leaders](#)" in the 4th International Conference on Addiction Research and Therapy, October 2020.

Søren Abaye Kierkegaard on Self, Love, and Self-love ([Text in Description](#))

[Speaker](#) at the Webinar on Stress and Depression Management, October 2020. My presentation: "[Signs that you are the Victim of Narcissistic Abuse](#)" ([Certificate of Recognition](#)).

Certificate of Recognition and Certificate of Membership in the Organizing Committee for my keynote presentation "Narcissistic Mortification, Shame, and Fear" in the [32nd Edition of the International Conference on Psychiatry and Mental Health, October 2020](#).

The lectures are also available on my YouTube channel.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

<http://www.narcissistic-abuse.com/mediakit.html>

208.

Author with Locked-in Syndrome Writes a Book

Determination, perseverance, ingenuity. [Resilience](#). Iron will. Watch the Diving Bell and the Butterfly.

A central pillar in my thinking is unraveling as I age. My intellect is not enough. Not only is it not half as rare or as refined as I imagined it to be - it is simply insufficient. It cannot secure my happiness, or safety, or longevity, or health. It cannot buy me love or friendship. I eke out a living - but that is it. I don't have what it takes. And what it takes is a combination of intelligence with many other things: with empathy, with team work, perseverance, honesty, integrity, stamina, a modicum of optimism, true assessment of reality, sense of proportion, the ability to love, selflessness in measure. Intelligence without these is cold and sterile. It gives birth to nothing but recursive exercises.

To be fully human, it takes much more than memory and analytic skills. In the absence of emotions and empathy, there is only artificial intelligence - a lame and pitiable simulation of the real thing. Artificial intelligence can beat chess masters and memorize entire encyclopaedias. It can blaze a trail of written articles. It can add, subtract, and multiply.

But it can never enjoy another person. It can never intertwine, or care, or warm its heart, or hope. It can produce some poems but never poetry. It is even deprived of the ability to feel lonely. And though it may fully grasp its own deficiencies - try as it may, it can never change. For it is artificial and synthetic - a fiction, a two-dimensional creation, a part and not a whole. It is a narcissist.

209.

Author with Locked-in Syndrome Writes a Book

Determination, perseverance, ingenuity. [Resilience](#). Iron will. Watch the Diving Bell and the Butterfly.

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210.

Keynote speech to [3rd International Conference on Addiction and Psychiatry](#)

A voluminous literature notwithstanding, there is little convincing empirical research about the correlation between personality traits and addictive behaviors. Substance abuse and dependence (alcoholism, drug addiction) is only one form of recurrent and self-defeating pattern of misconduct. People are addicted to all kinds of things: gambling, shopping, the Internet, reckless and life-endangering pursuits. Adrenaline junkies abound.

The connection between chronic anxiety, pathological narcissism, depression, obsessive-compulsive

traits and alcoholism and drug abuse is well established and common in clinical practice. But not all narcissists, compulsives, depressives, and anxious people turn to the bottle or the needle. Frequent claims of finding a gene complex responsible for alcoholism have been consistently cast in doubt.

In 1993, Berman and Noble suggested that addictive and reckless behaviors are mere emergent phenomena and may be linked to other, more fundamental traits, such as novelty seeking or risk taking ("Childhood Antecedents of Substance Misuse", *Current Opinion in Psychiatry*, Volume 6, Issue 3, June 1993).

Psychopaths (patients with Antisocial Personality Disorder) have both qualities in ample quantities. We would expect them, therefore, to heavily abuse alcohol and drugs. Indeed, as Lewis and Bucholz convincingly demonstrated in 1991, they do ("Alcoholism, Antisocial Behavior and family History", *British Journal of Addiction*, Volume 86, Issue 2, February 1991, pp. 139-244). Still, only a negligible minority of alcoholics and drug addicts are psychopaths.

211.

Presentation to the International Webinar on Psychiatry, Alzheimer's and Dementia, October 2020

The pandemic rendered us all helpless, hopeless, insecure (it is a state of total uncertainty which cannot be mitigated), anxious (cannot be ameliorated), and subject to identity disturbance or diffusion. In short: the typical borderline reaction to narcissistic mortification.

What is the role of [shame](#) in all this? Lidija Rangelovska's theory of shame is applied.

212.

[My natural state is schizoid](#): when I am successful, I feel empowered, self-sufficient, and sadistic ("fuck off factor") and when I fail, I withdraw in order to avoid narcissistic injuries and mortifications.

Avoidance and withdrawal from others is also a punitive measure: I deny them access to my mind and body because they had failed to appreciate me properly or had transgressed against me in some way. Among the mementoes of long dead relationships and the wreckage of broken dreams, I self-soothe, binging on my own fantasies.

I have always been solitary, introverted, and have generated a constant stream of intellectual arousal and self-stimulation (probably out of necessity), alone with my books, in the library, or in my study.

Nothing terrifies me more than becoming the center of a cult. As many of you can attest, I brutally, resolutely, and rudely reject any attempt to become my fan or follower. I barely tolerate even comments on my video. A cult would be a veritable nightmare.

Dorcas Williams, my interlocutor, says: "This is not another, "Sam, tell us what narcissism is again..." interview.

If you're looking for one of those, there are plenty already on his channel.

No! In this [interview](#) he speaks about embracing nothingness, Jordan Peterson, physics, and something called psychophysics.

He also discusses the progress and future of the pandemic.

In the final quarter of the interview, he opens up about his experience attending university as a child and he reveals how many languages he knows.

Watch until the VERY end to find out his favorite food!

213.

In 1995, I coined the phrase "[narcissistic abuse](#)".

In 1997, my wife, Lidija Rangelovska (@reframingtheself) gave me a website on Geocities as a birthday gift. I uploaded my book and made it free.

In 1998, I established the first ever narcissistic abuse support group for narcissistic abuse victims on the now shuttered platform Listbot.

When Listbot closed its virtual gates, I migrated the group to Yahoo Groups, Google Groups, and MSN Groups. I also created 4 topics on Suite101.

By 2004, mine was the only website on narcissism and I owned and moderated all 6 forums available online, with well over 250,000 members in total.

Yahoo Groups is closing now. I am the last person active from that first generation. We struggled hard to get the message across, to educate, to help. We did not even have a proper language to communicate with: I had to come up with most of the words and phrases in use today and borrow from other branches of psychology.

This is the end of an era. I am proud of what we, the pioneers of this field, have accomplished. As we bow out, one by one, we leave this world a better place than we had found it.

214.

[No one respects me](#) even minimally. I am held in universal contempt & derision & people repeatedly ignore my boundaries & violate my rights disdainfully & with impunity. They humiliate me deliberately, mock & ridicule me, & help themselves to everything that's mine: my intimate partners & my innovations, especially.

All my women had cheated on me or betrayed me. The men who took them from me were frequently my "friends" or colleagues: they adopted my women's disrespect towards me as their own & misinterpreted my equanimity as submissiveness. Hundreds of coaches, self-styled "experts", & scholars pilfer my work habitually, steal my ideas, & plagiarize me openly & unabashedly. All these acts reify extreme disrespect.

I am disrespected so profoundly by everyone, near & far, for 3 reasons:

1. I disrespect people, humiliate & abuse them gleefully, sadistically, automatically, publicly, & relentlessly. They hit back at their tormentor where it hurts: by denying me recognition, depriving me of sources of narcissistic supply, flaunting their misbehavior & my impotence to stop them, punish them, or do anything about it.

2. The Salieri Effect: people envy me for my undeniable gifts & prodigious output. It is unjust that someone as hideous as me is so endowed while they wallow in sterile mediocrity! By stealing my work, they are restoring justice, not usurping it.

They feel self-righteous when they save & salve my broken, hurting women; justified when they abscond with my intellectual property: the proceeds of crime are forfeited to the victims.

I should own nothing, should die alone, should not enjoy the fruits of my labor because my very existence constitutes an affront & a crime against humanity.

They are self-styled crusaders in a morality play, a Manichean battle against Evil. This grandiose campaign to right the wrong that is me also renders them fearless & immune to any of my objections & penalties.

3. I disrespect myself. Why else would I need a False Self & my grandiose fantasies? Without them I deem myself inferior, an impostor, corrupt, & an inefficacious failure. Moreover, I made a public spectacle of my own deformities & disabilities, a wicked doormat, rendering myself wide open to abuse.

215.

YTP of the inimitable and eminently irresistible [Sam Vaknin](#) doing his droll self nonchalantly, effortlessly, unthinkingly, empathically, and charmingly, of course. What is there to not love about this wannabe man and towering intellect? (5 ft 8 in or 173 cm in socks). Wow! You could really look up to him!

He's got the nose for all things narcissistic (one anatomic feature that no woman had ever disparaged). He's got the brains (when he is not ranting and raving like the narcissist that he is). And if the eyes are the windows to the soul - well, in his case, the shades and drapes and curtains are firmly drawn.

Watch Sam Vaknin's Genius Bloopers and Show-stoppers Co-startling Minnie the Mug (link in the description of the video).

216.

Facebook Live Event Link: <https://fb.me/e/1zVI4K00a>

[Sam Vaknin on narcissism and narcissistic abuse](#)

Saturday, 15:00 CET/CEST time zone.

217.

Video Presentation Webinar on Addiction Psychiatry and Human Resilience, October 2020

[Twins](#) have an early childhood symbiotic relationship with both the primary object caregiver (mother) and with the each other. Does this predisposes them to develop pathological narcissism in later life?

Certificate of Recognition as Speaker in the [Webinar on Addiction, Psychiatry, and Human Resilience](#), October 2020

My topic: "What can Twins Teach Us about Narcissism".

Twins have an early childhood symbiotic relationship with both the primary object caregiver (mother) and with the each other. Does this predisposes them to develop pathological narcissism in later life?

January 2021 sole speaker in [Psychiatry Grand Rounds](#).

The title of my presentation

Predicting a Covert Borderline: Narcissistic mortification as a post-traumatic dissociative bridge between overt and covert Cluster B personality disorders

Two learning objectives

Suggested unifying framework for all cluster B personality disorders

Overt and covert expressions of cluster B personality disorders and transmission mechanisms ("switching" between post-traumatic self-states).

218.

I had been offered full time job as a resident psychiatrist in the UK's most prestigious private hospital. They must be really desperate. I remember one of the first pandemics I had lived through: [AIDS](#).

Chron.com reported that, in late October 2009, terrified AIDS experts pleaded with Russian officials to dump Russia's abstinence strategy for curbing the spread of HIV, a "strategy" that is yet another example of the pernicious wishful and magical thinking common there. Russia is enduring a silent but veritable epidemic, which is in the throes of spiraling out of control. The physicians urged Russia to adopt evidence-based successful strategies like needle-exchange programs and heroin substitutes such as methadone for drug addicts.

The region which brought you the Black Death, communism and all-pervasive kleptocracy now presents: AIDS. The process of enlargement to the east may, unwittingly, open the European Union's doors to the two scourges of inordinately brutal organized crime and exceptionally lethal disease. As Newsweek noted, the threat is greater and nearer than any hysterically conjured act of terrorism.

The effective measure of quarantining the HIV-positive inhabitants of the blighted region to prevent a calamity of medieval proportions is proscribed by the latest vintage of politically correct liberalism. The West can only help them improve detection and treatment. But this is a tall order.

Continued: <https://samvak.tripod.com/brief-aids01.html>

219.

When the [significant women in my life](#) get intimate with me and witness my range of debilitating mental illnesses and my infantilism, they become averse and cut off all sex with me.

At that point, to forestall abandonment, I let them find other intimate partners even as we remain involved in a committed relationship. With the risk of a breakup always in the air, it is excruciatingly agonizing to witness their dalliances with other men, but I have no other sensible choice.

My only expectation is to not be abandoned even as my partner strays with multiple men and even when her involvement with other men is emotional and deep.

While my partner is free to have affairs and sex with other men, I remain celibate because I can have my kind of sex only within an intimate shared fantasy.

Forming a new shared fantasy with another woman would precipitate my worst fear (abandonment by my current intimate partner) and would lead ineluctably to precisely the same situation with the next partner, it would result in identical inexorable outcomes: a sexless relationship with her and institutionalized cheating by my new mate. She, too, will cut off the sex, totally repelled by me, and she, too, will end up being with other men.

In the past 36 years, I have tried it 26 times with women from 13 countries on 4 continents, ranging in age from 20 to 50, their backgrounds disparate. All ended up behaving exactly the same way. I drove them away and they remained marooned in the relationship for my money and because they pitied me, all the while resorting to other men for intimacy, fun, succor, and sex: adult functions way out of my repertory.

So, why bother to insanely start all over time and again? It is far more rational to preserve the current shared fantasy by giving up on my partner's sexual exclusivity and by letting her meet all her needs with men outside the dyad - even as I remain celibate through and through.

My only hope is that she will not abandon me altogether: a crippled child in need of a surrogate mother. But, of course, ultimately, they all do.

220.

I will not be making [additional videos for my YouTube channel](#). I will be adding in the future only service announcements, interviews, and video presentations in professional conferences.

Minnie and I wish you all good night and good luck, wherever you may be.

221.

People - even "friends" and collaborators of mine - hold me in profound [contempt](#) as an unboundaried, cowardly, weak, and grandiloquent bully. They disrespect and humiliate me in the most egregious ways, ostentatiously and gleefully, conspicuously and publicly breaching every conceivable code of conduct and etiquette.

With me, people allow themselves liberties that they would never dream or dare adopt with the lowliest of others: openly dating my partners (who are equally contemptuous), both parties then bragging to me in detail about their sexual exploits and emotional affairs; absconding with my property; and stealing my ideas - to mention but a few examples of such violations.

On the rare occasions that I do set boundaries, everyone mock me. Then, when I enforce my boundaries and act as I had said that I would if they are breached, people feel somehow deceived, angered, and disappointed: perennial doormats are not supposed to do that!

222.

Nature imitating art?

I am sure the [owl](#) is offended at the comparison! Owls are wise!

Won't be at all surprised if it lodges a complaint with Instagram and sues me for defamation!

Courtesy [Nancy Drew on Facebook](#) (if that is her real name).

223.

To NOT act as a man, as an adult, or prosocially - these are choices.

I am perfectly capable of NOT making these choices.

My misbehavior is not who I AM - but who I CHOOSE TO BE to satisfy my contemptuous sadism and to maintain my unbridled, defiant freedom.

Examples:

At the beginning of every relationship, I emulate a man both emotionally and sexually. My imitation of a man is so skillful and accomplished that I had never been turned down by any woman I had targetted.

Similarly, in business, I am very "worldly".

I know how to charm and enthrall, make friends and maintain long-term loyalties. I have done it all before, many times. I can fake empathy and care very convincingly.

I can refrain from any abusive or sadistic behaviors for long stretches of time when I am afraid of retribution (in the army or in prison) or when I am in pursuit of a goal (like a source of income).

I can invest and commit in both business and intimate relationships.

But none of these prizes is worth the price.

Choices entail costs and tradeoffs which I invariably end up paying. Yet, here, the twin prizes of contemptuous self-sufficiency and godlike liberties are definitely worth any sacrifice.

224.

I prefer ...

Novelty and diversity over depth and focus

Adventurous fun and play over committed work and investment

Big picture over details

Short-term with exit strategy over long-term annuity

Improvising over learning

Impressing and inspiring awe over communicating or educating

Solitary pursuits over any company

Hoarding over consuming

Hurting others over pleasing myself

Minimum necessary over maximum attainable

Unconstrained freedom and self-determination over any obligation or ambition

Inducing fear and hatred over engendering love and attraction

Celibacy over conventional, adult, emotion-laden, reciprocated sex

Fantasy over reality

Being superior and alone over being average and getting laid

Being my obnoxious self over pleasing people empathically

Commoditized, anonymized, crowd interactions over personal exchanges and relationships

225.

Originally posted here, as a part of the [Trusting After Trauma](https://trustingaftertraumasummit.com/) event with Pi Venus Winslow:  
<https://trustingaftertraumasummit.com/>

Whether you know you're the survivor of childhood narcissistic abuse or need more information to verify that you are, the experts on this event will provide the answers you've been looking for - and give you a clear path forward.

How do narcissists view their victims?

What are they thinking and what makes them tick?

Why do we stay with them?

Does narcissism rule the world?

Sam Vaknin has answers for these questions and more.

Watch this video for the inside scoop!

[Hosted by Shayel Naava](http://www.emotionalabusetoeuphoria.com/) <http://www.emotionalabusetoeuphoria.com/>

Disclaimer: This is a version of the interview edited by the host. Certain parts had been removed.

[My first winter semester lecture in Faculty of Psychology, Southern Federal University, Rostov-on-Don, Russian Federation](#)

New role of therapists

Comfort Zones

Personal Boundaries

Shared Fantasy

Pathological Narcissistic Space

Mortification

Anomic Societies and Cluster B Pandemic

226.

Certificate of recognition for my keynote presentation on “[Narcissism and Autism](#)” in the 26th International Webinar on Psychiatry, Mental Disorders, and Psychosomatic Medicine, October 2020.

My lectures and presentations are also made available on my YouTube channel. Watch the latest ones there.

Speaker in other international conferences on psychology, psychiatry, mental health, and neuroscience:

<http://www.narcissistic-abuse.com/mediakit.html>

[Return](#)

**Public  
Intellectual,  
Private  
Rants**

265.

[Conspiracism](#) is the propensity to believe in unproven and unverified oft-repeated conspiracy theories, urban legends, myths, and patent falsehoods, usually involving an evil intent of a cabal to abuse, manipulate, and exploit the unsuspecting masses.

Most people are gullible and believe literally anything and anyone: a well-documented and thoroughly researched phenomenon known as base rate.

They then defend their misconceptions fiercely as they actively align themselves with others and signal their uncritical conformity in like-minded tribes and silos.

Frequent the exposure in these echo chambers to toxic nonsense solidifies the belief in these outlandish and inane narratives, a phenomenon known as "consistency". Social media leverage consistency as grist to their perpetuum mobile rumor and gossip mills.

Other cognitive distortions feed into conspiracism. Consider the proportionality bias: the erroneous conviction that great events are caused by commensurately massive reasons, plots, and dynamic processes. This flies in the face of chaos theory and its butterfly effect: a lone grandiose gunman in Texas can rock the entire world with a single shot.

We also find patterns where there are none (apophenia and pareidolia), connect dots that should remain discrete, and find continuities in the disparate and the unrelated, including other people's actions as related to their imputed motivations (intentionality bias)

Conspiracism is a personality trait. Even after a favorite conspiracy is debunked, there is a counterfactual residue left (continued influence effect). The more you try to argue with a true believer, the more entrenched he becomes in his misinformation and paranoid skepticism (backfire effect)

Conspiracies thrive on ignorance: we don't know what cause autism - enter the anti-vaxxers. There is a smidgen of grandiosity involved as people trust their gut instincts and consider themselves "enlightened", "in the know", superior to the sheeple, and adepts.

266.

In the [impeachment hearings against Donald J. Trump in the Senate](#), Alan Dershowitz, the President's counsel defended him thus:

Trump sincerely believed - he expostulated gravely - that his personal interest (to get re-elected as President in 2020 by discrediting his main opponent, no angel himself, admittedly) is in the national interest (summa rerum).

Of course, Hitler said the same. And every other dictator in history: "What is good for me - is good for my country".

What a historical irony that a Jew would raise this argument.

267.

We hate our contemporary civilization so much that we positively rejoice every time there is an existential threat to the entirety of humanity. Things have gotten so unbearable that we fantasize

deliriously about wiping the slate clean and starting afresh, rising from the ashes cleansed by an apocalyptic global calamity, like a pandemic.

Every decade or so, the media, in a desperate attempt to monetize increasingly more reluctant eyeballs, whips up a frenzy about the virus de jour: [coronavirus](#) is the latest serving. The flu kills every annual season about 5 times more than all these viruses have decimated combined over the past few decades - and this figure includes Ebola. Only HIV deserves real awe as a globetrotting killer.

And, yet, we panic. But our dread is mixed with breathless Millenarian anticipation for the eschatological end of times. We can't wait to get over with the whole mess we have made of our lives. The grim reaper seems the only way out of the conundrummed morass that we inhabit. We finally decided to go gentle into that night, to the embracing comfort of being nothingness.

268.

This is also a part of my grandiosity:

My presence (my mind, my sex) is such a blessing and a gift that [women should PAY with everything they have - just to have me around](#). They should expect nothing else from me but the little I am willing to bestow.

They should be eternally grateful for the opportunity to have met me at all - let alone shared my life and my bed. I am a god - and, like every divinity, I expect human sacrifice. They should welcome even my abuse as a token of my attention.

Other men work hard to earn sex, love, and female companionship. They maintain whatever relationships they have in various ways (providing attention, affording succor, gifts, having a good time together, pursuing common interests, drinks, travel, and lovemaking). Even a one night stand requires some investment of time and attentiveness.

I passively await women to be all over me as my effortless birthright. I grant them my time only as an adulated guru.

Women absolutely hate, loathe, and detest me for it: that I do not consider them worthy of any efforts or investment on my part. Their narcissistic injuries, rage, and humiliation are too much to bear.

So, they get back at me the only way they can: by teaming up with other men and by cheating on me ostentatiously. And, giving the slightest opportunity, by abusing and hurting me in the most shocking, cruel, and sadistic ways imaginable. Hell hath no fury like a woman who is taken for granted, as a chattel.

287.

Richard Grannon once told me: "There is nothing you want more than intimacy (with a woman), but it is your kryptonite (the substance from his home planet that, upon contact, renders Superman weak and vulnerable)

The [Kryptonite Model of Narcissism](#) explains the pathology in terms of multiple push-pull, approach-avoidance repetition compulsions.

Consider my case (of course): I crave intimacy, but whenever a woman offers it, I reject & abuse her egregiously and so undermine any possibility for an intimate (as distinct from merely functional) long-term relationship. I push my women hard & repeatedly to find other men and cheat on me

I adore sex, just love everything about it. But, inexplicably, I go for periods of 5-15 years (!!!) of utter, unmitigated celibacy, not even flirting.

I value stability, certainty, & safety above all else, but my life hitherto - all 59 years - had been disorientingly chaotic & life-threateningly dangerous every step of the convoluted way. Last time I have held a job was in 1984.

I want to belong somewhere, to rest my truly wearied body. Yet, I haven't met or seen my mother, father, siblings (bar the youngest), any other member of my extended family, & any of my erstwhile friends & business partners in Israel since 1996, the last time I have been to my "homeland". I am an award-winning published author in Hebrew & yet haven't used this language for 23 years, until 2019

I have no roots, no affiliations, allegiances, or attachments to anyone or anywhere or anything

I demand to be respected for my work in economics, psychology, & physics. Yet, I refuse to grow up & face adult chores & responsibilities: I have no driving licence and no children. I have been a multimillionaire several times but insisted to live in rented premises (usually in an annex to my office). I bought my first home (apartment) only 10 years ago.

I pioneered the modern study of narcissism in 1995. Yet, I do not understand what makes me tick. I just know that I have manage to deplete & exasperate even myself. Every single dimension of my personality & existence is unadulterated Kryptonite.

288.

In the film "The Irishman" (and in history), Jimmy Hoffa, the powerful boss of the Teamsters Union, disrespected, rebuffed, and challenged on multiple issues and occasions, some of the most lethal figures in the mob.

He must have known it would cost him his life. Why did he make this [suicidal choice](#)?

Well, to start with, better dead than a nobody. Just out of a humiliating stint in prison, with his erstwhile world in shambles, his misbehavior buttressed his compensatory grandiose omnipotence (I am untouchable and they are in my debt). A matter of honor and self- respect, as he would have put it.

Such defiance is one of the hallmarks of psychopathy and it subsumes the thrill inherent in life-threatening, adrenaline junkie risk-taking. The drama of it all.

But what about activists who risk their freedom and sometimes lives in authoritarian regimes? Whistleblowers like Assange and Snowden? They are rebellious. But are they in effect sublimated defiant psychopaths who despise rules, institutions, and the authorities? I believe so: they are examples of how even narcissism and anti-social tendencies can be harnessed to good use.

289.

Could [God](#) have failed to exist (especially considering His omnipotence)? Could He have been a contingent being rather than a necessary one? Would the World have existed without Him and, more importantly, would it have existed in the same way? For instance: would it have allowed for the existence of human beings?

To say that God is a necessary being means to accept that He exists (with His attributes intact) in every possible world. It is not enough to say that He exists only in our world: this kind of claim will render Him contingent (present in some worlds - possibly in none! - and absent in others)

Does God depend for His existence on other beings, entities, quantities, properties, or on the World as a whole? If He is a dependent entity, is He also a derivative one? If He is dependent and derivative, in which sense is He necessary?

Read the answers here: <https://samvak.tripod.com/sciencereigion2.html>

290.

The true pandemic is not the latest variant of Coronavirus: it is [sexually transmitted diseases and infections](#) (STD/STI). If you are having sex with anyone above the age of 15, there is a whopping 90% chance that she or he harbors one of the ten major STDs/STIs.

Contrary to a deluge of misinformation online, all these afflictions are transmitted by kissing and oral sex. Even making out, necking, or petting may be enough.

Bookmark this post and give the link to friends, family members and acquaintances. It is important that we spread the word!

Never ever have sex with anyone - even your own spouse - until they get tested and present you with a clean bill of health for at least these:

#### BLOOD TESTS

Hepatitis A, B, and C

Herpes (HCV) 1 and 2 both igG and igM

Cytomegalovirus (CMV)

Human Immunodeficiency virus (HIV) 1 and 2

Syphilis

Tuberculosis (PCR or IGRA)

#### SWABS or URINE

Chlamydia trachomatis

Mycoplasma hominis

Trichomonas vaginalis

Neisseria gonorrhoea

Human Papilloma virus (HPV)

Gardnerella

Ureaplasma

Urine microscopy and culture and vaginal swab culture.

291.

We are living in an age of [total politics](#), akin to total war: the entire population is involved via vast networks of corrupt and venal patronage

Switzerland is the only largely apolitical exception: a prosperous, well-governed, Athenian haven in a world of sleazy, bigotted, ignorant, parvenu and fatuous demagogues, more concerned solely with entertaining the brainless masses and with ruthless self-enrichment and self-preservation

Democracy is not the rule of the people. Democracy is government by periodically vetted representatives of the people. Democracy is not tantamount to a continuous expression of the popular will as it pertains to a range of issues. Functioning and fair democracy is representative and not participatory. Participatory "people power" is mob rule (ochlocracy), not democracy.

Alas, while participatory democracy often leads to the elevation to power of demagogues and dictators, representative democracy invariably mutates into oligarchy and plutocracy. It takes a lot of money ("campaign finance") to get elected and this fact of political survival forces politicians, up for sempiternal re-election, to collude with the rich in a venal quid-pro-quo.

Granted, "people power" is often required in order to establish democracy where it is unprecedented. Revolutions - velvet, rose, and orange - recently introduced democracy in Eastern Europe, for instance. People power - mass street demonstrations - toppled obnoxious dictatorships from Iran to the Philippines and from Peru to Indonesia.

But once the institutions of democracy are in place and more or less functional, the people can and must rest. They should let their chosen delegates do the job they were elected to do. And they must hold their emissaries responsible and accountable in fair and free ballots once every two or four or five years.

Democracy and the rule of law are bulwarks against "the tyranny of the mighty (the privileged elites)". But, they should not yield a "dictatorship of the weak".

292.

A FAILURE is someone who never attains success: he tries hard repeatedly and invariably misses the mark, for a variety of reasons, some of which are beyond his control.

A [LOSER](#) is someone who fails to translate his serial successes into long-lasting beneficial outcomes. He fails to leverage accomplishments and triumphs into permanent fixtures in real life. He is not self-efficacious.

293.

[Paradigm shifts in science and revolutionary leaps in technology](#) are frequently coterminous with political and military upheavals. The dust usually requires three centuries to settle. Such seismic waves and tectonic shifts occurred between the 12th and 14th centuries AD, again starting with the 15th and ending in the 17th century AD, and, most recently, commencing in the 19th century and still very much unfolding.

These quakes portend the emergence of new organizing principles and novel threats. Power shifts from one set of players and agents to another. And the scope and impact of the cataclysm increases until it peaks with the last vestiges of the cycle.

Thus, in the current round (19th-21st centuries AD), politics shifted from Empires to Nation-states and economies from colonialism-mercantilism to capitalism: a new order founded on new systems and principles. Industrialized warfare and networked terrorism emerged as the latest threats. Ochlocracies and democracies supplanted the rule of various elites and crowds of laymen lay siege to the hitherto unchallenged superiority and leadership of experts. Finally, starting in the late 19th century, globalization replaced localization everywhere.

Why this confluence of scientific-technological phase transitions and political-military tumults?

There are three possible explanations:

<https://samvak.tripod.com/ghost.html>

294.

YUPTIE is a yuppie with a white trash background. You can find them mainly in the arts, including the performing arts, fashion, on television, and in information technology. [Yupties are Young, Urban, Upwardly mobile, Trash.](#)

They are functionally illiterate, are high-income, schizoid loners, and possessed of the manners, habits, and values of the underclass. When they do socialize it is to binge drink, do drugs, dance all night, and end up having casual sex with strangers. They have no families and are highly itinerant and desultory. They are not as materialistic and competitive as their forerunners, the yuppies. Many of them have serious mental health problems such as mood disorders and personality disorders, mostly Borderline and Narcissistic.

Yupties despise learning, experts, the elites, and intellectuals. They are highly paranoid and into conspiracy theories. They congregate in professional conventions but otherwise communicate and collaborate exclusively online. They are both amoral and immoral or even defiantly antisocial. They dress like white trash, neglect their bodies (except to adorn them with prison gang tatoos) and gorge on all manner of medication. They wallow in video games and pointless TV series. They are pathetic wannabe bad boys and gals.

The British historian, Arnold Toynbee, said that when most members of society adopt the behaviors and customs of the ignorant, impoverished, and inert lowest class and when the elites abrogate their responsibility to show the way and to educate - these are the hallmarks of a dying civilization. Yupties are the maggots on and in the corpse of what used to be the West.

295.

Men born in the height of the Victorian era, in 1870, were my age (59) in 1929. They felt utterly disoriented and dislocated as [norms, values, behaviors, and mores shifted](#) kaleidoscopically and dramatically. The world they found themselves in was alien to them: anomic, violent, promiscuous, dissolute, narcissistic and psychopathic. New technologies and the growing involvement of the nanny state in private affairs rendered obsolete millennia-old institutions such as family, community, and even friendship.

Bewildered and dazed, they watched with growing horror as the world descended into collective madness. I sympathize with them: I feel exactly the same. I know where all this is going to end. I was among the first clarion calls, a self-sacrificial canary in the darkening shafts of this existential mine. But I am helpless to effect any change in the suicidal course of events. I am reduced to a mere spectator in this society of spectacle and theatre of the absurd.

296.

Our narcissistic and increasingly more psychopathic civilization legitimizes and rewards psychopaths, both male and female. In women, Antisocial Personality Disorder is strongly associated with both Borderline and Histrionic personalities as well as with childhood abuse and trauma and with dissociative states and disorders.

The structural tectonic shift in gender roles fostered a [unigender](#) world where there are only men with two different sets of genitalia. In such an anomic universe borderline psychopathic women flourish:

their goal-focused manipulateness, impulsive aggression, emotional dysregulation, and lack of empathy are rendered assets rather than liabilities.

Feminism (suffragism, women's lib) which started off as a laudable human rights movement aimed at leveling the playing field had metastasized into a sexist, hate-filled, utterly narcissistic and delusional power play.

Enslaved by men for millennia, women rose, enraged and fuelled by seething resentment and often misandry. They are now doing to men what men did to them with impunity for so long, giving emasculated and dazed males a taste of their own bitter medicine.

And this internecine mass suicide is only starting as we hurl ourselves off cliffs of intoxicated vanity and fear of the Other.

297.

Latest by the authoritative science journal New Scientist: [COVID-19](#) (Coronavirus) kills 0.7-1% of those infected. 99% fully recover. 7000 people died, the majority of whom were above age 50 and with pre-existing conditions (such as heart disease, obesity, smoking-related complications, or diabetes). The flu decimated 30,000 people in the US alone during the same period. The measures adopted by governments, communities, and individuals the world over are far more dangerous and detrimental than this or any other virus can ever be.

This mass delusion, psychosis, hysteria, or panic is a first. The only comparable reaction to a pandemic happened in the 14th century with the bubonic plague (Black Death). The Spanish flu killed 50-100,000,000 worldwide. AIDS infected 45,000,000 and millions perished. Swine flu infected 61 million in the USA alone - and killed 600,000 globally. SARS (2002-4) had a case fatality rate 10 times higher than COVID-19. There was no hint of panic or hysterical self-isolation. So, what gives? Why now?

The answer is an effluent confluence of:

#### 1. Ignorance

Functional illiteracy is at an all time high and the education system had crumbled.

#### 2. Social media

Fake news, rank nonsense, and conspiracy theories are the only pseudo-intellectual diet of most people.

#### 3. Distrust of authority

People distrust the government, experts, doctors, pharmaceutical companies, labs, universities, politicians, and the media. Instead, they rely on uninformed word of mouth, charlatans, and con-artists whose trashy wares are purveyed on YouTube and other such online unmitigated garbage dumps. For example: washing hands is good - most masks INCREASE the risk of contracting the virus!

#### 4. Narcissism

Infatuation with one's self leads to extreme risk aversion and inordinate measures of pampering, self-medication, and self-protection. People consider their cosmically significant and unprecedentedly unique and treasured lives to be worthy of the utmost efforts at preservation.

This [pandemic is emerging as the solution](#) for all the ills of modern society. People are so fed up, so alienated and broken, so atomized and lonely, so frightened and disgusted by how things turned out to be that they hope the Coronavirus will do to humanity what Trump did to Washington: dry the swamp by decimating an excess billion or two and by reminding everyone of what really matters in life. This emissary of the Grim Reaper will restore solidarity, family, friendship, community, and harmony as we all mobilize to eradicate it. It will bring out the best in us.

This nihilistic state of mind results in the most counterintuitive phenomenon: people violently castigate anyone who tries to restore calm and good sense. They mob, humiliate, slander, and threaten those who do not subscribe to apocalypse. They gang on psychologists and medical doctors and politicians who attempt to offset the rampant irrationality and the panic which have swept across large swathes of humanity.

The Coronavirus is their last utopia, their only hope and they resent any endeavour to take it away from them. The virus is death and death is peace and thus the end to their travails and troubles without and within. They just want to withdraw into their toilet papered fortresses and await an ineluctable deliverance. And woe unto you if you try to bring them back into this valley of tears. They have had enough.

Previous [Corona viruses had two waves](#).

This wave will last until June 2020.

Next one will start in October and November 2020 and will last until the summer of 2021. This second onslaught may well start in China once more.

Then COVID19 will be gone forever.

It has to do with the dynamics of the Corona family: reservoirs, herd immunity, self-limitation. Epidemiology and virology.

Viruses are amazing! They are not really life forms - more like weaponized packages or missiles with payloads of RNA. And prions - deformed highly infectious non-destructible proteins - are not even that!

So, between June and November 2020 expect to see no new infections. And the virus will completely vanish after July 2021.

But the disruptive psychological effects of this health crisis and the strain on interpersonal relationships, exacerbated by the measures taken by governments all over the world and the forthcoming global recession - outcomes like clinical depression and anxiety - will be felt long after the virus is gone.

But possibly the greatest effect will be on the increasingly more atomized social fabric: alienated and paranoid, people will henceforth avoid each other, having realized that they can leverage cyberspace to become totally self-sufficient. Many will be rendered hybrid narcissistic schizoids (grandiose lone wolves)

AIDS did this to sex in the 1980s and 1990s: people have adopted prophylactic celibacy and went online to consume porn, date, and socialize. Sex has never recovered. What remained of human interaction is next.

COVID19 (a coronavirus) failed to propagate and create a viable human reservoir. The pandemic will be over within days: the number of new cases will collapse precipitously.

To survive and thrive, especially with the change in weather, the virus needs to mutate and presto so. There are already 2 strains out there (S and L), which is an impressive feat for an upstart zoonotic (animal-to-human) virus. A future mutation can be far more virulent than the relatively harmless variant we are faced with now. This is exactly what happened with the Spanish Flu in 1918-20 when 50-100,000,000 died worldwide.

Most viruses "hibernate" (go latent or dormant and then resurface). But [COVID19 - like MERS and even its close relative, SARS](#) - did not secure the requisite number of hosts to implement this strategy.

Finally: how about teaming up with a bacterium? A germ-virus hybrid would be invincible as the couple leverages the skill sets of a life form coupled with a payload.

In the meantime, with our impatience, ignorance, risk aversion, and sheer panic, we have ruined our economies and rent our social fabric. Many will die as the outcomes of these lamentable policies unfold inexorably. The virus is the least of our troubles now: we have seen the enemy - and it is WE.

The COVID19 pandemic is receding worldwide, except in Italy whose population is inordinately old: 23% are above the age of 65.

[Italy has 650 Coronavirus fatalities per day](#). It is the only country with such numbers. The rest of the world COMBINED has another 600 fatalities per day. Germany's case fatality rate is 0.2% - Italy's 7%. Italy is an outlier: the entire country should be quarantined for a long while.

But there are other countries with such a demographic profile: Japan for example. Yet, the Coronavirus is eradicated there. This is because Italy has always had crumbling institutions (including healthcare) and a national character that can charitably be described only as Collective Borderline Personality Disorder: grandiose, defiant, contumacious, reckless, dramatic, entitled, and labile.

Italy also has a vested interest in amplifying and exaggerating what is undoubtedly a serious health crisis. Italy's economy has been in freefall for years now and the Coronavirus will come handy in securing massive dollops of international aid.

Consider, for example the 4500 Coronavirus deaths over 2 MONTHS. Italy has 1800 deaths of natural causes EVERY DAY. Why should its system be overwhelmed by an addition of 4500 to 640,000 annual deaths?

So, we can learn nothing from Italy: it is a special case, where all these emergency measures and more are justified.

Moreover:

Why not implement the same measures against the flu every year? Why only against Coronavirus? The flu and its complications IS killing 650,000 a year worldwide, after all!

[This pandemic will be followed by a massive, global, but short recession](#) that will last 2 quarters. The global economy will then rebound very strongly and enjoy a period of prosperity.

This reversal of fortunes will be brought on by unprecedented targeted fiscal expansion packages coupled with extreme monetary quantitative easing in a zero interest rate environment worldwide.

As people seize the day with unbridled credit-fueled hedonism, a consumption tsunami will deplete private savings to their lowest levels ever. This is exactly what happened in Europe after the Black Death and in the USA in the Roaring 1920s gilded age, following World War I and the Spanish Flu.

Three other ineluctable outcomes:

1. A baby boom ("Corona Babies"); 2. A. explosive rise in divorces as people emerge from an enforced sharing of living quarters with no longer so intimate partners in already unstable and dysfunctional relationships.

3. A sharp rise in the incidence of reactive mental health problems such as mood and anxiety disorders as well as a marked deterioration in the condition of anyhow fragile, broken, and damaged individuals (example, people with Borderline Personality Disorder and survivors of CPTSD).

Here is a [winner of the Nobel Prize and the world's number 1 biological modeler confirming to the Los Angeles Times what I have been saying for a week now on my YouTube channel](#):

<https://www.latimes.com/science/story/2020-03-22/coronavirus-outbreak-nobel-laureate>

The WHO issued a warning that the COVID-19 pandemic is "accelerating" when in effect it is decelerating and over its peak, including even in Italy and the USA. And its trajectory has little to do with social distancing.

How to explain such inaptitude?

Epidemiologists are very poor mathematicians but too grandiose to seek help. The WHO doesn't employ even ONE mathematician!

Consequently, their predictions are driven more by anecdotal optics and panic than by any crunching (analysis) of the numbers in highly complex mathematical models

Remember: the infections we are diagnosing today occurred (were transmitted) A FEW DAYS AGO! It is like star light: it takes time for light to traverse the distance, so we never see the present - we can only see the past (rearview mirror). Like a tsunami wave, the pandemic will crest in the next 10 days as a result of OLD infections - but NEW infections will decline precipitously.

How ironic it is to watch the [empty shelves](#) in supermarkets across the USA, so reminiscent of the bereft grocery stores in the USSR and its centrally planned and locally mismanaged economy. The USA used to mock the Russians for their incompetence. Karma is, indeed, a bitch.

We are entering the final few weeks of the pandemic. Most epidemiological models clearly show that the virus failed to establish a viable reservoir for future infections and is, therefore, self-limiting.

Nonsense! - you scream in unison - Can't you see that the number of infections and deaths are increasing?

Of course I can. But it is not accelerating. The growth is stable, not exponential (mathematical progression, not exponential). Much more importantly: currently diagnosed cases reflect infections acquired up to a month ago! The incubation period of this virus is up to 10 times longer than we have ever encountered. So, what we are confronted with now is the PAST, not the present: like starlight which takes years to reach us.

How reliable are the truly good prognostic models we have? The answer is very: they had predict surprisingly well the caseload, fatality rates, and timing of abatement in all past pandemics.

The coming two to three weeks will be vertiginous and terrifying. One million will be infected and about 100,000 will die. But we are nearing the end. Survive and you will thrive.

Here is how people entertained themselves in Italy in a previous pandemic almost 700 years ago (The Black Death aka The Plague aka The Pestilence): [https://en.m.wikipedia.org/wiki/The\\_Decameron](https://en.m.wikipedia.org/wiki/The_Decameron)

Pasolini made a film in 1971, loosely based on The Decameron:

[https://en.m.wikipedia.org/wiki/The\\_Decameron\\_\(1971\\_film\)](https://en.m.wikipedia.org/wiki/The_Decameron_(1971_film))

298.

The [Black Death](#) – an epidemic of bubonic plague in the 14th century – decimated between one third and one half of Europe's population, yet it was the best thing to have happened to Mankind in many centuries. The depleted number of survivors shared in the vast fortunes of the deceased, laying the foundation for modern, entrepreneurial capitalism; the added physical spaces and vacancies made available via the devastation of numerous households spurred urban renewal and magisterial architecture on an unprecedented scale; the crumbling authority of the Church and its minions led to reformist religious stirrings and the emergence of the Renaissance in arts and sciences; labourers and women saw their standing in society much improved as the scarcity of workforce rendered them much sought-after commodities.

Seven centuries later, an "inflation of humans" led to an ineluctable devaluation and may have erased at least the latter of these achievements: wage growth. Wages have stagnated in direct correlation with the explosion in global population. The social fabric itself has been rent by the mounting pressure of an annual net growth in population which exceeds the citizenry of Germany: interpersonal relationships, social organizational units, tolerant co-existence, peaceful multiculturalism and diversity have all crumbled worldwide.

The "Black Death" - an epidemic of bubonic plague which ravaged both Europe and the Mediterranean in 1347-1351- killed one quarter to one third of the population - c. 25 million people. This is the equivalent of 250 million today. It took 150 years for the population to recover its pre-epidemic levels.

Scholars believe that the plague emanated from the Middle East through southern Russia, between the Black and the Caspian seas.

Contemporaries did not use the term "Black Death". They called it the "Pestilence" or the "Great Mortality". They regarded it as divine punishment of humanity's sins.

299.

How ironic it is to watch the empty shelves in supermarkets across the USA, so reminiscent of the bereft grocery stores in the USSR and its centrally planned and locally mismanaged economy. The USA used to mock the Russians for their incompetence. Karma is, indeed, a bitch.

[External supply and demand shocks](#) foster supply chain disruptions coupled with hoarding. This double whammy amplifies scarcity.

This is how the perennial textbook "Economics", authored by Nobel prizewinner Paul Samuelson and William Nordhaus, defines the dismal science: "Economics is the study of how societies use scarce resources to produce valuable commodities and distribute them among different people." The classical concept of scarcity - unlimited wants vs. limited resources - is lacking.

Anticipating much-feared scarcity encourages hoarding which engenders the very evil it was meant to fend off. Ideas and knowledge - inputs as important as land and water - are not subject to scarcity, as work done by Nobel laureate Robert Solow and, more importantly, by Paul Romer, an economist from the University of California at Berkeley, clearly demonstrates. Additionally, it is useful to distinguish natural from synthetic resources.

The scarcity of most natural resources (a type of "external scarcity") is only theoretical at present. Granted, many resources are unevenly distributed and badly managed. But this is man-made ("internal") scarcity and can be undone by Man. It is truer to assume, for practical purposes, that most natural resources - when not egregiously abused and when freely priced - are infinite rather than scarce. The anthropologist Marshall Sahlins discovered that primitive peoples he has studied had no concept of "scarcity" - only of "satiety". He called them the first "affluent societies"

More: <https://samvak.tripod.com/scarcity.html>

[Politicians](#) all over the world are abusing the pandemic to become effective DICTATORS.

Take Hungary, for example.

This 10,000,000 strong country has had only 130 cases of COVID-19. About 5-11 of these cases are critical (depends on how you define the word), and only 6 deaths hitherto.

I repeat: SIX DEATHS. In 3 months. In an EU country of 10 million people.

Viktor Orban, the Prime Minister, announced that all the hospitals are full and collapsing, closed the borders of this EU country, and assumed the powers of a dictator in all but name.

The largely state-infested media whip up a frenzy of hysteria and panic to implement unresisted a xenophobic agenda that Orban has been unsuccessfully trying to impose for years now. In the process, the institutions of the state and of civil society are all but humbled, cowed, or eradicated.

And Orban is a random choice. Dozens of political leaders all over the world are acting even more egregiously to usurp power. I doubt if this pernicious process is either temporary or reversible.

The pandemic is completely over - except in Italy. This pandemic scare is transforming into an Italian epidemic. The number of new deaths - outside Italy - is DOWN 90%. People are hysterical, so they do not pay attention to the DATA.

Still: do not underestimate the risk. It is the second time in history that Italy is serving as a reservoir of a deadly agent.

In the 14th century, the Black Death (the Plague) spread from Italy to the rest of Europe (1347-8). It decimated between one third and one half of Europe's population. The very term "quarantine" was first used when Venice prohibited the entry of ships carrying sick people into its port for a period of 40 days.

300.

The [WHO announced that COVID-19 is growing exponentially](#). That is nothing short of a lie - or mindblowing innumeracy. If 1 person got infected (patient zero) and then passed it on to 2 others and they each infected two others, after 120 days there would have been 536,870,912 infected folks. Taking travel restrictions into account as well as social distancing, the number drops to 90,000,000. What we have instead are 500,000 affected. This is proof of a mathematical (linear) progression - not an exponential (geometric) one.

The WHO makes even more egregious assumptions: that the Growth Factor is 2-3 (every person infects 3 others) and the doubling time is 2-3 days, not 4. Adopting these outlandish assumptions, we would have had to import Martians and to infect them, too as we ran out of eligible humans.

There are many models in epidemiology: population simulations mainly. But the really advanced ones were ironically developed for Wall Street by quants: people like me who are both physicists and mathematicians. These models make use of bleeding edge math: chaos theory, catastrophe theory, fractals, SPDEs, Lie algebras, and neural networks. No medical doctor or WHO staffer would even recognize the terms, let alone be adept at making use of these astoundingly accurate tools. I studied medicine: the math in medical school is college level at best.

What these instruments tell us is that the pandemic is largely over. What we are witnessing now is the tsunami crest of past infections, owing to the inordinately long incubation period of this particular variant of SARS. We are looking at the rearview mirror or at distant star light.

Another 2-3 weeks and the pandemic will be over. And then we will start facing the [REAL problems](#).

First, how do we know who carries the virus and who doesn't? Even people who had recovered from COVID19 may harbor a viral load. Many are asymptomatic and presymptomatic. Children and animals are perfect vectors of transmission and reservoirs. We have no idea if the virus is endemic (like flu) or will mutate into oblivion (like SARS and MERS). We don't even know if it is susceptible to ambient temperature and humidity (seasonal). A vaccine will be available in 2 years as a minimum. Anticipate a chilling effect on sex, social gatherings, parenthood, schooling, workplaces, public transport, tourism, and all other forms of human contact.

The economy will recover in 2 quarters due to packages of unprecedented fiscal stimuli and reckless monetary expansion. But human societies and relationships will never be the same. The real pandemic will involve soaring post-traumatic mental health problems coupled with paranoid and agoraphobic self isolation and anomic atomization. Technology and climate change (for example: rising sea levels)

will exacerbate all these trends until we either disintegrate into the zombie apocalypse - or, in a backlash, reboot our civilization to render it less narcissistic and less psychopathic. It is an opportunity to make our choice: as a species, we are running out of time.

301.

We don't need any [additional humans](#): at 8 billion, we have reached the planet's maximum capacity to sustain us. Birth rates have declined precipitously across the world, with contraceptives and abortion as means of birth control. The majority now marry very late or not at all. Procreation is dead as we transition to the age of solitary recreation.

Most of our social institutions were rendered obsolete by this tectonic shift. There is no further need for marriage, monogamy, sexual exclusivity, family, parenting, love, intimacy, long-term relationships, and non-casual, emotionally meaningful sex.

Gender roles have been effectively abolished as men and women act and think exactly the same way, disparate genitalia notwithstanding.

Since we don't need to procreate, there is no reason to cohabit, bond, or form attachments. Technology rendered us utterly self-sufficient. Casual sex is an ample solution, soon to be replaced by humanoid sex dolls and holographic porn. The very concept of society is antiquated: it was meant to provide a safe environment for raising children and for the transfer of wealth to future generations. The individual is now the only viable organizing principle. Hence the all-drowning tsunami of grandiosity and dysempathic egotism that is sweeping across the globe indiscriminately.

Indeed, language itself has to adapt. There is no future without children: only an everlasting carpe diem hedonistic present. No wonder mindfulness is all the rage.

302.

COVID-19 is shaping up to be a war of the quarantined but [defiant young](#) against the doomed old who egotistically are absconding with their youth.

In scenes not seen since the Black Death, protean, self-assembling, flash mob teenage gangs break curfew and maraud the streets, damaging property, coughing and spitting in the faces of passersby, and spreading saliva and secretions on surfaces.

Travel and movement restrictions, voluntary and mandatory, are likely to remain in place after the pandemic over, in 2-3 weeks. This abnormal state will engender inter-generational tensions and conflicts akin to the post World War I and Vietnam eras. But these ineluctable fissures will be amplified to the social breaking point by technologies such as social media. Expect a plethora of Manson families this time around: the age of the Clockwork Orange is dawning.

Today I came across the first truly worrying news in this entire pandemic: a [newborn baby died in the USA of COVID-19](#). If this baby had no underlying conditions (comorbidities), it is a seriously scary development because it implies that the virus is mutating in vivo and possibly recombining with a flu virus. Similar feats have been "achieved" in labs in the USA (2011) and elsewhere. Several impeccably healthy adults in the 50s had also died, suggesting that perhaps a new strain is at work.

Newborns have only the bare rudiments of an immune system. SARS Cov-2 (the COVID-19 culprit) is essentially an autoimmune virus: it provokes the immune system - even if it is already depleted - into an overdrive known as hyperinflammation.

Certain types of immune cells - like cytokines - end up attacking the body's own tissues and, in

elderly and immunocompromised patients, they cause death (cytokine storm). The reason younger folks have higher survival rates in this pandemic is because their immune system is still under construction.

For the virus to have decimated a healthy newborn, it must have mutated or merged with another nasty. Bad news all around: equipped with the formidable arsenal of even the common flu, we stand no chance. A Spanish flu like pandemic will ensue. In 1918-20 about 50-100,000,000 died. This time, the toll in human lives will be closer to a billion. Why? Because in our narcissistic panic, we universally quarantined and self-isolated and thus failed to develop the only true protection against the propagation of this virus: herd immunity.

The [pandemic is over](#) in Italy and the UK. Another 10 days and it will level off. It is still going strong in Spain and the USA, but even there, it will last 3-4 weeks at most. Its petering out has nothing to do with quarantines and social distancing and everything to do with the typical dynamics of a self-limiting virus of the SARS family. As usual, we have been fighting the last war and shooting ourselves in both feet simultaneously.

Ironically, we have been ready for this virus. All our institutions have crumbled in the past two decades: family, neighborhood, community. We all became schizoid loners whose sole human contact is the occasional impersonal encounter of casual sex. The only social left in our lives were social media, our only friends were strangers on Facebook, and dating survived only in apps. Social distancing was a fact of life: the virus stood no chance of propagating anyhow.

This pandemic also exposed other structural weaknesses in what was left of our civilization: our narcissistic preoccupation with our bodies, extreme risk aversion, inter-generational lack of solidarity or even conflict, distrust of authorities, media, and experts, our malignant, technology empowered self-sufficiency. Income inequality will skyrocket with big businesses as the only survivors of this cataclysm and entrepreneurs, small to medium enterprises (SMEs) and the self-employed going out of business.

We were already crumbling: the virus just shined a bright and transient light on our incremental demise as a cooperative, intelligent species.

If anyone is to blame for the mass panic that swept across the globe, it is the [medical profession](#). It failed us beyond words in providing a measured, reasoned, proportional, and analytical response to this health crisis.

Yesterday, the White House's coordinator, Dr. Birx suggested in a public statement that 200,000 people might die in the USA (based on the flimsiest of evidence and on undisclosed mathematical models not available for peer review and scrutiny). Dr. Fauci of NIAID is not far behind in his coast to coast alarmism.

The world renowned epidemiologist Lipsitch published an academic paper (with others of equal stature) suggesting, with a straight face, that social distancing was a successful measure in the Spanish Flu pandemic of 1918-19. To remind you: 100,000,000 died on that unhappy occasion. Isn't such a slaughter more indicative of the dismal failure and dangerous nature of quarantines and universal isolation - rather than its alleged and untried efficacy?

Other leading luminaries, or rather self-aggrandizing panic merchants - like Osterholm, the self-imputed "virus doctor" - are making the talk show rounds, strutting their stuff: they are some of the very same people who erred egregiously by predicting 1,400,000 dead in both the SARS (2002-3) and the Ebola pandemics and the need for 500,000,000 vaccines immediately, or else.

So, what is going on? Fear of failure and its attendant humiliation ("not on my watch"), better safe

than sorry, the intoxicating novel experience of the limelight and mini-celebrity, and terror of the devastating consequences of litigation run amok.

There are [8 strains of SARS Cov-2](#) (the COVID-19 virus). Is it going to mutate and kill us all? Exceedingly unlikely. HIV (the AIDS virus) has been around since 1931 and has mutated only in 1971. Even so, it infected 75,000,000 and killed 32,000,000 people. Like SARS Cov-2, HIV is a zoonotic virus (zoonosis: transmitted from animals to humans). Such viruses account for 60% of all human illnesses and 75% of new emerging infections.

To study mutations in genetic epidemiology, we sequence genomes and construct phylogenetic trees.

SARS Cov-2 is a very big RNA virus: with 30,000 nucleotides, it is twice as big as the flu agent. But it mutates only twice a month (flu: once or twice a week). Flu circulates among pigs and birds which serve as in vivo labs for mutations.

SARS Cov-2 has two secret weapons: 1. Spikes which allow it to latch onto the ACE2 protein receptor throughout the respiratory system, upper and lower; and 2. Furins: binding proteins that pierce into the patient's tissue like sharpened knives (anthrax has the same lovely feature)

Ironically, vaccines and medicines exert selective pressure on viruses: they mutate to offer resistance and only the strongest survive the onslaught. Antibiotic resistance has already rendered one third of our antibiotics useless.

The fear is that SARS Cov-2 will undergo an antigenic shift and combine with another virus, far more virulent and transmissible, also allowing it to cloak itself invisible to the immunological system.

Antigenic drift (its current state) is actually likely to reduce its effectiveness (as it did to SARS and MERS). Big viruses are less likely to undergo drift and more like to recombine with other pathogens.

Still, the good news is: immunity acquired is likely to last for years as the virus changes only minimally. This is why universal quarantine and social distancing are huge mistakes: they prevent the emergence of herd immunity. Measures targetted only vulnerable populations would have forestalled much of the tragedy now unfolding.

[Vaccination](#) is about advertently causing an artificial controlled pandemic in order to generate herd immunity. Once a sufficient number of people are immune, the virus finds it difficult to propagate and even those who are not immune (free riders) are safe.

As long as the virus is successful, it is under no selective pressure to mutate and evolve. So, the best strategy is to rapidly obtain herd immunity: if we do it gradually, we force the virus to alter and improve its arsenal to get to as many people as it can before it is too late for it to replicate.

Presumably, a warmer or more humid weather should have a restraining effect on the pandemic. Spring and summer present an opportunity to allow the populations which are less vulnerable to get infected.

There are dozens of countries which implemented quarantine and social distancing measures only very recently. These are the countries with moderate to high infection rates per million population - but by far the lowest death rates: China, Israel, Russia, Sweden, North Macedonia, USA, UK, Brazil, and most of Africa, Latin America and Asia, refugee camps everywhere. Luckily for humanity, quarantines and social distancing are luxuries that the only the self-indulgent and navel gazing West can afford.

Coronavirus conferred immunity typically lasts from a few months to a few years: reinfection is unlikely, though possible. Viral clearance is universal: there are no measurable viral load or shedding

two weeks after full recovery (defined as two negative swabs). Fast serological tests are coming onstream and should guarantee that recovering patients and asymptomatic folks are safe to interact with. One needs to be in very close physical proximity with an infected symptomatic (aerosolizing) patient for at least 30 minutes to get infected.

[Timetable for the pandemic](#): next 18 months. My predictions:

Restrictions worldwide - lockdowns and social distancing - will be lifted almost fully by June, but NOT as applied to international travel except on official business or commerce - and only by invitation and with a certificate (clean bill of health, COVID-19 free tested)

In October 2020 - March 2021, there will be a second very deadly wave of COVID-19. All restrictions will be reimposed globally.

We will begin to use Remdesivir (a medication that I recommended in my vid weeks ago). It will cure COVID-19, so restrictions will be again lifted. Vaccines will fail clinical trials repeatedly and will come on stream only in 2022.

Full international travel will be restored on June 2021.

My COVID-19 videos are available here: <https://www.youtube.com/vakninmusings>

This pandemic renders all of us [helpless, orphaned toddlers](#). The parental template is shattered: no one is there to answer our questions or tell us what to do. Experts and institutions alike display the same abysmal ignorance and are subjected to the same indignities as we are. We are forced to parent or reparent ourselves.

In this anomic environment, experienced schizoid loners, cyber nerds, digital natives, and adults who had been parentified in a dysfunctional childhood - are all advantaged. Digital socializing suits them and they thrive increasingly the more impersonal life becomes.

The mass and social media expose us to harrowing images and the outcome is a tsunami of PTSD (post traumatic stress disorder). Narcissists and psychopaths are best equipped to cope with such exigencies. Other mental health disorders - depression, paranoia, hypochondriasis (factitious), and anxiety - will become the new normal. Many people will shelter in place and socially distance for the rest of their natural lives as most Europeans did after the Black Death.

But, as relationships - starting with long distance ones (LDR) - disintegrate, an avalanche of bereaved and lonely hearts will descend upon dating apps and venues for casual sex pickups. Narcopaths will be there, lurking with open arms. The aftermath of COVID-19 will afford these miscreant predators a field day of vulnerable prey as the Spanish Flu did in its wake, in the 1920s.

I have been warning against an African famine of Biblical proportions in my COVID-19 vids (<https://www.youtube.com/vakninmusings>). The main culprit: [locusts](#). Or rather the disastrously misguided policy of social distancing which prevented farmers from spraying with insecticides the breeding grounds of this pest.

Now, swarms of 500 BILLION insects each (20-200 times larger than 70 years ago) have descended on East Africa, decimating all vegetation and crops. The UN's WFP (World Food Programme) is predicting 300,000 deaths A DAY, as 265 MILLION people starve. Black lives clearly DON'T matter.

Locusts are grasshoppers. The desert variety has been known to cover with a thick writhing carpet 20% of the surface of the Earth, in over 60 countries on 3 continents. About a tenth of Mankind perished in each and every one of these onslaughts. The size of each swarm is up to 460 square miles

in size. It consumes about 200,000 TONNES of plants PER DAY. Swarms fly thousands of kilometers. In 1954 such a cloud from Africa coated Great Britain.

WHO 2014 recommendations in case of [influenza and Coronavirus pandemics](#):

NOT TO LIMIT TRAVEL, not to quarantine or social distance.

This is also the orthodoxy view in epidemiology, what they teach in medical schools all over the world.

Why did WHO mysteriously reverse its position 3 months AFTER the discovery of this virus, one of hundreds in the Coronaviruses family? What NEW information led to this controversial volte face?

<https://www.who.int/bulletin/volumes/92/12/14-135590/en/>

On March 14, I posted my first video dedicated to the COVID-19 pandemic. In it, I said that the [disease's actual death rate](#) is between 0.7-1% of all cases (5-10 times the typical flu and 2-3 times in a bad flu season)

At that time, the WHO was talking about 2-3.5%. Ironically, Dr. Fauci himself had suggested a rate of 0.1% (identical to the flu) in an academic paper published on March 26 in the New England Journal of Medicine. The next day, he went on Comedy Central and announced that he believed that the actual death rate is 1%

A massive testing campaign study in Germany came up with 0.22%. Now, this smaller, but still significant study in New York yielded a death rate of 0.5-0.78%. The case fatality rate is much higher, of course, at 3-6%, depending on the country. About 20% of all resolved cases have died. These figures render COVID-19 far more deadly than the flu - but also a trifle less contagious.

A shocking - though not entirely unexpected - PBS survey:

If all lockdowns and restrictions were lifted tomorrow ... 85% will not return to school

65% will not return to work

91% will not join groups of people or attend events, like sports

80% will not go to restaurants

Only 17% of Brits will visit schools, pubs, and restaurants (poll by the UK paper Observer).

[Schizoids](#) are often described, even by their nearest and dearest, in terms of automata ("robots"). They are uninterested in social relationships or interactions and have a very limited emotional repertoire. It is not that they do not have emotions, but they express them poorly and intermittently. They appear cold and stunted, flat, and "zombie"-like.

Consequently, these people are loners and introverted. They confide only in first-degree relatives, but maintain no close bonds or associations, not even with their immediate family. Naturally, they gravitate into solitary activities and find solace and safety in being constantly alone. Their sexual

experiences are sporadic and limited and, finally, they cease altogether.

Schizoids are anhedonic - find nothing pleasurable and attractive - but not necessarily dysphoric (sad or depressed). Some schizoid are asexual and resemble the cerebral narcissist. They pretend to be indifferent to praise, criticism, disagreement, and corrective advice (though, deep inside, they are not). They are creatures of habit, frequently succumbing to rigid, predictable, and narrowly restricted routines.

More here: <https://samvak.tripod.com/faq67.html>

303.

There are [three types of attention](#): 1. Synoptic: making connections between events and facts so as to create an emergent logical and explanatory narrative (connecting the dots); 2. Targeted: maintaining a laser focus on a few data to the exclusion of all else; 3. Inclusive: paying equal attention to people, happenings, and information without committing to a single theory or filter (no confirmation bias).

The narcissist is an obsessive-compulsive junkie: he is addicted to narcissistic supply and seeks it out relentlessly. He, therefore, manifests the second type of attention-giving. Only when he can leverage the other two variants to secure supply, does he express them, too.

Even when the narcissist is hyper-analytical and extremely intelligent, he is blinded by his urge to garner attention. He often remains oblivious to most amazing, bothersome, or shocking occurrences and information around him even when it is relevant to his safety or wellbeing. Like the autistic patient, the narcissist fails to read even the most blatant cues: sexual, social, body language, or communicative.

The narcissist is utterly disinterested in other people, in memories, places, nature, emotions, or in daily life. He instantly dissociates (appears to be bored or distracted) when confronted with these: he goes through a "synoptic failure". His perception is impressionistic and linear (random lists with no organizing principle or the connective tissue of a storyline) - not analytic (what the data possibly mean). This environmental obliviousness is reinforced by his need to buttress his grandiosity via reframing or ignoring hurtful info (a cognitive deficit which leads to an impaired reality test). The narcissist also refrains from actions whose outcomes are uncertain and may expose his weaknesses, vulnerabilities, nescience, or impotence. So, he ignores all info that may necessitate such reactions.

Of course, a constitutional failure to appreciate other people's actions and intentions renders the narcissist gullible, even naive: he is always shocked by what transpires around him and by the fact that his deeds and words have untoward consequences.

304.

Watch any video on COVID-19 by Prof. John Ioannides of Stanford University. Detox yourselves!

The [unwarranted panic](#) was engendered by narcissistic doctors and leveraged by psychopathic politicians to grab power.

Misinformation is deliberately spread by unscrupulous doctors and increasingly more tyrannical authorities. Examples: the case fatality rate of SARS Cov-2 is the same as the flu virus, not higher - and asymptomatic carriers of the virus are not infectious.

As the pandemic proceeds apace, at least in the hysterical media, hospitals are becoming major vectors of transmission.

Shockingly, not a single randomized, double blind trial with a control group had been conducted on any population anywhere in the world: a reflexive first step in any pandemic when the authorities wish to reduce panic rather than fan and leverage it for tyrannical power grabs.

Doubts are also rising regarding the cause of death in many cases, especially with the elderly, the immunocompromised, and those with pre-existing conditions: was the virus just present in their bodies - or did it actually cause their demise?

And how many of the symptoms are psychogenic somatization (psychosomatic)? Shortness of breath and chest pains are symptoms of both anxiety disorders and respiratory distress in all patients with any of the zoonotic Coronaviruses!

The [genomes](#) (genetic sequences) of the SARS Cov-2 virus are available publicly. The earliest - from China - dates to January 21 and the latest was released on April 24 on GenBank and SRA - the Sequence Read Archive.

The initiated can use online tools to analyze the variations between these sequences. Such discrepancies represent the cumulative outcomes of antigenic drift: random copying (replication) errors (aka mutations) as well as of recombinations, including antigenic shifts (borrowing RNA or DNA segments from other viruses, bacteria, or host cells). There is some potentially bad news.

Under severe selective pressures (the virus could not find hosts to infect, owing to social distancing), the virus may have now undergone a series of antigenic shifts, had mutated, and had combined with at least 2 other viruses, including HIV (in its envelope) as well as possibly 1 bacterium (in its RNA)

Luckily, there is no trace or signature of the highly transmissible (infectious, contagious) influenza virus. But this isolate is so removed from the original L and S strains that it qualifies to be considered a SARS Cov-3, IMHO.

From now on, the previous strain may decline, but the new strain - an ominous Swiss Knife - will be capable of attacking children aged 1-6 and young adults 25-40. In fact, these age groups may come to predominate the case fatalities.

The virus will no longer focus exclusively on the respiratory system and instead cause extreme sepsis (toxic shock syndrome) coupled with inflammatory processes culminating in heart failure.

The new virus will also attack the kidneys, gastrointestinal tract, liver, connective tissues (skin, joints), and the brain. It will mimic syndromes like Kawasaki and Guillaume Barre, and rheumatoid arthritis.

The good news is that Coronaviruses are self-limiting. The pandemics caused by them suddenly stop even without any countermeasures. But, even so, we better find the right antiviral by autumn.

305.

The [Rashomon Effect](#) is named after a Kurosawa 1950 film in which multiple witnesses to a rape provide diametrically opposed descriptions as to the sequence of events.

The Rashomon effect is the reason we get obsessed with and fixated on traumas, we ruminate ceaselessly and have intrusive thoughts, revisiting the pain and hurt time and again, with no end in sight, picking at scabs and wounds. In a desperate attempt to make sense of the traumatizing person or behavior or period, to gain emotional relief and liberating insight, the victim keeps revisiting the scene, deconstructing, reframing, and reconstructing it, rendering it in the process a kaleidoscope of mutually exclusive and conflicting narratives.

Abusers rarely provide closure and are deceitful, seeking to further the harm they had already caused by sowing uncertainty with counterfactual statements and lies. They gaslight and manipulate and drive the injured party deeper into the "what if or if only" rabbit hole of self-doubt, guilt, and shame, thereby regaining control over her and ascertaining outcomes beneficial to themselves.

306.

The father of modern sociology, Emile Durkheim, coined the term "anomie" to describe the [atomization and normative decoherence of societies](#) owing to unsustainable population growth. In anomic states, misbehaviors such as suicide and crime proliferate.

He neglected to mention that mentally disordered people thrive in chaos: their internal upheaval perfectly chimes in with and is optimally adapted to the external mayhem.

In eras of apocalypse, one frequently finds psychopaths gleefully contemplating the ruination of institutions and contributing to the demise of their own civilization. In decline and fall, antisocial individuals are defiantly euphoric, eerily content, and counterintuitively purposeful. No dissonance there - just resonance.

307.

Albert Einstein wrote this quote. He represented the holistic school in physics. [Holism has been battling reductionism](#) in all human affairs: are we merely the sum of our parts?

Consider even sex. A partner's bodily organs - genitalia, a mouth - can be deployed for pleasure as mere masturbatory aides. Or they can stand for the delectable and irresistible entirety of a loved one. Identical mechanical experiences gain two radically disparate meanings, depending on whether the state of mind is reductionist (casual romp with a stranger) or holistic (love making with a significant other). One can even transition between the two states with the same person as the relationship deepens.

Or dinner. With a work colleague, the shallow focus would be on a sliver of life (professional, gossip, or a one night stand). This is reductionism. A romantic date would involve so much more! Holism in action: deeper resonant emotions, compounded expectations, values and beliefs, long-term goals. The entire person, in all his or her dimensions.

Or a conversation. Language or speech can be used to convey little and only factually - or to touch the soul. Reductionism, holism.

Modern science and medicine are utterly reductionist, concerned with fleeting moribund leaves in a dense and infinite forest. Missing and ignoring the big picture in favour of minutiae has been leading our species astray for centuries now, at least since Descartes.

The absence of polymaths and Renaissance men is a symptom of a malaise of intellectual sterility. The synergy afforded by true interdisciplinarity had become a lost art. Aesthetics and fecundity are sacrificed at the altar of efficacy and recursivity.

308.

Yesterday I watched a cliché-spewing, self-styled mystic yogi" [guru](#) (a grandiose, half educated Hindu Indian, naturally) inform a professor of medicine in the ivy league Yale University that the West knows nothing about the human body.

The sage professor nodded his enthusiastic assent as he nearly kissed the hand of this derisible fake. It is a common sight: Westerners seeking wisdom & enlightenment in the East from men (never

women), many of whom are cunning self-enriching con artists.

This mindless obsequiousness disregards the fact that Eastern "philosophies" are largely a hodgepodge of incomprehensible rank nonsense & that the only visible outcomes of the alleged perspicacity & sagacity of these Indians yogis are the dirt poor, disease infested, trash heaps that they call homes. I am not impressed. Asians are right to choose Western values & knowledge over anything their homegrown "spiritual" scammers have to offer.

The West sports its own crop of psychopathic narcissists who purvey inane messages to the desperate, ignorant, gullible, paranoid, & utterly disoriented masses.

Apparently, there is a giant lurking, waiting to be awakened in every one of us (delusional grandiosity), we can accomplish anything we put our mind to, and we can attract good fortune (read: money and beautiful girls) if we only want it real bad (infantile magical thinking) and the world is a lot more sinister than it seems (persecutory ideation). In the meantime, the callous fraudsters who brainwash millions of idiots and wannabes with promises of instant success or occult info ("If I made it, so can you and I will tell you all you need to know") are laughing all the way to the bank.

Increasingly more grandiose, people are injured and humiliated by and shun the truly intelligent, expert, knowledgeable, and insightful. They opt for ersatz fake gold.

It is not surprising that the latter - the Western trickster "coaches" and conspiracy theorists - often quote the former (the Indian phonies) . They are specimen of the same family of lethal intellectual viruses in human form.

309.

The pandemic amounts to a ginormous [transfer of wealth from the poor to the rich](#): asset prices remain stable even as the rich get to keep the wages and benefits that they would have normally paid out to their poorer compatriots. Most tax revenues and government stimulus funds end up with big corporations and the already affluent. Income inequality - already unprecedented - will skyrocket.

Rich people have an "inflationary mindset": they prefer to spend their capital, but owing to the amounts involved, are forced to hold on to the bulk of it, tied down in assets, both tangible and financial. They wish to consume (inflationary effect or "personal inflation"), but end up saving (deflationary outcome.) Poorer folks have a deflationary state of mind: they would like to hold on to their money, but are forced to spend most of it, or even all of it (not to mention avail themselves of additional credits and loans.) They wish to save (deflationary effect), but end up consuming (inflationary outcome.) Thus, all economic players in the marketplace wind up acting irrationally: against their innermost as well as expressed wishes and preferences. This gulf between the desires and actions of all economic agents is the main source of instability and uncertainty in the capitalist system, based as it is on wealth transfer from the many to the few and its accumulation in the hands of the latter.

What are the effects of these discrepancies in the perception of money between the rich and the rest of us? How is this psychological gap – indeed: this abyss – manifested in economic expectations and in one's grasp of one's purchasing power (based on streams of future income)? How does the price signal react to income inequality?

The larger the disparities between rich and poor, the greater the share of national wealth held by the rich, the more deflationary the economy. Rich people consume only a tiny portion of their wealth. The rest is tucked away in the vaults of financial institutions, in real-estate, or in art. Their money is effectively taken out of circulation and its velocity drops precipitously (demonetization).

310.

In the transactional West, service providers are expected to act with impersonal and non-intrusive courtesy as well as swift efficiency. Any attempt to exceed this remit may land them in court for stalking, sexual or other harassment, or breach of ethics. In the East, a supererogatory personal touch, some implied intimacy, concessionary flexibility, and an ostentatious display of emotions are indispensable to one's professional reputation.

[Cultural differences between East and West](#) are surprisingly trenchant and profound, considering the homogenizing effects of mass and social media. They are not limited to business or social intercourse: they permeate even the most intimate realms of conduct.

Consider ubiquitous female promiscuity.

In the West it is driven by petulant immaturity, grandiose entitlement, and the joys of newly discovered emancipation and empowerment.

In the East, women openly hunt for men and are predatory. Promiscuity there is coupled with aggressive manipulation and deception.

Or the concomitant phenomenon of misogyny.

The Western misogynist avoids women altogether or limits his interaction with them to rare casual sex. He hangs out with other misogynists. The Eastern misogynist pays women to be his concubines, sex slaves, and punching bags. He scouts for women eagerly and persistently.

311.

A [leader](#) is a shorthand version of the world in which he operates, a map of his times, the harmony (if not the melody) upon which those led by him can improvise. They must see in him all the principle elements of their mental life: grievances, agreements, disagreements, anger, deceit, conceit, myths and facts, interpretation, compatibility, guilt, paranoia, illusions and delusions – all wrapped (or warped) into one neat parcel.

It should not be taken to mean that the leader must be an average person – but he must discernibly contain the average person or faithfully reflect him. His voice must echo the multitude of sounds that formed the popular wave which swept him to power. This ability of his, to be and not to be, to vacate himself, to become the conduit of other people's experiences and existence, in short: to be a gifted actor – is the first element in the leadership signal. It is oriented to the past and to the present.

But it is a second element that makes the leader distinct. Again, it is resonance. The leader must be perceived to resonate in perfect harmony with a vision of the future, agreeable to the people who elected him. "Agreeable" – read: compatible with the fulfillment of the aforementioned needs in a manner, which renders life acceptable. Each group of people has its own requirements, explicit and implicit, openly expressed and latent.

More about leaders and leadership qualities here: <https://samvak.tripod.com/leader.html>

Obama <https://samvak.tripod.com/obama.html> (July 2008)

Trump <https://samvak.tripod.com/faq19.html#trump> (March 2016)

312.

Mary Mallon was a "healthy carrier" of an infectious disease, the first ever reported and observed in the New World. She was a [super spreader](#). But, since then, and throughout the first two decades of the 20th century, more than 100 people were added annually to the rolls of "healthy carriers" of typhoid in New-York alone.

Moreover, though she infected 47 people with typhoid fever (11 of which were members of one family and their hired help) - only 3 of her inadvertent victims died. Tony Labella, another carrier, caused the death of 5 people (of 122 he had infected). But the nickname of this New York City, fiery Irish immigrant cook - Typhoid Mary - was widely dreaded in the early 1900s. Immune to the disease herself, she was the perfect carrier through her contaminated food.

Private investigators hired in 1906 to find the source of the epidemic failed. George Soper, a civil engineer, traced it back to 37-years old Mallon. When he confronted her with his suspicions and asked for samples of her blood and stool, she advanced on him with a carving knife. She similarly lunged with a "long kitchen knife" at policemen who accompanied visiting health officials. Having been found hiding in an areaway closet, under the staircase outside, on a neighbour's property, she was ultimately subdued.

Attempts to cure her with Hexamethylenamin, laxatives, Urotropin, and brewer's yeast failed. She was quarantined in 1907 for a period of three years by health officials. She was released in February 1910 when she pledged not to prepare food for others again, to observe some rules of hygiene, to provide periodic fecal samples, and to notify the health department on changes of her address.

She sued the Board of Health of the City of New York in 1909. Weekly stool samples she sent to a private lab came consistently clean - while the same stool, analyzed by the department's own labs, turned out to be mostly infected with typhoid bacilli.

She protested her innocence with these words:

“This contention that I am a perpetual menace in the spread of typhoid germs is not true. My own doctors say I have no typhoid germs. I am an innocent human being. I have committed no crime and I am treated like an outcast - a criminal. It is unjust, outrageous, uncivilized. It seems incredible that in a Christian community a defenseless woman can be treated in this manner.”

She lost the case though, in some respects, she was treated unfairly. Alphonse Cotils, another typhoid carrier, a restaurant and bakery owner who repeatedly violated his pledge not to prepare food for his clientele, got away with a mere reprimand.

In 1911, inoculation for [typhoid](#) became publicly available - but few bothered as the disease had only a 10% fatality rate.

Mallon reneged on her promises to the Health Board and in 1915 - using the pseudonym Ms. Brown - infected mothers and their newborns with typhoid at the Sloane Maternity Hospital in Manhattan where she worked as a cook. Twenty five people caught the fever and two of them died.

She spent the next 23 years - until her death in 1938 - with her dog in quarantine at Riverside Hospital

in North Brother Island. She became a nurse, hospital help, and a kind of lab technician. After a massive stroke she suffered in 1932, she was transferred to the children's ward.

313.

High-end, [luxury brands](#) have to adapt and get embedded in a mix of products and services in this post-apocalyptic world.

Immediately after the lockdown restrictions are lifted, people with means will spoil themselves and compensate by purchasing expensive brands and services. But this will be a passing and brief phase.

The economic crisis which is already upon us and the attendant uncertainty are historically unprecedented. They will force people to either cut back on non-essential consumption and search for cheaper substitutes. Past experience teaches us that everyone tend to economize, except the super rich who splurge with *carpe diem abandon*.

Businesses of all sorts will have to adapt by offering services either digitally or at the client's homes ("takeaway"), emphasizing medical safety and de-emphasizing luxury brands and exorbitantly priced services in favor of less high-end alternatives.

The key demand will be for EDUCATION, especially delivered online or digitally, but also in small classes or one on one.

Businesses should make available a MIX of high-end brands, VIP services, mid-range brands, and generic but good products and services. Service quality and special, tailored offerings will be far more important than brands.

Even in the devastated business landscape of tomorrow, clients will always value a personal touch, a good word, a luxury or homely ambience, specialty services, sales and discounts, comfort and ease of service, and home delivery.

314.

There is a tsunami of mental health disorders heading our way. It is projected to affect at least half the population, in all age groups.

But there are two additional waves inexorably coursing to our already dilapidated shores: [irrationality and grandiosity](#).

In an attempt to make sense of a capricious and life-threatening universe, people resort to inane conspiracy theories, to fairytale or fire and brimstone religions, or to the demented or ignorant teachings of con artist self-styled "philosophers", "public intellectuals" and "life coaches", half educated gurus, psychopathic leaders, and other savory characters.

At the same time, grandiosity had become the norm. Hypervigilance thrives and even the most innocuous comments and actions are interpreted as humiliating insults and sadistic criticism. Aggression is cresting as is a rigid resistance to learning. The pandemic rendered everyone self-sufficient and, by extension, godlike. Apotheosis follows atomized epiphany.

These are not passing fads but structural transformations: the shape of things to come. In a way, I am glad I am 59 years old and not 40 years younger. I wouldn't want to stick around much longer in the inferno that will follow this meltdown of civilization.

315.

The artist communicates his inner world to an audience and tries to translate the private language of his mind to a universal dialect.

The [narcissist is an artist](#), therefore. But he is ill-equipped to create art because he lacks the basic components of being human and has no access to the meta dictionary that connects all people (empathy). This is why the narcissist renders himself - his personality and his life - his only work of art.

[Narcissism has been compared to demonic possession](#). Is there any truth to it? And how about psychopaths and borderlines? Is the False Self not an alien spirit? Are narcissists not evil and diabolical?

Latest vid in this channel: <https://www.youtube.com/samvaknin>

Buy most of my books in Amazon:

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

316.

As [lockdown restrictions are lifted](#), people in fatalistic societies will behave very differently to the inhabitants of narcissistic cultures.

Fatalism implies an external locus of control: whether one lives or dies depends little on one's decisions or actions. God, fate, destiny, blind luck, misfortune, and malevolent others all conspire to render the verdict of the ultimate survive-or-perish outcome.

The denizens of these spaces are likely to act recklessly and adopt a "devil may care", carpe diem attitude to the risks that the pandemic and virus pose.

In grandiose-narcissistic environments, the locus of control is internal. Their populace believe delusionally and counterfactually that they can avoid illness and death by following rigid protocols of risk aversive behaviors.

They are likely to be far more obedient and compliant and, sheeplike, as they cower in their homes, terrified lest mortality and disease impinge upon their immeasurably precious bodies and cosmically significant lives.

[Travel bubbles](#) or corridors are arrangements between countries to allow access to their citizens across otherwise sealed international borders. Similarly, [quaranteams](#) are social bubbles: a limited group of people who meet regularly and exclude all others as health risks.

This pandemic forces us to retreat into isolation, atomization, self-sufficiency, and narcissistic or depressive solipsism. Especially so in the "countries of the plague", the epicenters of this viral agent of change.

This regression (or progress) is bound to result in two revolutionary paradigmatic shifts:

1. The normalization of mental health pathologies: everyone is going to be clinically depressed or anxious or something or other.
2. Common goods which rely on cooperation and social conventions will lose their value. The Commons will fragment and many social institutions will be rendered obsolete. Examples: money,

the family, public goods such as education, and the nation-state. As the banking system collapses, we me devolve to a barter economy with agricultural land as the most prized possession.

2 parts video today about the inter-generational conflict the pandemic wrought between boomers and millennials.

Washington Post:

The average millennial (1981-96) has experienced slower economic growth since entering the workforce than any other generation in U.S. history.

Millennials will bear these economic scars the rest of their lives, in the form of lower earnings, lower wealth and delayed milestones, such as homeownership.

Buy most of my books in Amazon:

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

317.

Do [stereotypes](#) usefully represent real knowledge or merely reflect counter-productive prejudice? We know that a disproportionate number of criminals in the USA are black and that the vast majority of anti-Western terrorists are Muslim. In light of these facts, racial profiling (a sub-species of stereotyping) appears to be a rational and ethically justified act of self-defense. But is this a “post hoc ergo propter hoc” fallacy? In other words: does racial profiling cause the very ills it is intended to counter? Hardly likely.

Stereotypes invariably refer in a generalized manner to - often arbitrary - groups of people, usually minorities. Stereotypes need not necessarily be derogatory or cautionary, though most of them are. The "noble savage" and the "wild savage" are both stereotypes.

Buy most of my books in Amazon <https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

Available on this YouTube channel: <https://www.youtube.com/vakninmusings>

318.

A [US patent of the first technological application of the Chronon Field Theory](#): an Alcubierre warp drive engine, exactly like in the sci-fi books and movies.

Eytan H. Suchard revolutionized my initial contribution in my doctoral dissertation in 1983-4 (titled "Time Asymmetry Revisited" and available through the Library of Congress)

Much more about chronons and the field theory here: <https://samvak.tripod.com/time.html>

319.

[Lockdowns](#) are here to stay as a new tool in the arsenal of increasingly more authoritarian regimes the world over. In January, when China incarcerated 11 million people in Wuhan to stop the spread of the novel virus, media in the West smugly proclaimed that such misconduct can never be replicated in the West, where an active and vociferous public opinion will put an instant stop to it and defy the measure. Well, they overestimated the public's extent of disobedience. Same happened after 9-11, when most civil and human rights were curtailed without a peep from the sheeplike public.

Nothing is more permanent than the transient and the temporary. The power grabs by the political class are irreversible - including their newly acquired ability to imprison their populations for indefinite periods of time. Rest assured they will make use of it, time and again. They already are abusing them against demonstrators in the racial equality and climate justice movements.

The plutocrats of the West made massive amounts of lucre during this pandemic: Jeff Bezos got 40 billion dollars richer and Gates added 12 billion to his fortune. So did Adelson, Buffet, Musk and every other billionaire on the Forbes list. Why slaughter the goose and forgo its golden eggs? These true masters of the universe - who control all media, traditional and social as well as every politico alive - will make sure that the pandemic lasts forever: it is good for business.

320.

I published this op-ed in 2001:

Incrementally, but noticeably, the [West is shedding its democracy](#). Hard-won civil liberties are willingly sacrificed for the sake of illusory added security. Institutions are stacked with political, partisan appointees who do their puppetmaster's bidding. Laws are openly broken and the Constitution flaunted with breathtaking callousness and an ease that would have been considered unthinkable on September 10, 2001.

I wouldn't be surprised if elections are suspended due to a perpetual "state of emergency". Largely ignorant of history and thus devoid of any meaningful or helpful perspective, people shrug off this doomsday scenario. They forget that Rome - a four hundred years old republic with venerable institutions like the Roman Senate - gave in to tyranny in the space of four years. The same goes for ancient Athens, the first truly participatory democracy on earth, transformed by wars into a hideous dictatorship.

The West's is a malignantly narcissistic culture. Its denizens believe counterfactually that it is the richest, most virtuous, freest, civilization on earth. Reasonably, they are convinced that everyone is destructively envious of them. This renders them paranoid and violent.

Led by the USA

An early and observant traveller to the USA, Alexis de Tocqueville, noted this siege mentality and warned that the United States is walking a thin line between freedom and authoritarianism.

It is this ingrained belief that the world is hostile and harsh that will likely undo the American experiment. Psychology teaches us about projective identification: a defense mechanism that forces people around you to behave the way you are accustomed and expect them to. Treating everyone as a potential enemy usually turns them into ones.

321.

It is ironic that a hardened, junkie violent career criminal became the mascot of a global human rights movement but of course "I can't breathe" and police brutality are hallmarks of the pandemic as well: the virus affects breathing, sometimes fatally - and law enforcement all over the world are at the obsequious and unquestioning service of increasingly more authoritarian regimes and money-backed politicians. They place their collective knee on the public's neck enforcing lockdowns and other measures.

So, protesters around the world, even if they are unaware of it, are not demanding only racial equality and an end to police militarized and paranoid knee-jerk violence. They are insistent on [freedoms](#): to breathe, to speak out, to associate, and to move around. No one can breathe nowadays, regardless of his or her skin color.

322.

Lucky the virus is not targeting [stupid people](#). Not many of us would have survived.

This is a [promising member of the new class of intellectuals in the post pandemic world](#). He will end up as a guru or a life coach for sure. If Tony Robbins and Sadhguru did - so can he.

323.

In a professional, corporate, or business setting, there is a paucity of personal information regarding:

1. The backgrounds of everyone present or involved;
2. Their common or past history;
3. Mental health issues, traits, or behaviors (a fragile self-esteem, promiscuity, borderline, psychopathic, histrionic, or narcissistic);
4. How competitive or vindictive they are;
5. Emotions or attachments (overt and undeclared); and
6. The exact nature of the relationships between everyone present.

If you [pick up or hit on someone you have just met](#) in a project, at work, in a business setting, a colleague, or a collaborator, you may end up being unwittingly used as an instrument to settle accounts or some other private destructive agenda.

This is why dating and sex are best attempted only outside the workplace or the collaborative project.

Even an innocent assignation between colleagues, service providers, guests, or collaborators - let alone ending up having casual sex - can lead to major disruptive tensions.

Mixing sex with work is frowned upon in most business environments and those who flout this separation or defy it (often in conjunction with substance abuse) acquire a bad reputation and are shunned.

Thinking with your crotch is a veritably bad idea, but never more so than as an employee, service provider, or contractor while employed.

324.

[Prophets and prognosticators](#) of social, political, and economic trends are often shunned, outcast, mocked, or outright punished. Even when their predictions come true during their own lifetime, they are rarely acknowledged or compensated for the abuse and mistreatment meted out to them throughout their "years in the desert". In stark contradistinction, the originators of scientific theories attain fame and a slew of pecuniary rewards once their theories prevail.

This disparity is because people are invested - both emotionally and materially - in prevailing social, economic, and political trends, fashions, and assets. The Establishment rely for their survival on inertia, and on the blindness, ignorance, and acquiescence of the masses. True prophets and successful prognosticators tend to "rock the boat" and undermine this edifice of wealth and privilege. They constitute a present and immediate danger. Social ostracism is the most effective weapon against

them. Persecution may follow if it proves insufficient.

But, there are deeper reasons for the resentment and consequent maltreatment of true prophets and successful prognosticators.

First, by straying outside the "official line" and by predicting (and thus promoting) change, they prove themselves unable to conform to extant social mores, edicts, values, and etiquette. This overt non-conformism renders them solitary, idiosyncratic, and eccentric. They are not - and cannot be - team-players.

Continued here: <https://samvak.tripod.com/future.html>

325.

Lasch observed that [America has become a culture of excuses](#) (for self and the "disadvantaged"), of protected judicial turf conquered through litigation (a.k.a. "rights"), of neglect of responsibilities. Free speech is restricted by fear of offending potential audiences. We confuse respect (which must be earned) with toleration and appreciation, discriminating judgement with indiscriminate acceptance, and turning the blind eye. Fair and well. Political correctness has indeed degenerated into moral incorrectness and plain numbness.

But why is the proper exercise of democracy dependent upon the devaluation of money and markets? Why is luxury "morally repugnant" and how can this be PROVEN rigorously, formal logically? Lasch does not opine - he informs. What he says has immediate truth-value, is non-debatable, and intolerant.

Consider this passage, which came out of the pen of an intellectual tyrant: "...the difficulty of limiting the influence of wealth suggests that wealth itself needs to be limited... a democratic society cannot allow unlimited accumulation... a moral condemnation of great wealth... backed up with effective political action... at least a rough approximation of economic equality... in the old days (Americans agreed that people should not have) far in excess of their needs"

Continued here: <https://samvak.tripod.com/lasch.html>

326.

[Laws](#) have to earn observance and obeisance. To do so, they have to meet a series of rigorous criteria: they have to be unambiguous, fair, just, pragmatic, and equitable; they have to be applied uniformly and universally to one and all, regardless of sex, age, class, sexual preference, race, ethnicity, skin color, or opinion; they must not entrench the interests of one group or structure over others; they must not be leveraged to yield benefits to some at the expense of others; and, finally, they must accord with universal moral and ethical tenets.

Most dictatorships and tyrannies are "legal", in the strict sense of the word. The spirit of the Law and how it is implemented in reality are far more important than its letter. There are moral and, under international law, legal obligations to oppose and resist certain laws and to frustrate their execution.

Continued: <https://samvak.tripod.com/crime.html>

327.

[Public hospitals](#) are in dire financial straits. Even in the USA, one third of their patients do not pay for medical services (compared to less than 5 percent in private hospitals). Medicaid barely - and belatedly - covers another third. Yet, the public hospital is legally bound to treat one and all.

In other countries, national medical insurance schemes, the equivalents of Medicare/Medicaid in the

USA, (e.g., the NHS in Britain), or mixed public-private ones (e.g., Kupat Kholim or Maccabee in Israel) provide fairly extensive coverage. Community medical insurance plans are on the rise in both the USA and Europe. Corporate plans cover the rest.

Still, uniquely in the USA, many potential patients remain exposed. More than 40 million Americans have no medical insurance of any kind. A million new disenfranchised join their ranks annually. This despite sporadic - and oft-unsuccessful - initiatives, on the state level, to extend insurance - in lieu of charity care - to the uninsured.

This kind of deprived patient often consumes less profitable or loss leading services such as trauma care, drug-related treatments, HIV therapies and obstetrical procedures. These are lengthy and costly. Private healthcare providers corner the more lucrative end of the market: hi tech and specialty services (e.g., cardiac surgery, cosmetic surgery, diagnostic imagery)

Continued here: <https://samvak.tripod.com/nm014.html>

328.

Games are an integral part of even the most serious rites of life. We are the ludic species. Courtship and foreplay precede sex. Pomp and ceremony precede war or celebration. A whole host of minutely orchestrated maneuvers anticipate a business negotiation.

People who cannot play games (for example: the mentally ill) and those who refuse to succumb to societal mores, protocols, and expectations (for example: misogynists, misanthropes, the contumacious, counterdependent, and defiant) lose out: they are shunned, ostracized, and excommunicated. Women abhor their transactional directness, men fear their goal-orientation. Everyone relegates them to the weirdo bin or locks them up in institutions such as prisons and mental asylums.

Ironically, total institutions such as these (and also hospitals, the army, rehab centers, and other regimented environments) are founded on exquisite and rigid gameplaying. Deviating from the rules can cost an inmate his life or the rest of his freedom. One could even say that the main role of these lockouts is to socialize by inculcating gaming skills in incorrigibles.

329.

Among other things, economists study the [lifelong decisions of individuals to spend money they earn, invest it, or save it](#) (delay the gratification of consumption). The theoretical rational agent spreads his income over the horizon of his life expectancy, making use of the productive years to both consume wisely and create a nest egg for him and for his dependants.

In reality, people are all over the place, expending their scarce resources irrationally, not saving as much as they should (borrowing is a form of negative savings), and not mindful of the growing structural instability of the modern workplace and the not so new normal.

One reason for these inexplicable choices is a cognitive dissonance between the certainty of our demise and our planning for a future of immortality. All of us, young and old alike - even the retired and the terminally ill - act as though we are going to live forever even as we realize and accept that death await us all. We deny our mortality and ephemeral transience. We make children to extend our useful economic lives and to provide us with a delusion of continuance beyond the grave.

More: <https://samvak.tripod.com/mortal.html>

330.

[Meaninglessness](#) is the real pandemic of modern life: sex, relationships, work, country and most everything else have been rendered insignificant. But some people have transformed arbitrary opportunism, random couplings, and carpe diem into a work of art, an avocation, and a vocation.

People who do meaningless and emotionless are possessed of a labile (dysregulated) sense of self-worth coupled with one of two: 1. Low self-efficacy (for example, as an outcome of a less than mediocre intelligence) OR 2. Disrupted childhood in a dysfunctional family.

They trash themselves recklessly either because they feel nothing and are committed and attached to no one - or because they feel too much and are overwhelmed. Sometimes, they misbehave they misbehave in a desperate lurch, an attempt to transition from the first state to the second.

331.

In his new book, "Exercise of Power", former Secretary of Defense of the USA and the youngest chief of the CIA ever, Robert Gates laments the decline in American power worldwide. He attributes this process to America's over-reliance on projected and deterrent military might at the expense of all other soft power options: diplomacy, culture, international development and humanitarian aid, and other options. Many of these alternatives were literally dismantled even as military budgets ballooned inexorably and explosively.

But Gates fails to realize that this is merely one aspect of the [brutalization of American policies, institutions, and discourse](#). Internally, there has been a marked and revolutionary shift to heavily militarized policing at the expense of social, educational, welfare, and mental health services. Now, at the behest of ever more belligerent and confrontational authorities, the army itself is getting directly involved in domestic politics.

332.

There are two aspects that [set this pandemic apart](#) from all previous iterations:

1. All our institutions - from the family to the state - are defunct or, at best, dysfunctional, so the social safety net is frayed beyond repair.
2. This pandemic occurs in a generational interstitial: generation Z (zoomers) are entering the workforce (or what is left of it) and graduating, buried under an avalanche of student debt. The Boomers are retiring in droves, more wealthy and smug than ever.

Video Presentation to the 37th International Conference on Psychiatry and Psychosomatic Medicine, June 2020

We form memories in familiar settings and based on habits: daisy chain of memories which incorporate schema.

When we are deprived of the familiar – places, people – we compensate by dissociating (like living inside a movie), we freeze, or we try to form new familiarity.

New familiarity constricts the world: lockdown restrictions PLUS takes time to construct new habits and the initial space and number of objects incorporated in it is limited.

Drop in self-efficacy, dissociation (including depersonalization, derealization, and amnesia), disjointedness (discontinuity), confabulation and identity diffusion = psychotic disorder, confusion between internal and external objects and hyperreflexion (hyperreflexivity).

Discontinuity, [hyperreflexivity](#), dissociation are at the core of NPD and BPD. This is why I suggest that NPD is an attenuated form of DID bordering on psychosis (BPD is failed NPD, so FARTHER from psychosis, not NEARER).

333.

Buddhism compares Man to a river. Both retain their identity despite the fact that their individual composition is different at different moments. The possession of a body as the foundation of a self-identity is a dubious proposition. Bodies change drastically in time (consider a baby compared to an adult). Almost all the cells in a human body are replaced every few years. Changing one's brain (by transplantation) - also changes one's identity, even if the rest of the body remains the same.

Thus, the only thing that binds a "person" together (i.e., gives him a self and an identity) is time, or, more precisely, [memory](#). By "memory" I also mean: personality, skills, habits, retrospected emotions - in short: all long term imprints and behavioural patterns. The body is not an accidental and insignificant container, of course. It constitutes an important part of one's self-image, self-esteem, sense of self-worth, and sense of existence (spatial, temporal, and social). But one can easily imagine a brain in vitro as having the same identity as when it resided in a body. One cannot imagine a body without a brain (or with a different brain) as having the same identity it had before the brain was removed or replaced.

What if the brain in vitro (in the above example) could not communicate with us at all? Would we still think it is possessed of a self? The biological functions of people in coma are maintained. But do they have an identity, a self? If yes, why do we "pull the plug" on them so often?

Continued <https://samvak.tripod.com/identity.html>

334.

Stages of grief: denial, anger, bargaining, depression, acceptance.

Trees and termites: Organic vs. Synthetic institutions

Last organic change in agricultural revolution and urbanization 5000 years ago: family, hierarchy, regime, society (socializing), motherhood, childhood, rules, future, cyclicity, recreational sex (cohabitation), division of labor, property

Now second organic revolution from nation-state capitalism or communism (means of production) back to [hunter-gatherers](#) via neo-feudal anomie: separation of sexes, procreative sex, single mothers, hunters and trickle down sharing, gatherers and equitable (network) sharing, self-sufficiency (communal individualism)

335.

The [body](#) is an aging map of bulging scars and a topography of tactile memories.

Different intimate partners dwelled on different patches, caressed and toyed with extremities, appendages, and crevices. By touching these spots in one's body, their presence is evoked, hauntingly luminous and loving.

Ancient wounds, long crusted over, reify adventures not forgotten and battles never won. An entire biography encased in delicate skin, a piece of history trapped, the ephemeral fossils of the corporeal.

We carry our bodies like a burden, a vade mecum, a cry. And one day we shed them and we and everyone encoded in their cells is no more.

336.

This pandemic spells the [end of the USA as a superpower](#) and the demise of its self-imputed exceptionalism. Like the British Empire before it, its decline will take time - but it is ineluctable and irreversible.

The United States is more states than united: a Potemkin "nation", fake and incompetent to the core, divided by the very dream that propelled it into being, torn by interest groups and aggressive professional and extortionate victims along multiple fault lines and vulnerable antisocial underbellies. Americans produce only commodities and manipulate symbols, much like the natives in the colonies of yesteryear. All the other economic sectors of this third world entity are shot.

I foresaw its demise in two pieces, published immediately in the wake of 9-11 in September and October 2001:

<https://samvak.tripod.com/pp112.html>

<https://samvak.tripod.com/civilwar.html>

337.

Why are we Fascinated by [Evil and Evildoers?](#)

The common explanation is that one is fascinated with evil and evildoers because, through them, one vicariously expresses the repressed, dark, and evil parts of one's own personality. Evildoers, according to this theory, represent the "shadow" nether lands of our selves and, thus, they constitute our antisocial alter egos. Being drawn to wickedness is an act of rebellion against social strictures and the crippling bondage that is modern life. It is a mock synthesis of our Dr. Jekyll with our Mr. Hyde. It is a cathartic exorcism of our inner demons.

Yet, even a cursory examination of this account reveals its flaws.

Far from being taken as a familiar, though suppressed, element of our psyche, evil is mysterious. Though preponderant, villains are often labeled "monsters" - abnormal, even supernatural aberrations. It took Hanna Arendt two thickset tomes to remind us that evil is banal and bureaucratic, not fiendish and omnipotent.

In our minds, evil and magic are intertwined. Sinners seem to be in contact with some alternative reality where the laws of Man are suspended. Sadism, however deplorable, is also admirable because it is the reserve of Nietzsche's Superman, an indicator of personal strength and resilience. A heart of stone lasts longer than its carnal counterpart.

338.

[Old Testament God is a malignant narcissist](#): entitled, vindictive, dysempathic, defiant, malevolent, grandiose (demands to be worshipped)

God the Father absent in New Testament but his Son is all the above and, like most other self-styled prophets of religion, psychotic. See vid.

Evil is an attribute of God. Satan is God the same way Jekyll and Hyde are facets of the same person: multiple personality, self-state. Gnostic duality demiurge.

If god is everywhere and includes everything then Evil must also be a part of Him.

The scriptures are chronicles of God's struggles with own imperfections and character flaws - with the Evil side - via agency of flawed Creation.

Humans are products of god's dissociation, carriers of his broken memories, repositories of his dissociative states.

Their task is to help God heal by reintegrating with him, by bringing him back to full awareness and enlightenment, by embracing their own nothingness as a part of Him (kabbalah).

Available here: <https://www.youtube.com/vakninmusings>

339.

[Believers in conspiracy theories are delusional](#) and suffer from twin pathologies: [magical thinking](#) and conspiracism (a psychological trait).

Magical thinking: I think=I do/I prevent=It is (Illusory Beliefs Inventory – IBI).

Confusion of internal and external (external objects, events, and processes affected by cognitions, emotions, and moods).

Defective theory of mind (Piaget's egocentricity in preoperational phase of development) and Theory of World (causation)

Form of infantile grandiosity coupled with autoplasmic defenses common in neurosis. Comorbid with OCD (regain control) but not with worry or anxiety (which are more closely correlated with intolerance of uncertainty and perfectionism).

Examples of Magical Thinking:

Narcissist: action at a distance, omnipresence

Borderline: object inconstancy, dissociation (undo, rewind), disinhibited lack of impulse control

Psychopath: omnipotence, control (via intimidation and disinhibited lack of impulse control)

Conspiracism

Additional Reading: Piaget, Bettelheim, Rozin, Nemeroff, Eugene Subbotsky

340.

Problem of Western civilization: intolerance of [boredom](#) and of nothingness (example: death).

Overstimulation=direct exposure to life --- leads to desensitization and ultimately to boredom via attunement.

Defenses are "meanings" of a Bad Faith Life: 1. Unconscious 2. Fantasy (incl. religion) 3. Mastery (action) 4. Diversion (entertainment).

We confuse these defenses with meaning but this leads to infinite regression nesting: meaning is dictated by others whose judgment is, in turn, determined by yet others ad infinitum.

When defenses fail, we are bored which is the only healthy state because:

1. It generates action or fantasy
2. Left untouched, inert, it brings enlightenment

We should seek boredom and aspire to it.

341.

Lately, a wave of [entitlement](#) is sweeping across the globe: minorities, real and self-styled, are demanding rights and actions consistent with those rights. Entitlement is a diagnostic criterion for Narcissistic Personality Disorder in the DSM.

The problem is that someone's rights are another person's obligations: rights instantly give rise to commensurate duties of others.

Everyone is entitled to negative rights: to NOT be killed, incarcerated for no reason, muzzled, robbed, or maimed, for example.

But no one is entitled to positive rights. No one has the right to housing, food, sex, education, access ramps, moneymaking, healthcare, honest dealings, good governance, retirement benefits, decent habitation, clean air, decent burial, objective news, or anything else whatsoever.

Positive rights are coercive because they appropriate one person's resources - time, money, health - to cater to another person's need. Even in principle, there could never be a rigorous justification to such expropriation and redistribution.

Skin color, year of birth, disability, type of genitalia are all irrelevant in the proper calculus of rights. Only two factors are relevant: one's humanity (the fount of negative rights) and the utilitarian greater good.

342.

The pandemic of COVID-19 hit everyone simultaneously as a universal, inescapable external shock. Several elements in the progression of the pandemic rendered it [traumatic](#):

1. The exponential inexorable contagion which fosters a feeling of impending doom (extreme stressor);
2. The extreme uncertainty regarding every facet of the disease – from the pathogen to the nature of the illness through to the long-term social and interpersonal effects of the desperate and ever-escalating attempts to rein it in. This led to rising rates of anxiety, depressive helplessness, hopelessness, and disorientation;
3. A lack of clear horizon and timeline which engender a sense of alarming insecurity;
4. Mortal fear of disability and death;
5. The transformation of the familiar – including one's body, nearest and dearest, habits, and familiar landmarks – into alien, minacious, estranged entities to be avoided on pain of life, as a condition for survival;

6. The breakdown or incapacitation of all support networks, human and nonhuman (technologies).

The COVID-19 pandemic is a major traumatic event. Will it result in mass PTSD (Post-traumatic Stress Disorder)? Or will we dissociate the events and return to normal the minute an efficacious vaccine or a cure are found?

In countries which succeeded to control the outbreak, indications are that people are not experiencing PTSD – but rather develop traumatic dissociation, which gives rise to anxiety and depression.

The pandemic is bringing out the best and the worst in people and tipping many over the edge to mental illness. This [new paranoid conspiracy YouTube channel](#) is a case in point.

343.

For about 20% of COVID-19 patients, the disease comes and goes in waves for a period of up to 8 weeks.

Many of these "[long haulers](#)" experiences long-term aftereffects which last for months and maybe longer:

Difficulty breathing

Fatigue

Mental confusion

Blood clots

Digestive problems

Long term scarring of the lungs (fibrosis)

Cardiac damage

Headaches

Muscle aches

We do not treat mild COVID-19 cases because the side effects of the medicines we have are worse than the disease and because many of these medications suppress the immune system.

In mild cases, we want the body's immune system to attack the virus successfully, including by raising the body's temperature up to a fever of 39 degrees Celsius.

In moderate and severe cases, we treat patients in a hospital with oxygen, a ventilator (in rare cases), and a variety of medications.

Still, many of the medicines used in treatment protocols in most developing countries are not used in the West because they are both ineffective and have serious - sometimes life-threatening - side effects.

344.

In the 14th century, during the Black Death (Bubonic Plague) pandemic, the young socially distanced themselves in bubbles and avoided the infested cities, retreating to country estates and entertaining themselves with erotic but erudite and multi-layered stories. “The Decameron” is a record of one such retreat in Italy.

The [youth of today](#) throw COVID parties, crowd into bars and pubs, flock to the most affected regions, and refuse to implement any prophylactic measure of personal hygiene.

Selfish, entitled, willingly ignorant, proudly defiant, and impulsive these revolting end products of human evolution conform to the clinical definition of a psychopath.

Personal responsibility, learning, purposefulness, and social solidarity are for bookworms, losers, nerds, geeks, and weasels. Carpe diem and tomorrow be damned. Conspiracy theories and ostentatious, politically correct “activism” (grandstanding virtue signalling) represent the apex of the feeble-minded slacker mentality of these lost, decadent, and spineless generations, born since the 1990s.

Humanity is indeed doomed. But not by the virus.

345.

Both [individualistic societies](#) (such as the USA, Israel, and the UK) and fatalistic ones (such as Russia, Brazil, or India) fare poorly when it comes to social solidarity, impulse control, concerted action, consensus building, and planning for the future. "Carpe diem" and "que sera, sera" rule these collectives, respectively.

These types of cultures are ill-equipped to mobilize resources and to structurally, efficaciously, and enduringly deal with external shocks (pandemic, war, or economic collapse, for instance). When compared to collectivist nations such as China, Japan, South Korea, or Vietnam, their responses, such as they are, are sluggish, labile, and chaotic.

346.

Some studies in places as diverse as South Korea, Germany, and Italy seem to demonstrate that [transmission of COVID-19 among family members](#) in close quarters is considerably lower than might have been expected. The transmissibility of the virus (its contagiousness) is very high.

One possible explanation is the FACT that we mate with people - even in a one night stand!!! - whose immune system is SIMILAR to ours.

Some scholars say that we are attracted to people with the same genetic makeup and smell (pheromones) of our parents. Dr Martha McClintock of the University of Chicago studied feminine attraction to sweaty T-shirts formerly worn by males. The closer the smell resembled her father's, the more attracted and aroused the woman became. Falling in love is, therefore, an exercise in proxy incest and a vindication of Freud's much-maligned Oedipus and Electra complexes.

I must mention, though, that McClintock's work contradicts other, less conclusive and far more controversial findings regarding the Major Histocompatibility Complex (MHC) or the Human Leukocyte Antigen (HLA). Studies demonstrated either fewer HLA matches than were expected (Ober et al.) – or no such effect (Chaix, Cao, and Donnelly, 2008). Wedekind conducted body odor studies, again with sweaty t-shirts, that demonstrated a female preference for MHC-dissimilarity, especially during ovulation, but only in women who did not use oral contraceptives. Men also preferred MHC-disassortative mate choices.

347.

Some cultures and religions regard the body as the temporary abode of the mind, a necessary evil, an encumbrance, or even an illusion. They invest in its maintenance minimally and use the body mainly to modulate and regulate states of mind.

Other cultures and religions are somatic: they cherish and worship the [body](#) as a shrine, God's handiwork, to be nurtured and cultivated. Adherents invest inordinate amounts of time to master and modify their looks, get rid of or control illness, enhance and buttress health, tailor wholesome nutrition, exercise, and leverage corporeal assets to obtain goals, such as sex or money.

Normally, the way the pandemic is viewed reflect these differences. In the former societies, there is no panic, only a calm acceptance of the vagaries of the fragile containers we call "bodies". In the latter collectives, there is a frenetic - hysterical panic - search for vaccines, cures, and risk-mitigation measures.

348.

The global branding firm Forsman & Bodenfors have published an analysis of [8 cultural shifts occasioned or accelerated by the pandemic](#).

1. Frugality vs. consumption: people expect durability, longer shelf life but still wish to consume in order to regulate their moods and fill in the emptiness.
2. Meaningfulness: people are looking for diversions, ways to fill in their idle leisure time.
3. Tech matters: tech that helps people to connect is most valued.
4. Business practices spotlight: corporate social responsibility and activism matter.
5. Agenda: altruistic, community-oriented, prosocial, and charitable businesses will come on top.
6. Community: communal ties are strengthening and so does social solidarity.
7. Relationships: re-examining and reframing interpersonal relationships such as friendships and marriages.
8. Self-care: social distancing can spur self-growth (or self-neglect - SV).

349.

In the best tradition of Russian history, opposition voice, Alexey Navalny, had been [poisoned](#) and is in a coma.

The term "vegetative state" (cortical death) was coined in 1972 by the Scottish neurosurgeon Bryan Jennett and the American neurologist Fred Plum. It refers to the incapacitation of the cerebral cortex either as a result of severe head injury or trauma or as the outcome of an acute or degenerative illness or as a consequence of substance abuse.

Following a 1-2 week phase of coma (profound sleep-like unconsciousness, usually with artificially-sustained respiration), these patients wake up but they remain unaware of themselves and their surroundings. They don't respond or interact with the environment. Their reflexes are still intact, though, so their eyes roam the scene, their limbs move jerkily, and sometimes they are even capable of swallowing and chewing food (or gagging on it). They do react to painful stimuli by withdrawing,

groaning, and grimacing - but all other neurological and biochemical hallmarks of pain are missing. Patients in PVS yawn, smile, weep, and laugh - but not in response to external stimuli. They breathe normally and unaided.

There is no way to diagnose PVS, even with the aid of Electroencephalography (EEG), computer tomography (CT) or Magnetic Resonance Imaging (MRI). Actually, the EEG of 25% of all PVS cases is absolutely normal! Cerebral blood flow is evident in the brains of some PVS patients. A typical MRI of a PVS patient shows widespread lesions and wasting of brain tissue - but this is common in other diseases (such as dementia) which do not render the patient unconscious! Moreover, the cerebral cortex continues to function, though at a very depressed level, akin to that of barbiturate anesthesia.

"The [vegetative state](#) can be diagnosed according to the following criteria; (1) no evidence of awareness of self or environment and an inability to interact with others; (2) no evidence of sustained, reproducible, purposeful, or voluntary behavioural responses to visual, auditory, tactile, or noxious stimuli; (3) no evidence of language comprehension or expression; (4) intermittent wakefulness manifested by the presence of sleep-wake cycles; (5) sufficiently preserved hypothalamic and brain-stem autonomic function to permit survival with medical and nursing care; (6) bowel and bladder incontinence; and (7) variably preserved cranial-nerve reflexes (pupillary, oculocephalic, corneal, vestibulo-ocular, and gag) and spinal reflexes..... A wakeful unconscious state that lasts longer than a few weeks is referred to as a persistent vegetative state."

(Multi-Society Task Force on PVS, Medical Aspects of the Persistent Vegetative State, New England Journal of Medicine, 330, 22, 1572-1579 (1994))

"The Glasgow Coma Scale (GCS) is a neurological scale with a score between 3 (indicating deep unconsciousness) and either 14 (original scale) or 15 (modified or revised scale)." (Wikipedia)

If the patient does not recover from PVS within 1 month, the prognosis is bad. Patients in PVS survive for years (up to 40 years, though many die in the first 4 years of their condition) as long as they are fed and hydrated. But they very rarely regain consciousness (or the ability to communicate it to others, if they are in a "locked-in" state or syndrome). Even those who do recover within days from this condition remain severely disabled and dependent, both physically and intellectually.

In 2006, a woman in a vegetative state was able to imagine things on request (judging by her brain scans): she had "covert consciousness" (intermittent awareness without regaining any motor functions). A ten years investigation that followed demonstrated that many patients are in this state (locked in syndrome).

350.

[Navalny had not been poisoned](#). He simply drank tea with aflatoxin. It was an accident. For a change, the Kremlin is telling the truth. For another change, Russian doctors did save someone's life.

The main clinical finding in Germany was cholinesterase inhibition. This could be the outcome of consuming certain medications, skin or gastrointestinal exposure to a nerve agent (sarin, VX, Novichok), or ingesting food contaminated with the most potent toxic substance on Earth: aflatoxin.

One thing is 100% certain: it is not a nerve agent.

Nerve agents immediately lead to severe vomiting, extreme breathing difficulties, uncontrollable convulsions, and loss of consciousness. All these symptoms are manifested latest within minutes from contact or inhalation.

Never agents also invariably affect people who get in close proximity with the victim. In the attempt on Skripal's life in the UK, the policeman who found Skripal and his daughter (slumped, unconscious on a park bench) died later. A policewoman who was in contact with him almost died. One member of a couple who found the discarded containers of the nerve agent had died as well.

Aflatoxin grows on food like corn or ... tea! Stored improperly, all types of tea - green, black - develop powerful mycotoxins:

<https://www.google.com/search?q=aflatoxin+tea>

It takes about an hour from ingestion for symptoms to develop and then there are huge pains, spasms, sweating, urge to defecate and vomit. In the blood work of people poisoned with aflatoxin we find one major clinical imbalance. Yes, you guessed it: cholinesterase inhibition.

Why would Putin poison Navalny? In all likelihood, Russia is planning to do a Crimea on Belarus. Did he want him out of the way? Then why not shoot him like they did to Politkovskaya and Nemtsov? Why take the risk that he will survive? And why assassinate him far from the center, where Moscow's control is more tenuous and less certain?

My alter ego, Sherlock Holmes, used to say: "When you eliminate the impossible, whatever remains, however improbable, must be the truth".

Aflatoxin's inhibitory effects on cholinesterases, including acetylcholinesterase

<https://pubmed.ncbi.nlm.nih.gov/15590113/>

<https://europepmc.org/article/med/19109006>

351.

Holy Molly!

Now I have 666 followers!

Somehow, God seems to get his only sentient creations - human beings - wrong most of the time: He repeatedly fails to gauge our psychology and invariably ends up being frustrated and enraged at his charges's shortsightedness, self-destructiveness, and disobedience.

The [Devil](#) does a much better job of catering to the deep narcissistic strains of the human psyche. Satan is much more human than God, he is truly one of us. This abyss between good intentions and abysmal performance rendered God a rather incompetent overseer of human affairs. Gradually but inexorably, his influence and reputation waned and Man took over – only to fail equally spectacularly.

The demise of the great secular religions - Communism, Fascism, Nazism - led to the resurgence of the classical religions (Islam, Christianity, Judaism, Hinduism), a phenomenon now dubbed

"fundamentalism". These ancient thought-systems are all-encompassing, ideological, exclusive, and missionary.

They face the last remaining secular organizing principle - democratic liberalism. Yet, as opposed to the now-defunct non-religious alternatives, liberalism is hard to defeat for the following reasons:

I. It is cyclical and, therefore, sempiternal.

II. Recurrent failure is an integral and welcome phase in its development. Such breakdowns are believed to purge capitalism of its excesses. Additionally, innovation breeds "disruptive technologies" and "creative destruction".

III. Liberalism is not goal-orientated (unless one regards the platitudes about increasing wealth and welfare as "goals").

IV. It is pluralistic and, thus, tolerant and inclusive of other religions and ideologies (as long as they observe the rules of the game).

V. Democratic liberalism is adaptative, assimilative, and flexible. It is a "moving target". It is hard to destroy because it is a chameleon.

The renewed clash between religion and liberalism is likely to result in the emergence of a hybrid: liberal, democratic confessions with clear capitalistic hallmarks.

352.

The spectacular Russian film, "Coma", poses a fascinating dilemma. A mad medical scientist induces a vegetative state in subjects, thereby transporting them into a shared self-generated fantasy universe where they are happy (when they are not being chased by black entities engendered by the intrusion of technologies on their habitat).

As the Evil Genius points out: if you experience contentment, [does it matter if it is real](#)? And what is reality anyhow? If our minds accept a delusion, hallucination, fantasy, or illusion as authentic and objective - does it not make it so (especially if it is shared by many)? Is it better to be a miserable, lonely, downtrodden failure in reality than a successful creative architect in a dreamworld? If we can avoid life's abundant losses and despondence, don't we have a moral obligation to do so by any and all means possible?

Moreover: do we possess the right to impose happiness on people unbeknownst to them or against their will? Is firewalling them from reality by disabling their brains one step too far? Do we need their consent to remove them from harm's way and afford them the succor and joy that they deserve? If the only outlet to one's creativity is out of this world, should one not opt out of one kind of existence and transition to another?

And in which sense is a life confined to the mind and its internal objects less real than being embedded in a physical environment? Is the good doctor good - or is he a deranged and malevolent villain?

The film leaves these questions unanswered, as it should. As we migrate deeper into cyberspace - the postmodern equivalent of medieval Heaven - these conundrums will become ubiquitous and the lines of demarcation between virtual and actual more fuzzy. Witness the fact that several TV personalities now occupy elected high offices, having played the very same roles on the small screen. History as reality TV is already here.

353.

There are [two types of ideas](#): synoptic and prescriptive.

Synoptic ideas shed light on the interconnectedness of apparently disparate phenomena or concepts. These insights are titillating, fascinating, or even mind-boggling. But, with the exception of a few specialists and eggheads, they are usually of fleeting interest, akin to intellectual fireworks and pyrotechnics, a form of entertainment that fizzles out and is rendered tedious by repetition.

Synoptic ideas are deep and intertwined, so people tend to tune out and wander off (or fall asleep) in mid-sentence. Interdisciplinarity requires discipline and rigor that few have, not even the majority of scholars (witness the crowd dynamics in academic conferences).

In contradistinction, prescriptive ideas focus on proposed solutions based on cumulative data and experience or on theories and rules of derivation. They are highly relevant to their consumers because they aim to better their lives and resolve their problems. Religion, science, technology, and most of philosophy are prescriptive.

A public intellectual whose output is strictly synoptic won't remain public for very long: he will fall out of favor and be ignored and overlooked. Prescriptive thought leaders and change agents thrive and prosper the more anomic, disrupted, dysfunctional, and pathologized society is. The more lost, disoriented, anxious, and depressed people are, the more they seek prescription to extricate them from their predicament.

354.

A [true friend](#) serves as a wise mirror:

Reflects the truth without bias, without self-interest, and without an agenda

Provides impartial compassionate advice and succor, especially when asked for it.

Respects and accepts whatever decisions are taken: it is his or her friend's life, after all.

If a true friend cannot respect and accept these decisions, s/he can no longer be a friend and must step back gracefully without adding to her/his friend's distress.

Additional friendship advice here: <http://www.narcissistic-abuse.com/faq20.html>

355.

[Defy the Absurd!](#)

LIFE can LAUGH at us -

But only WE can SMILE back!

356.

Our Public "Intellectuals": Avarice, Malice, Grandiosity

"The vibrant world of private empathy has been replaced by faceless state largesse. Pity, mercy, the elation of giving? They're all tax deductible. And generally speaking, it is a sorry sight. It's the demise of empathy.

We have been warning against this for ages and no one would listen. And no one would listen because

the ethos of money, the ethos of power, the ethos of manipulating other people to obtain desirable goals and preferable outcomes - it's taken over.

Even [public intellectuals](#) who tell you how to live your lives, how to become better people - they're not telling you how to become BETTER people. They're teaching you how to become more EFFICIENT people - very often at the expense of others.

I'm sorry. I can't think of a single public intellectual who is not narcissistic, psychopathic, self-centered, egotistical, labile, dysregulated, sadistic to some extent...and all of them are telling you - all of them are teaching you - NOT how to develop empathy, compassion, and care, and love towards your fellow beings, but how to make maximal use of your natural endowments and to fake and to lie and to pretend - so as to obtain and to extricate whatever you can from others.

In other words, the view of public intellectuals today is that the world is a win-lose situation. And, in this sense, I'm terribly sorry to say that I can't see any difference in principle between Donald Trump's jungle, Darwinian view of the world and any public intellectual I know. They're all saying the same. But some of them are saying it in a highfalutin way - and some of them in a pub with a pint kind of way. But they are all saying the same: It's eat or be eaten, kill or be killed, manipulate or be manipulated. Don't be the sucker! Get ahead! Make the most!

And the hell with others."

Taken from <https://youtu.be/nIefBSuvAGw>

357.

Not everyone is a physicist but everyone is a psychologist.

Plus, Camus was not a Jew, I was just kidding.

Most of the advice given online – even by self-styled “experts” – is not only wrong but harmful and has detrimental consequences even in the long run.

12 examples of [intuitive, commonsensical myths that are utterly wrong](#).

358.

### [Halo Effect in a Celebrity Cult](#)

#### The Halo Effect

Every film star is a political pundit. Every vacuous celebrity is a philosopher. Every athlete has solid views about economics. The cognitive bias known as the Halo Effect is a crucial pivot of malignant egalitarianism.

The Halo Effect is when we make implicit or explicit assumptions about the skills, talents, erudition, intelligence, experience, circumstances, and prospects of someone because of their looks or accomplishments in unrelated fields.

The internet created a universal Halo Effect: everyone now has access to information and is empowered to publish and broadcast, gang up with like-minded others, and act. Everyone now feels like an instant celebrity: a combination of Einstein and Aristotle, qualified to pass judgment, express opinions, and give advice, omniscient and even omnipotent. In other words: narcissistic.

In such an environment, where everyone is an expert, there are no experts, no facts, and no truth, no

benchmarks, yardsticks, or absolutes. Everything is "relative" and up for grabs. Your version of reality is as good as mine and there is nothing I can ever teach you.

The mobs of aggressive retards, the majority of the denizens of cyberspace, deter true intellects and scholars from entering the fray. The yawning abyss between academe and the community is larger than ever. Misinformation, disinformation, sheer nonsense, and patent insanity have become indistinguishable from true knowledge. Discoverability has become a major problem.

359.

### [Why Do We Love Pets?](#)

The presence of pets activates in us two primitive psychological defense mechanisms: projection and narcissism.

Projection is a defense mechanism intended to cope with internal or external stressors and emotional conflict by attributing to another person or object (such as a pet) - usually falsely - thoughts, feelings, wishes, impulses, needs, and hopes deemed forbidden or unacceptable by the projecting party.

In the case of pets, projection works through anthropomorphism: we attribute to animals our traits, behavior patterns, needs, wishes, emotions, and cognitive processes. This perceived similarity endears them to us and motivates us to care for our pets and cherish them.

But, why do people become pet-owners in the first place?

Caring for pets comprises equal measures of satisfaction and frustration. Pet-owners often employ a psychological defense mechanism - known as "cognitive dissonance" - to suppress the negative aspects of having pets and to deny the unpalatable fact that raising pets and caring for them may be time consuming, exhausting, and strains otherwise pleasurable and tranquil relationships to their limits.

Pet-ownership is possibly an irrational vocation, but humanity keeps keeping pets. It may well be the call of nature. All living species reproduce and most of them parent. Pets sometimes serve as surrogate children and friends. Is this maternity (and paternity) by proxy proof that, beneath the ephemeral veneer of civilization, we are still merely a kind of beast, subject to the impulses and hard-wired behavior that permeate the rest of the animal kingdom? Is our existential loneliness so extreme that it crosses the species barrier?

There is no denying that most people want their pets and love them. They are attached to them and experience grief and bereavement when they die, depart, or are sick. Most pet-owners find keeping pets emotionally fulfilling, happiness-inducing, and highly satisfying. This pertains even to unplanned and initially unwanted new arrivals.

Continue here: <https://samvak.tripod.com/animal.html>

360.

Up until the early Renaissance, trading and craftsmanship were the only forms of [business](#). Finance in its modern rudiments was added later.

The industrial revolution coupled with puritan Protestantism gave rise to a class of grandiose, entitled, egotistical, and often antisocial practitioners in banking, finance, and manufacturing.

Society walled these people off, partitioned and firewalled their communities and activities, and regarded them as somewhat unwholesome. It kept them and their pernicious impact away from the

provision of public, familial, or communal goods such as education, entertainment, medicine, health, and law enforcement.

In the second half of the 20th century as millennia old institutions such as the family crumbled, these activities were outsourced to the private sector ("privatization") and became big enterprises. The values and ethos of the business and finance enclaves now infested and permeated every single societal and cultural dimension. We became a civilization founded on egregious narcissism and psychopathic values that infuse the marketplace.

361.

Those scarred by [economic and financial traumas](#) let money dictate their lives. In the pursuit of safety and luxury they sacrifice love, happiness, and self-actualization. Money also provides an escape hatch akin to the oblivion afforded by drugs. In time, profligacy becomes an addiction.

For some people money makes life meaningful and reifies its sense: moneymaking provides a reason to get up in the morning. Money is an explanatory and organizing principle which renders the world and human actions comprehensible. Money helps regulate one's sense of self-worth: it is a measure of how much one is appreciated and loved.

Possessing money is a shorthand testament to one's natural endowments, acquired skills, sagacious and perspicacious choices, Darwinian fitness, and even moral righteousness.

People feel that they deserve to have earned their money. If they end up wealthy by some coincidence or stroke of luck, it is proof that both the gods and the Universe favor them, that they have been singled out. Money is, therefore, a form of quantifiable narcissistic supply and an utterly bias-free ranking algorithm: alpha makes more money than their beta brethren.

<https://www.youtube.com/samvaknin> (My [YouTube channel on Narcissists, Psychopaths, Abuse](#))

362.

The [pandemic is regressing us to a traumatic childhood](#).

[Why the PANIC?](#)

There is a not so subtle difference between self-preservation and a reasoned and measured public health response on the one hand - and mass hysteria and collective panic attack on the other hand.

Why are we so discombobulated this pandemic around?

Because we are considerably more narcissistic.

Irony: is our self awareness too late in the game?

Mass or collective narcissistic injury:

As a species Nature uses virus to humble us, small, interdependent, defiance and contumaciousness punished

Omnipotence. Limits to our growth, helplessness headless chicken

Omniscience Failure of grandiose medicine

Vulnerability We are all fallible and dead

Fragility Our social institutions broken

Anxiety No future, economic or otherwise

Failure. Ask the young: we ruined it all for them, we bequeath them desolation

Additional Literature

<https://samvak.tripod.com/nature.html>

<https://samvak.tripod.com/naturesex.html>

COVID-19 videos here: <https://www.youtube.com/vakninmusings>

363.

### [Modern Civilization as a Death Cult](#)

Our civilization - West and East - is a Thanatic death cult: in consumerism and materialism, we worship the inanimate and cathect (emotionally invest) in it and we dysempathically objectify people and treat them as dispensable and interchangeable.

364.

A distinction must be made between social interactions and social relationships. The [schizoid](#), the narcissist and the inverted narcissist – all interact socially. But they fail to form human and social relationships (bonds). The schizoid is uninterested and the narcissist is both uninterested and incapable to due to his lack of empathy and pervasive sense of grandiosity.

The psychologist H. Deutsch first suggested the construct of "as-if personality" in the context of schizoid patients (in an article, published in 1942 and titled "Some forms of emotional disturbance and their relationship to schizophrenia"). A decade later, Winnicott named the very same idea as the "False-self Personality". The False Self has thus been established as the driving engine of both pathological narcissism and pathological schizoid states.

Both C. R. Cloninger and N. McWilliams (in "Psychoanalytic Diagnosis", 1994) observed the "faintly contemptuous (attitude) ... (and) isolated superiority" of the schizoid - clearly narcissistic traits.

Theodore Millon and Roger Davis summed it up in their seminal tome, "Personality Disorders in Modern Life" (2000):

"Where withdrawal has an arrogant or oppositional quality, fantasy in a schizoidlike person sometimes betrays the presence of a secret grandiose self that longs for respect and recognition while offsetting fears that the person is really an iconoclastic freak. These individuals combine aspects of the compensating narcissist with the autistic isolation of the schizoid, while lacking the asocial and anhedonic qualities of the pure prototype." (p. 328)

365.

[Don't Be a Lobster!](#) Clarifying Nothingness: Choose Happiness, Not Dominance.

Nothingness is not about being a nobody and doing nothing.

It is about choosing to be human, not a lobster.

It is about putting firm boundaries between you and the world.

It is about choosing happiness - not dominance.

It is accomplishing from within, not from without.

It is about not letting others regulate your emotions, moods, and thinking.

It is about being an authentic YOU.

The full video is available on my other channel <https://www.youtube.com/vakninmusings>

366.

People forgive [aggressiveness, abrasiveness, and rudeness](#) on three conditions:

1. That these are the untoward aspects of someone who get things done - not a wannabe loser.

The loser's contemptuous grandiosity is incommensurate with his drab circumstances and meagre accomplishments. It is this gap between pretension and reality, ersatz and echt, that grates and provokes derision, rejection, disdain, disrespect, and abuse.

2. That these are the flaws of an otherwise normal or average person, just like everyone else - or of a genius of a transformative and revolutionary nature. Again, the indolent slacker and delusional underachiever who claims to be a genius, but is actually even less than mediocre, will not be forgiven for such misconduct.

3. That the transgressions were committed during a creative or a transformational undertaking, mission, or enterprise - or during a time of great crisis. Drama queens and fakes fare badly when they try to poorly imitate or render these environments and constraints.

367.

[Three authors on empathy, love, and fear.](#)

Find and Buy MOST of my BOOKS and eBOOKS in my Amazon Store:

<https://www.amazon.com/stores/page/60F8EC8A-5812-4007-9F2C-DFA02EA713B3>

"The simple fact is that when faced with a living, breathing opponent instead of a target, a significant majority of the soldiers revert to a posturing mode in which they fire over their enemy's heads."

On Killing: The Psychological Cost of Learning to Kill in War and Society by Lt. Col. Dave

Grossman

"Agape is more than romantic love, agape is more than friendship. Agape is understanding, creative, redemptive, good will to all men. It is an overflowing love which seeks nothing in return.

Theologians would say that it is the love of God operating in the human heart. So that when one rises to love on this level, he loves men not because he likes them, not because their ways appeal to him, but he loves every man because God loves him. And he rises to the point of loving the person who does an evil deed while hating the deed that the person does. I think this is what Jesus meant when he said 'love your enemies.'"

A Testament of Hope: The Essential Writings and Speeches of Martin Luther King, Jr.

"The short answer to why Americans harbor so many misbegotten fears is that immense power and money await those who tap into our moral insecurities and supply us with symbolic substitutes."

The Culture of Fear by Barry Glassner

368.

Any behavior, however antisocial or even psychopathic, can be rendered [normative](#): publicly shaming Jews in Nazi Germany or hookup casual sex in the West are two examples of misbehaviors which were considered unthinkable and engendered the most powerful psychological resistance until they were legitimized.

Mores and conventions reflect this shift and imbue it with ersatz social and individual meaning, context, and emotions - or their equally feigned and fallacious absence. Persecuting Jews was described as a historical Manichean mission and one night stands are nowadays untruthfully cast as meaningless, emotionless, and ahistorical (not a part of the participants's biographies).

Adultery is one such example. It is now largely socially tolerated, if not accepted: at worst, it is considered an embarrassing - but not always regrettable - incidental aberration that is irrelevant to the rest of the couple's life together. Multidecadal sexual exclusivity and monogamy are unnatural, the thinking goes, cheating helps to let off steam and spice up the dyad.

Such justifications and rationales are invariably counterfactual. Faithfulness is a test of character, resisting temptation is an aerobic exercise for the mental muscles and moral sinews that set us apart from other animals. And cheating reveals inordinate and crucial amounts of information about the character - or lack thereof - of the offender (especially where deception and coverup ensue). It is a litmus test of the resilience, reality, and feasibility of the relationship - and the dark side, the shadow of everyone involved. It is nothing short of cataclysmic, regardless of the particular circumstances.

369.

[Life moves in three concentric circles:](#)

1. One's current life
2. Alternatives to one's current life (other intimate partners, new careers)

3. The space of potential alternatives (right now non-existent, owing to pandemic).

The secret to a successful life is to wait for at least 1 of these circles to turn to a success and then focus on it exclusively and exclude the 2 other circled, ignore them as counterproductive distractions.

It is a cardinal mistake to focus on more than 1 circle at a time, even when 2 or 3 of them are going well.

It is also self-defeating to try to simultaneously convert more than 1 circle from failure to success.

As they say in the Big Book of AA: dwell on and commit yourself exclusively to one of the three circles at any given time and invest your all only in that circle for as long as it is working for you.

Life progresses one circle at a time.

370.

All [public figures](#), however minor, have a base: a constituency of fans, supporters, disciples, acolytes, and sycophants.

All other people - outside the base - constitute a reserve. These are the members of the public who - subject to exposure and persuasion - can, in principle, be converted into loyal, fawning, and steadfast adherents.

Narcissists have only a base, never a reserve. Their reserve is zero. No matter how hard the narcissist's diehard admirers and followers try to "sell" him to others, they invariably fail. Most personality cults revolve around psychopathic narcissists and comprise a hard core of believers, besieged by an ocean of derision and critics.

The size of the narcissist's base depends on the lengths to which he goes in faking empathy, feigning emotions, caring, and sincerity and how forthcoming he is about his alleged flaws, vulnerabilities, fallibility, and altruism (how human he appears to be). The more faux and ersatz the performance and the public persona, the greater the number of the brainwashed and the trapped (base rate fallacy).

As long as they are successful and seen to be ethical and empathic, healthy or normal public figures enjoy high rates of conversion from reserve to base. Narcissists don't: as their true obnoxious, predatory, and negative nature "shines" through, they are abandoned by everyone and the flow is solely from base to reserve.

371.

According to Harvard Business School and autobiographical testimonials by the rich and mighty, [successful people](#) have these four elements in common:

1. Luck: being in the right place, at the right time, with the right people. By far the most important factor and determinant of making it.

2. The ability to identify opportunities, almost instinctually and intuitively: what do people want but lack, need but miss, offer but unable to sell, manifest, or produce. Most importantly: to identify

correctly what lurks beyond people's awareness and consciousness and to render such content overt and much sought after.

3. The impulsive proclivity to take immediate action to capitalize on opportunities, almost recklessly, careful analysis and risks be damned.

4. Self-love: to persevere in the pursuit of one's best self-interests in the face of hurdles and haters and critics and doubters. To not engage in self-defeating, self-destructive, or self-trashing behaviors.

372.

Nothingness? Not [Eckhart Tolle](#)!

Eckhart Tolle's thinly disguised teachings of Ego Death and No Self (Eastern mystical traditions) have nothing to do with my proposed Nothingness. Listen to this excerpt to learn in which ways we differ profoundly and substantially.

Additional videos on Nothingness as an antidote to narcissism in my private channel: <https://www.youtube.com/vakninmusings>

373.

At first - during the 50s and 60s - an artificial distinction was drawn between [cybernetic systems](#) (such as biological ones) and programmable computers (or universal Turing machines). The former were considered limited by the rigidity of the repertoire of their responses to their feedback loops. Computers, on the other hand, were considered infinitely flexible by virtue of their programmability. This view was shattered by the unexpected enormous complexity of biological organisms and even automata. Gradually, cybernetics was subsumed under computing (rather, vice versa) and computers were considered to be a class of cybernetic systems. I recommend to you to read "Cybernetics and the Philosophy of Mind" by Sayre published in London in 1976).

They all contain information stored, a set of rules to regulate behaviour and feedback loops. Yet, few people - if any - noticed how politically subversive this model was. If the "center's" behaviour is potentially profoundly alterable by feedback from the "periphery" - then centre and periphery become equipotent. More accurately, the very notions of centre and periphery disintegrate and are replaced by a decentralized, loosely interacting system of information processing and information storage "nodes". The Internet, to regurgitate the obvious, is an example of such a decentralized system. The simultaneous emergence of mathematical theories (fractals, recursiveness) that de-emphasized centrality helped to give birth to the inevitably necessary formalism - the language of networks (neural, computers, social and other).

Continued here: <https://samvak.tripod.com/lawtech.html>

374.

Nature arranges itself in ecosystems. Humans have an [Egosystem](#) - at least according to Freud.

The word Ego is egregiously misused by almost all "coaches" and "experts" online.

The Ego remembers, evaluates, plans, responds to the world and acts in it and on it. It is the locus of the "executive functions" of the personality. It integrates the inner world with the outer world, the Id with the Superego. It acts under a "reality principle" rather than a "pleasure principle".

This means that the Ego is in charge of delaying gratification. It postpones pleasurable acts until they can be carried out both safely and successfully. The Ego is, therefore, in an ungrateful position. Unfulfilled desires produce unease and anxiety. Reckless fulfilment of desires is diametrically opposed to self-preservation. The Ego has to mediate these tensions.

In an effort to thwart anxiety, the Ego invents psychological defence mechanisms. On the one hand the Ego channels fundamental drives. It has to "speak their language". It must have a primitive, infantile, component. On the other hand, the Ego is in charge of negotiating with the outside world and of securing a realistic and optimal "bargains" for its "client", the Id. These intellectual and perceptual functions are supervised by the exceptionally strict court of the Superego.

Persons with a strong Ego can objectively comprehend both the world and themselves. In other words, they are possessed of insight. They are able to contemplate longer time spans, plan, forecast and schedule. They choose decisively among alternatives and follow their resolve. They are aware of the existence of their drives, but control them and channel them in socially acceptable ways. They resist pressures – social or otherwise. They choose their course and pursue it.

The weaker the Ego is, the more infantile and impulsive its owner, the more distorted his or her perception of self and reality. A weak Ego is incapable of productive work.

375.

### [Three Risks: On the Way to Extinction](#)

Three witches of Macbeth push us inexorably to extinction:

The pursuit of meaning

The addiction to hope

The aversion to risk

Will lead our species to extinction

376.

People used to pay a [therapist](#) in order to obtain transformative insights regarding their personality, choices, mate selection, their relationships, and, in general, life. Yet, nowadays, such insights (=the truth) are deemed hostile acts and the professional who provides them is castigated as a sadist or worse.

People have never been more alone or lonely than in our atomized, anomic, dying, and materialistic civilization. The majority are single or divorced and lead secluded, reclusive lives, averse to sex, intimacy, and socializing. Many are estranged from their life partners and family and have few, if any, friends. Everyone is defiant ("assertive"), petulant, entitled, and grandiose.

In such a toxic environment, the therapist is expected to function as the client's Best Friend and provide unwavering and uncritical "validation" as well as counterfactual and delusional "hope".

Many unscrupulous practitioners - especially online - collude with such egregious malpractice, laughing all the way to the bank. Woe unto the precious few who try to remain faithful to the life-altering mission of treatment: they are shunned and badmouthed widely by their erstwhile clients.

Some people lead a [vertical life](#): they focus on narrow slivers of existence and experience and delve deep into them, fostering intimacy and deriving comfort from the familiar. These are the ants.

Others are horizontalists: they sample the riches that reality has on offer, never committing or investing themselves for long or thoroughly to anything or anyone. These are the grasshoppers or butterflies.

What is the good or right life (eudemonia)? There is no definitive answer: to each his own. Both paths are pursued by virtuous and mature adults and yield happiness.

Yet, the verticalists have a tendency to claim the high moral ground, castigate the horizontalists, and try to impose their values and choices on everyone. They may secretly envy the carefree life of their nemeses.

Some horizontalists internalize these criticisms and experience shame, guilt, and malignant nostalgia for places, people, and periods they had put behind them in their pursuit of novelty and risk.

The vertical majority condemn the hapless members of the horizontal minority unless they conform to vertical values like making money, creating a family, pursuing a career, or becoming famous and powerful.

To maintain social control and guarantee adherence, they slap labels such as "narcissistic" or "antisocial" on any alternative lifestyle.

377.

[Technology is a metaphor](#): it is designed to reify psychological transformations, both social and individuals and to cater to the needs that arise out of these increasingly more frequent and potent upheavals. Social media is intimately correlated with the tsunami of grandiose narcissism, for instance.

Similarly, the cloud reflects the new organizational principle of our society: a stable core (the server) surrounded with immanently transient elements (the digital content).

### Cloud Relationships

In our personal lives, most of us maintain a long-term partner and multiple affairs, emotional or sexual, or both. Monogamy and exclusivity had perished under the multidimensional onslaught of modernity.

The arrangement with the life partner is transactional: building a home or a family together or co-owning a business. We resort to other people intermittently and temporarily for fun, novelty, thrills, intimacy, succor, sex, and adventures.

## Cloud Careers

We invest in our brands, updating our skillset, continuously learning and networking. This is the kernel of stability. But we change several jobs and even careers in a typical lifespan.

378.

We all cope the best we can  
with what little we are given.

[Happiness](#) is this doomed struggle that we call "life".

The world always overwhelms us.

Yet, in such defeat lies our humanity,  
not in the swagger of illusory triumph.

Here is a surefire [recipe for a failed life](#): PIN.

Procrastinate until it is too little, too late;

Ignore until things get too egregious and unfixable;

Neglect until you are rendered non-competitive and irrelevant.

379.

The fourth quarter of the twentieth century and the first two decades of the twenty-first herald a period akin, in some respects, to certain stretches of the Middle Ages.

The [High Middle Ages](#) – especially after the conquest of Spain by the Arabs (Moors) - was characterized by rapid technological and scientific progress. The very organizing principles, the foundations of society were revolutionized by advances in commerce, travel, and scholarship. It was a post-ideological, pragmatic, and materialistic age concerned with money, power, and, yes, sex.

Yet, these superficial similarities rested on shift at the state and individual levels - continue reading here: <https://samvak.tripod.com/middleages.html>

[Return](#)

## About the Author

Sam Vaknin ( <http://samvak.tripod.com> ) is the author of Malignant Self-Love: Narcissism Revisited and After the Rain - How the West Lost the East, as well as many other books and ebooks about topics in psychology, relationships, philosophy, economics, and international affairs.

He was the Editor-in-Chief of Global Politician and served as a columnist for Central Europe Review, PopMatters, eBookWeb , and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He was the editor of mental health and Central East Europe categories in The Open Directory and Suite101.

Visit Sam's Web site at <http://www.narcissistic-abuse.com>

### Work on Narcissism

Sam Vaknin is the author of [Malignant Self Love: Narcissism Revisited](#), the pioneering work about narcissistic abuse, now in its 10<sup>th</sup> , DSM-V compatible revision

Sam Vaknin's work is quoted in well over [1000 scholarly publications](#) and in over [3000 books](#) (full list [here](#)). His [Narcissists, Psychopaths, and Abuse YouTube channel](#) and other channels garnered more than 35 million views and 155,000 subscribers.

His Web site "[Malignant Self Love - Narcissism Revisited](#)" was, for many years, an Open Directory Cool Site and is a Psych-UK recommended Site.

Sam Vaknin is a professor of psychology, but he is *not a mental health practitioner*, though he is [certified in psychological counseling techniques](#) by [Brainbench](#).

Sam Vaknin served as the editor of Mental Health Disorders categories in the [Open Directory Project](#) and on [Mentalhelp.net](#). He maintains his own Websites about [Narcissistic Personality Disorder \(NPD\)](#) and about [relationships](#) with [abusive narcissists](#) and [psychopaths here](#) and in [HealthyPlace](#).

You can find his work on many other Web sites: [Mental Health Matters](#), [Mental Health Sanctuary](#), [Mental Health Today](#), [Kathi's Mental Health Review](#) and others.

Sam Vaknin wrote a column for Bellaonline on [Narcissism and Abusive Relationships](#) and was a frequent contributor to Websites such as [Self-growth.com](#) and [Bizymoms](#) (as an [expert](#) on personality disorders).

Sam Vaknin served as the author of the Personality Disorders topic, Narcissistic Personality Disorder topic, the Verbal and Emotional Abuse topic, and the Spousal Abuse and Domestic Violence topic, all four on Suite101. He is the moderator of the Narcissistic Abuse Study List, the Toxic Relationships Study List, and other mailing lists with a total of c. 20,000 members. He also publishes a bi-weekly [Abusive Relationships Newsletter](#).

## THE AUTHOR

**Shmuel (Sam) Vaknin**

### Curriculum Vitae

Born in 1961 in Qiryat-Yam, Israel

Served in the Israeli Defence Force (1979-1982) in training and education units

Full proficiency in Hebrew and in English

#### **Education**

*1970 to 1978*

Completed nine semesters in the Technion – Israel Institute of Technology, Haifa

*1982 to 1983*

[Ph.D. in Physics and Philosophy](#) (dissertation: "[Time Asymmetry Revisited](#)") – [California Miramar University](#) (formerly: [Pacific Western University](#)), California, USA

*1982 to 1985*

Graduate of numerous courses in Finance Theory and International Trading in the UK and USA.

Certified [E-Commerce Concepts Analyst](#) by [Brainbench](#)

Certified [Financial Analyst](#) by [Brainbench](#)

Certified in [Psychological Counselling Techniques](#) by [Brainbench](#)

#### **Business Experience**

*1979 to 1983*

Commentator in Yedioth Aharonot, Ma'ariv, and Bamakhane. Published sci-fi short fiction in Fantasy 2000.

Founder and co-owner of a chain of computerized information kiosks in Tel-Aviv, Israel.

*1982 to 1985*

Senior positions with the Nessim D. Gaon Group of Companies in Geneva, Paris and New-York (NOGA and APROFIM SA):

- Chief Analyst of Edible Commodities in the Group's Headquarters
- Manager of the Research and Analysis Division
- Manager of the Data Processing Division
- Project Manager of the Nigerian Computerized Census
- Vice President in charge of RND and Advanced Technologies

– Vice President in charge of Sovereign Debt Financing

*1985 to 1986*

Represented Canadian Venture Capital Funds in Israel

*1986 to 1987*

General Manager of IPE Ltd. in London. The firm financed international multi-lateral countertrade and leasing transactions.

*1988 to 1990*

Co-founder and Director of "Mikbats-Tesuah", a portfolio management firm based in Tel-Aviv.

Activities included large-scale portfolio management, underwriting, forex trading and general financial advisory services.

*1990 to Present*

Freelance consultant to many of Israel's Blue-Chip firms, mainly on issues related to the capital markets in Israel, Canada, the UK and the USA.

Consultant to foreign RND ventures and to Governments on macro-economic matters.

Freelance journalist in various media in the United States.

*1990 to 1995*

President of the Israel chapter of the Professors World Peace Academy (PWPA) and (briefly) Israel representative of the "Washington Times".

*1993 to 1994*

Co-owner and Director of many business enterprises:

– The Omega and Energy Air-conditioning Concern

– AVP Financial Consultants

– Handiman Legal Services – Total annual turnover of the group: 10 million USD.

Co-owner, Director and Finance Manager of COSTI Ltd. – Israel's largest computerized information vendor and developer. Raised funds through a series of private placements locally in the USA, Canada and London.

*1993 to 1996*

Publisher and Editor of a Capital Markets Newsletter distributed by subscription only to dozens of subscribers countrywide.

Tried and incarcerated for 11 months for his role in an attempted takeover of Israel's Agriculture Bank involving securities fraud.

Managed the Internet and International News Department of an Israeli mass media group, "Ha-Tikshoret and Namer".

Assistant in the Law Faculty in Tel-Aviv University (to Prof. S.G. Shoham)

*1996 to 1999*

Financial consultant to leading businesses in Macedonia, Russia and the Czech Republic.

Economic commentator in "[Nova Makedonija](#)", "Dnevnik", "Makedonija Denes", "Izvestia", "Argumenti i Fakti", "The Middle East Times", "The New Presence", "Central Europe Review", and other periodicals, and in the economic programs on various channels of Macedonian Television.

Chief Lecturer in courses in Macedonia organized by the Agency of Privatization, by the Stock Exchange, and by the Ministry of Trade.

*1999 to 2002*

Economic Advisor to the Government of the Republic of Macedonia and to the Ministry of Finance.

*2001 to 2003*

Senior Business Correspondent for United Press International (UPI)

*2005 to Present*

Associate Editor and columnist, [Global Politician](#)

Founding Analyst, The Analyst Network

Contributing Writer, The American Chronicle Media Group

Expert, [Self-growth](#) and Bizymoms and contributor to [Mental Health Matters](#)

*2007 to 2008*

Columnist and analyst in "Nova Makedonija", "Fokus", and "Kapital" (Macedonian papers and newsweeklies)

*2008 to 2011*

Member of the Steering Committee for the Advancement of Healthcare in the Republic of Macedonia

Advisor to the Minister of Health of Macedonia

Seminars and lectures on economic issues in various forums in Macedonia

Contributor to CommentVision

*2011 to Present*

[Editor in Chief](#) of [Global Politician](#) and [Investment Politics](#)

Columnist in Dnevnik and Publika, [Fokus](#), and [Nova Makedonija](#) (Macedonia)

Columnist in [InfoPlus](#) and [Libertas](#)

Member [CFACT Board of Advisors](#)

Contributor to Recovering the Self

Columnist in New York Daily Sun

Teaches at [CIAPS \(Center for International and Advanced Professional Studies\)](#)

*2017 to Present*

[Visiting Professor of Psychology in Southern Federal University](#), Rostov-on-Don, Russia

### **Web and Journalistic Activities**

Author of extensive Web sites in:

- Psychology ("[Malignant Self-love: Narcissism Revisited](#)") – an Open Directory Cool Site for 8 years
- Philosophy ("[Philosophical Musings](#)")
- Economics and Geopolitics ("[World in Conflict and Transition](#)")

Owner of the [Narcissistic Abuse Study](#) List, the [Toxic Relationships](#) List, and the [Abusive Relationships Newsletter](#) (more than 8000 members)

Owner of the [Economies in Conflict and Transition Study](#) List and the [Links and Factoid Study](#) List

Editor of mental health disorders and Central and Eastern Europe categories in various Web directories (Open Directory, Search Europe, [Mentalhelp.net](#))

Editor of the Personality Disorders, Narcissistic Personality Disorder, the Verbal and Emotional Abuse, and the Spousal (Domestic) Abuse and Violence topics on Suite 101 and contributing author on [Bellaonline](#).

Columnist and commentator in "The New Presence", [United Press International \(UPI\)](#), InternetContent, eBookWeb, [PopMatters](#), [Global Politician](#), The Analyst Network, Conservative Voice, The American Chronicle Media Group, [eBookNet.org](#), and "[Central Europe Review](#)".

### **Publications and Awards**

"Managing Investment Portfolios in States of Uncertainty", Limon Publishers, Tel-Aviv, 1988

"The Gambling Industry", Limon Publishers, Tel-Aviv, 1990

"[Requesting My Loved One: Short Stories](#)", Miskal-Yedioth Aharonot, Tel-Aviv, 1997

"[The Suffering of Being Kafka](#)" (electronic book of Hebrew and English Short Fiction), Prague, 1998-2004

"The Macedonian Economy at a Crossroads – On the Way to a Healthier Economy" (dialogues with [Nikola Gruevski](#)), Skopje, 1998

"[The Exporter's Pocketbook](#)" Ministry of Trade, Republic of Macedonia, Skopje, 1999

"[Malignant Self-love: Narcissism Revisited](#)", Narcissus Publications, Prague and Skopje, 1999-2015

[The Narcissism, Psychopathy, and Abuse in Relationships Series](#) (electronic books regarding relationships with abusive narcissists and psychopaths), Prague, 1999-2015

"[After the Rain – How the West Lost the East](#)", Narcissus Publications in association with Central Europe Review/CEENMI, Prague and Skopje, 2000

[Personality Disorders Revisited](#) (electronic book about personality disorders), Prague, 2007

More than [30 e-books](#) about psychology, international affairs, business and economics, philosophy, short fiction, and reference

Winner of numerous awards, among them [Israel's Council of Culture and Art Prize for Maiden Prose](#) (1997), The Rotary Club Award for Social Studies (1976), and the Bilateral Relations Studies Award of the American Embassy in Israel (1978).

Hundreds of professional articles in all fields of finance and economics, and numerous articles dealing with geopolitical and political economic issues, published in both print and Web periodicals in many countries.

[Many appearances in the electronic and print media](#) on subjects in psychology, philosophy, and the sciences, and concerning economic matters.

Citations via Google Scholar page:

<http://scholar.google.com/citations?user=Yj7C8wOP-10J>

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**My Web Sites:**

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<http://ceeandbalkan.tripod.com/>

*Psychology:*

<http://www.narcissistic-abuse.com/>

*Philosophy:*

<http://philosophos.tripod.com/>

*Poetry:*

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

*Fiction:*

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

**Follow my work on NARCISSISTS and PSYCHOPATHS**

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**My work in Psychology:** Media Kit and Press Room

<http://www.narcissistic-abuse.com/mediakit.html>

**Biography and Resume**

<http://www.narcissistic-abuse.com/cv.html>

Be my friend on **Facebook**:

<http://www.facebook.com/samvaknin>

<https://www.facebook.com/narcissismwithvaknin/> (**personal page**)

Subscribe to my **YouTube** channel (620+ videos about narcissists and psychopaths and abuse in relationships):

<http://www.youtube.com/samvaknin>

<https://www.youtube.com/user/samvaknin/community> (Community)

Follow me on **Instagram**:

<https://www.instagram.com/narcissismwithvaknin/> (active)

<https://www.instagram.com/vakninsamnarcissist/> (archive)

Read my **Blog**:

<http://narcissistpsychopathabuse.blogspot.mk>

<http://narcissistpsychopathabuse.blogspot.com>

Subscribe to my **other YouTube channel** (200+ videos about international affairs, economics, and philosophy):

<http://www.youtube.com/vakninmusings>

You may also join **Malignant Self-love: Narcissism Revisited on Facebook:**

<http://www.facebook.com/pages/Malignant-Self-Love-Narcissism-Revisited/50634038043> or  
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<http://www.facebook.com/narcissistpsychopathabuse>

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<http://www.myspace.com/samvaknin>

<http://pinterest.com/samvaknin/the-psychopathic-narcissist-and-his-world/>

<http://narcissistpsychopath-abuse.tumblr.com/>

<https://www.minds.com/samvaknin>

<https://ello.co/malignantselflove>

<https://ello.co/samvaknin>

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## **Additional Resources**

### **Testimonials and Additional Resources**

You can read hundreds of Readers' Reviews at the Barnes and Noble, and Amazon Web pages dedicated to "Malignant Self-love" - **HERE:**

<https://www.amazon.com/dp/1983208175> (Amazon US)

<https://www.amazon.co.uk/dp/1983208175> (Amazon UK)

**Participate in discussions about Abusive Relationships:**

<http://www.runboard.com/bnarcissisticabuserecovery>

<http://thepsychopath.freeforums.org/>

**Abusive Relationships Newsletters**

<http://groups.google.com/group/narcissisticabuse/>

<https://groups.google.com/g/narcissistic-personality-disorder>

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- III. **Cold Therapy** video lectures; and
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### **From the PUBLISHER**

"Malignant Self-love: Narcissism Revisited" is now available also from the publisher (more expensive, but includes a bonus pack):

<http://www.narcissistic-abuse.com/thebook.html>

### **From AMAZON.COM**

To purchase from Amazon use this link:

<http://www.amazon.com/Malignant-Self-Love-Narcissism-Sam-Vaknin/dp/8023833847>

## **II. ELECTRONIC BOOKS (e-Books)**

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Kindle Books about Narcissists, Psychopaths, and Abusive Relationships – use these links:

[http://www.amazon.com/s/ref=ntt\\_athr\\_dp\\_sr\\_1?encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank](http://www.amazon.com/s/ref=ntt_athr_dp_sr_1?encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank) (Amazon USA)

[http://www.amazon.co.uk/s/ref=ntt\\_athr\\_dp\\_sr\\_1?encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank](http://www.amazon.co.uk/s/ref=ntt_athr_dp_sr_1?encoding=UTF8&field-author=Sam%20Vaknin&search-alias=digital-text&sort=relevancerank) (Amazon UK)

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<https://www.amazon.com/dp/B07FK6316T> (Amazon USA)

<https://www.amazon.co.uk/dp/B07FK6316T> (Amazon UK)

## **III. Cold Therapy Seminar on DVDs**

<http://www.narcissistic-abuse.com/ctcounsel.html>

## **IV. Counselling with Sam Vaknin or Lidija Rangelovska (or both)**

<http://www.narcissistic-abuse.com/ctcounsel.html>

**Free excerpts** from the EIGHTH, Revised Impression of "Malignant Self-love: Narcissism Revisited" are available as well as a **NEW EDITION of the Narcissism Book of Quotes**.

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<http://www.narcissistic-abuse.com/freebooks.html>

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<http://www.narcissistic-abuse.com/freebooks.html>