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Narcissistic personality disorder and avoidant attachment are traits that can negatively impact a person's relationship with others and the wider world. Narcissistic personality disorder (NPD) is a mental health condition that is typically seen in early adulthood, according to Psychology Today. The causes of the disorder are little understood, but parental influence and cultural environments are said to be contributory factors to those who later develop the characteristics associated with the disorder. Potential sufferers of NPD display numerous personality traits, including needing to be lauded, an absence of empathy, jealous instincts, and a sense of entitlement. In contrast, avoidant attachment individuals tend to be purposely withdrawn from relationships and steer clear of forming close bonds, as per Psychology Today. This behavior is said to be influenced by early childhood experiences where relationship bonds may have been absent. Let's take a closer look at the similarities and differences between these complex behavior patterns. Narcissistic personality disorder (NPD) and avoidant attachment have some behavioral cross-overs. Still, it is important to emphasize that clinical diagnosis is the best way to identify whether you or someone you know has concerning personality traits. A 2017 study published in Personality and Individual Differences involved a questionnaire distributed to Chinese middle-school students. The results from this questionnaire enabled the authors to conclude that avoidant anxious behavior can directly lead to manifestations of narcissists are typically introverted, and veer between extreme emotions, explains Psychology Today. Whereas, grandiose narcissists are more extroverted and display an exaggerated sense of self-importance. A 2011 study published in the Journal of Personality explored these two variations. The results of this helped the authors establish a connection between narcissists are more extroverted and display an exaggerated sense of self-importance. found links between vulnerable narcissism and anxious attachment, while grandiose narcissism paired with a more secure attachment to highlight that there are no clear distinctions between narcissistic personality disorder and avoidant attachment style. It is important to highlight that there are connected. However, in contrast to this, clinical psychologist, Hal Shorey, Ph.D, explained in Psychology Today, "One cited study, for example, found a .15 correlation between dismissing [avoidant] and secure attachment only overlap with narcissism by 2.25 percent. That is about as close to zero as you can get ... " Despite this, research has often found a correlation between attachment history and narcissistic tendencies emerging in adulthood. A 2015 study published in the journal of Psychoanalytic Psychology explored the inter-relationship between attachment styles and narcissism. This study concluded that analyzing an adult's attachment history can provide a helpful framework for understanding their narcissism. However, this framework may require delving into a person's parental history and childhood development, as explained by a clinical psychologist, Lisa Firestone, Ph.D. in Psychology Today. "For the narcissistic individual, it may also be helpful for him or her to recognize the influence of their own attachment history, so they can better understand themselves and develop more self-compassion," she said. Our partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies and site, improve the quality of Reddit, personalize Reddit content and advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Our partner Narcissistic Personality Disorder message board, open discussion, and online support group. by Redd1337 » Thu Sep 03, 2015 7:55 pm Hey guys I've been diagnosed with covert narcissism a year ago and while trying to deal with my anxieties I found out that I simply cannot get over my aimlessness. I can not decide which major to choose and I am constantly thinking about it. I am trying to find the perfect outer image for my ego, and although I know that this simply wont work, i can't stop doing so. Are you experiencing such an extreme form of aimlessness? how do you deal with it? Redd1337 Consumer 0 Posts: 6Joined: Thu Sep 03, 2015 8:27 pm I'm a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the time. If I so a workaholic who is just hopelessly bored all of the ti took a holiday, I be bored after three days away and want to get back to work! Many CNs don't complete their studies. I didn't through home sickness. Just keep that in mind when you decide what to do. 30mg Citalopram SSRI Antidepressant40mg Propranolol Beta BlockerA mere imp of Satan MeAgain Consumer 6 Posts: 1546Joined: Mon Aug 24 2015 2:29 pmLocal time: Sun Jun 29, 2025 7:51 pm Blog: View Blog (2) by Redd1337 » Thu Sep 03, 2015 9:19 pm MeAgain wrote: I'm a workaholic who is just hopelessly bored all of the time. If I took a holiday, I be bored after three days away and want to get back to work! Many CNs don't complete their studies. I didn't through home sickness. Just keep that in mind when you decide what to do.hey, thanks for your answer. Could you elaborate? Redd1337 Consumer 0 Posts: 6Joined: Thu Sep 03, 2015 9:57 pm Redd1337 wrote: I`ve been diagnosed with covert narcissism a year ago and while trying to deal with my anxieties I found out that I simply cannot get over my aimlessness. Have you tried CBT therapy? That's supposed to be more about training yourself to function with a more normal focus on the "here and now," priorities, your self among others' selves. It's about goals and practice, if I understand it correctly. (Reparenting?).What have you done for the past year (to treat your diagnosis)?I'm not a good source of info because I didn't identify with cNPD until I was early retired (and I'm shiftless now, as opposed to being single-mindedly driven for 3 decades).I can relate to what you're feeling those. I remember as an adolescent I dreaded the question "what do you want to be when you grow up?" I didn't know, I feared having to decide something like that. I suppose it's the Peter Pan Syndrome. I was really bad, and later felt if I had been born 10 years either side of where I was, I don't know what would have happened to me. I caught the early days of computing (the hacking culture, the ability to get into a 3-piece suit job without a degree, etc.) which I thought was fortunate. However, in that way I can relate to you. I was thinking a couple nights ago about how @3catslady said cannabis during my "career life." Ever spare mental cycle went to furthering some goal, project, bug-fix, etc. I felt like I was barely making it work all those years. But, that caused me to think of something else which I thought about a year ago. I wonder if my life would have been better as a "typical stoner," working at a gas station, no emotional investment in the job, not trying to be someone I wasn't, etc. Maybe I would have been less high-strung, more capable of being in a relationship, less emotionally reactive to the world I was living through my inner narrative (the daydream which probably distracts you, feeds your false
self). I'm not trying to urge you to "aim low." But, don't beat yourself up about how you should be doing something else, more "worthy" of your grandeur. In retrospect, the indecision to me was a selfish shyness. I believed I should be able to be anything, insecure in my ability to pick the "best," and to actually achieve it. So, it's just easier to daydream about my grandeur (what should'a been, could'a been). It's more believable. No "rubber meets the road" moment. You're probably going to want to have that moment. But, don't feel like what you choose to do has to be the "perfect meaning for your life." Just be happy with yourself and pick something. You can always change. I think CBT helps with being happier and developing skills to make those pragmatic choices and changes. Edit: to clarify "what have you done the past year." Last edited by Truth too late on Thu Sep 03, 2015 10:26 pm, edited 1 time in total. Truth too late Consumer 6 Posts: 1892Joined: Mon May 04, 2015 10:16 pm It will be a good idea to stay close to home for your studies. Abandonment issues are likely to kick in if you move away from home. It took me until my mid 20s to get going. I agree with TTL about the Peter Pan Narcissist. Read Dan Kiley's book and see yourself described there. At 53yo there are times when I still lie on my bed staring up at the ceiling for a couple of hours at a time. 30mg Citalopram SSRI Antidepressant40mg Propranolol Beta BlockerA mere imp of Satan MeAgain Consumer 6 Posts: 1546Joined: Mon Aug 24, 2015 2:29 pmLocal time: Sun Jun 29, 2025 7:51 pm Blog: View Blog (2) by NimplyDinply » Thu Sep 03, 2015 11:00 pm Identity diffusion. It's not specific to NPD. I have BPD and I experience the same thing. what a tangled web we unweave, when we practice to just be NimplyDinply Consumer 6 Posts: 2040Joined: Mon Dec 29, 2014 2:11 amLocal time: Sun Jun 29, 2025 2:51 pm Blog: View Blog (0) by Ladywith3cats » Thu Sep 03, 2015 11:03 pm I think there's a correlation. We don't know who we are, we have low self esteem, doubt our abilities, and we're afraid to try new things. CNs also tend to be isolated from others which makes networking (god,I hate that word) very difficult. Most of us don't make friends easily and keep people at arm's length anyway. In spite of having a high IQ and several talents I have always been an underachiever. I never really had a goal until this past year. I've never finished anything I ever started, not until recently. I was always quick to lose interest or give up a new pursuit when anything was required of me beyond sitting in a classroom passively absorbing information. As a college student I had no clue what I wanted to do. I wasted my 20s, 30s, and 40s on bullsht (okay, well I did raise my kids and that wasn't bullsht). I work at a crappy service job and promotions don't come easily to me because of my personality. I live paycheck to paycheck to paycheck and have no savings and do not own my home. I drive a 14 year old junker and can't afford a new car. It sucks. I wouldn't wish this kind of life on my worst enemy. and it's all because of my stupid narcissism. At least now I know the reason. I always felt before like it was because I was born to be a victim and was being persecuted by everyone. I did used to work as a medical editor when I lived in northern NJ but I kind of fell into that. I did that for about 5 years until the company I was working for folded. The timing was great because I'd just had my son and I got to stay home with him (I got disability and a great severance package-back in the days when those were still given to employees). But I didn't really like that job either because of the office politics which I have always hated. I wasted so much time just trying to get from day to day, coming home, watching TV, reading, playing on the computer, sleeping. I used to call myself "the loser," so does my mother to this day. However, now a goal or passion is finally gelling together. It's because I no longer am in abusive relationships with high spectrum Ns and psychopaths, as I have been all my life. I never thought I had it in me, but it makes me mad that it took this long. -- Thu Sep 03, 2015 6:07 pm -- NimplyDinply wrote: Identity diffusion. It's not specific to NPD. I have BPD and I experience the same thing. I agree with you that BPDs have the same issue. I'm double cursed because I have both disorder; Myers-Briggs INFJ (I know the rainbow colors make me look like an HPD. Deal with it). Ladywith3cats Consumer 6 Posts: 665Joined: Sun Aug 02, 2015 4:35 pmLocal time: Sun Jun 29, 2025 2:51 pm Blog: View Blog (0) by Redd1337 » Fri Sep 04, 2015 12:04 am Truth too late wrote: What have you done for the past year (to treat your diagnosis)? I'm not trying to urge you to "aim low." But, don't beat yourself up about how you should be doing something else, more "worthy" of your grandeur. In retrospect, the indecision to me was a selfish shyness. I believed I should be able to be anything, insecure in my ability to pick the "best," and to actually achieve it. So, it's just easier to daydream about my grandeur (what should'a been). It's more believable. No "rubber meets the road" moment. Well, I'm currently in therapy and tried to embed mindfulness-based meditation into my daily life. Moreover, im slowly figuring out how my personality works and how I can avoid triggering myself. Interestingly, that exactly my problem. I dropped out of Psychology (which - atleast in Germany - is one of the best majors one can choose as the unis only accept the best students), since I decided that I didn't want to deal with the psychological problems of other people while having extreme problems of other people while having an English Degree in order to become a teacher. And although I feel that I didn't want to deal with the psychological problems of other people while having extreme problems of other people while having extreme problems of other people while having extreme problems myself. I am currently pursuing an English Degree in order to become a teacher. of becoming more. I kinda feel "underchallenged" (although I do not really manage to get my work done). I hate the fact that such a career is open to almost anyone. I hate not feeling "special" doing what I do. Redd1337 Consumer 0 Posts: 6Joined: Thu Sep 03, 2015 6:20 pmLocal time: Sun Jun 29, 2025 8:51 pm Blog: View Blog (0) by Truth too late » Fri Sep 04, 2015 12:54 am Redd1337 wrote: Well, I'm currently in therapy and tried to embed mindfulness-based meditation into my daily life. Moreover, im slowly figuring out how my personality works and how I can avoid triggering myself. What does your therapist say about your feeling of malaise, without a direction. For me, I think it's just that I had to have some sense of "purpose" to what I did in a spiritual keel, like I wasn't living the life I was "destined" for. The destiny part gave it more of a spiritual feel, like it was something. A "siren song." From what I gather, CBT would help train the thoughts and behaviors that are more realistic (or, a develop a realistic sense of existence in the "now" and what you bring to it *regardless* of what it is you're doing now.). I think it relates to the familiar saying, "you can't expect someone to love you unless you love yourself." I always thought that was dumb because I was immersed in myself. (If anyone was trying to love themselves, it was me.). I think it's the same thing with a purpose in life, being satisfied with your circumstance, living life each day instead of worrying about "could today have been better? Will the choice I make today about my future be imperfect?" I think it has to do with not being at peace with oneself, accepting ourself, living with ourself as reality. From my perspective, becoming self-aware later in life, it feels like I lived a life I didn't live. I was so wound up in my issues, trying to make everything perfect, be seen a certain way, etc., I could have *engaged* in life more purposefully. Instead, I engaged in myself. When I identified with cNPD, one of the first things I saw as something I could do to improve was this:Normally, the dialog serves to augment some self-assessments and mildly modify others. When things go wrong, the dialog concerns itself with the very narrative, rather than with its content. It is not one's "psyche" that is delinquent - but one's social functioning. One should direct one's efforts to "heal", outwards (to remedy one's interactions with others) - not inwards (to heal one's "psyche"). -- That sounds basic, but it helped me. I switched back and forth between assessing my inner state, what caused a problem outwardly. Then, I'd focus outwardly and diminish the inner focus (which is the source of the outward problems, being too inward focused). I've compared it to a mix of NLP and CBT (but, I hadn't heard of those terms.). Another part of that deliberate facing outward is that I became familiar with my inner "landscape:" My false self, and especially my "inner narrative." The thing that feeds my false self with a "vibe" or "expectation" which isn't the result of anything in now's reality Sometimes I call it an "inappropriate affect." It's something that I project onto people without realizing it. I view reality through it. It's not a result of reality. Vaknin talks a lot about it as an inner narrative or confabulation. I became self-aware reading this 9-part essay, The World of the Narcissist. I know what he was talking about when I read about the narrative/confab. So, when I read that excerpt above, I realized quickly how the narrative process gets in the way (with outward interactions). I learned to deliberately ignore it. That was crucial because, without doing that, I would have just been swimming upstream not knowing why. Being able to isolate that narrative (or the noise, or vibe from which it comes) was the key to everything for me. It required that deliberate in/out focus. In when alone, out when
in public. I wrote a couple of things about how I did it: narcissistic-personality/topic165657.html#p1710600How I did it: narcissistic-per personality/topic164680.html#p1698968Inner shamer: narcissistic-personality/topic165418.html#p1707522Small steps: narcissistic-personality/topic165245-10.html#p1707522Small steps: narcissistic-personality/topic165245-10.html#p1709112Also, think there is a very strong foundation of shame (leading to false pride) which is at the root of NPD. I wrote about that in the pride/shame thread. There was another post related to that. I'll update that thread with the link to it (humility). I think my situation may have been different because I dealt with a lot of the pride/shame for a year prior to identifying with cNPD. I seemed particularly purged by that time, which made me less resistant to what cNPD meant to me. That might be why I could easily do that inner/outer process and feel good about the results. If I were to urge anything, it would be to keep an open mind to the that pride/shame root.Redd1337 wrote: I dropped out of Psychology (which - atleast in Germany - is one of the best majors one can choose as the unis only accept the best students), since I decided that I didn't want to deal with the psychological problems of other people while having extreme problems myself. Maybe you'll find a new calling in psychology. If I were your age, I'd probably do that. I feel like I have an amazing insight write about it from your perspective (and your skill learned from an English major). Just take it one day at a time. It's surprising how different things will look in a year or two. I didn't see a change on a daily basis, and I felt bored/impatient at times. But, after awhile, you'll look back and think "I would have never seen it this way." You'll notice you've come to terms with things that may have seemed foreign to you two years prior. Truth too late Consumer 6 Posts: 1892Joined: Mon May 04, 2015 10:01 pmLocal time: Sun Jun 29, 2025 12:51 pm Blog: View Blog (1) by wodienjong » Fri Sep 04, 2015 1:39 am I am currently on the fence about whether or not I'm a covert N, all my therapists have said no and suggested AvPD instead. However, I definitely have a problem with aimlessness. I constantly change my mind about what I want to do. About a year after finishing I was lucky enough to land a good job not in my field because I was referred by a friend. I still have fleeting thoughts about other things I wish I could pursue, but for the most part I am not too concerned about careers and just want money so that I can avoid being looked at as a loser and maybe travel. I think there are a lot of factors playing into it in my situation though, like the fact that I got horrible grades in college and most career paths were closed to me. But I also suspect it is an avoidant and dependent trait as well. I am pretty easily influenced by those around me. wodienjong Consumer 6 Posts: 251 Joined: Thu Oct 24, 2013 10:35 pmLocal time: Sun Jun 29, 2025 2:51 pm Blog: View Blog (0) Return to Narcissistic Personality Disorder Forum Users browsing this forum: No registered users and 7 guests Recognizing the signs of an avoidant attachment style is important to greater relationship. Partners of avoidantly attached people may feel unwanted, deprived, and alone in the relationship. Source: Prostock studio/Shutterstock An estimated 1 in 4 adults has a dismissive-avoidant attachment style. Persons with a dismissive-avoidant attachment style highly value independence, self-reliance, and autonomy. While these values can be adaptive and healthy, avoidantly attached persons also tend to downplay the importance of emotional closeness and relying on others. This can complicate intimate interval attached persons also tend to downplay the importance of emotional closeness and relying on others. relationships. A relationship with a dismissive-avoidant partner may feel tentative, distant, confusing, even heartbreaking. Such feelings tend to be felt most acutely by someone with an anxious attachment style, which is on the opposite end of the spectrum from avoidant attachment. Dismissive-avoidant attachment may feel tentative, distant, confusing, even heartbreaking. -can range from mild to severe. It can vary from relationship to relationship and can change over time. The following are seven tendencies of avoidant partners in relationships: 1. Avoidantly attached partners hesitate to embrace their partners in relationship to relationship to relationship to relationship to relationships: 1. Avoidant partners hesitate to embrace their partners in relationship to relationship asked about a relationship's future. Get uncomfortable if a partner uses terms like "boyfriend," "girlfriend," "lover," or "couple." Say "I love you" sparingly, if at all. Use double negatives such as "I don't not like you" or "It's not that you're not important to me.' independence. To protect themselves, they maintain emotional distance by not fully engaging. The effect of an avoidantly attached person's lukewarm engagement: Their partner feels unwanted. 2. Avoidantly attached partners have restricted emotions. As a result, they maintain emotionality. may: Not know how to respond when a partner shares vulnerable feelings. Hold "stiff-upper-lip" or "just-move-on" attitudes, viewing distressing emotions. Be conflict-avoidant. Because they dislike strong emotional expression and lack confidence in working through relationship conflicts, they may shut down or withdraw rather than talk through relationship issues. The effect of restricted emotionality: Their partners may: Decline to put a photo of their current partner in their home even if they have multiple photos of other people, including exes. Become uneasy if a partner posts pictures of the two of them on social media. Romanticize memories of one or more past relationships in ways that make their partner feel less cherished. View their work, hobbies, or other activities as more important than a primary relationship. Avoidantly attached partners may know their partner wants more closeness and commitment and know they are letting them to avoid or withdraw. The effect of minimizing: Their partner feels not valued. 4. Avoidantly attached partners have difficulty with commitment. Maintaining autonomy and independence is imperative for a person with avoidant attachment. The need to avoid the opposite experiences—feeling connected, intimate, and interdependent. Struggles with commitment can manifest as: A history of leaving relationships or relationships that end ambiguously. Periodically withdrawing, telling partner a partner they need a break from the relationships. Announcing that they feel uncertain about their feelings and want to date other people. The effect of commitment-avoidance: Their partner feels undesired. 5. Avoidantly attached persons keep partners at arm's length. For example, they may: Jealously quard their schedules and personal time. Become critical or fault-finding of their partner questions these behaviors, avoidantly attached people may respond with matter-of-fact reasoning that makes logical sense to them but avoids acknowledging their underlying feelings. Their partner feels deprived. 6. Avoidantly attached partners send mixed messages or communicate indirectly. Sending clear messages about how one feels depends on knowing what one is feeling. Many avoidant people are not in touch with their emotions. Thinking about emotions may cause them distress. As a result, they may feel lost when a partner brings up emotional or relational issues. For example, if a partner says, "I would like a deeper connection" or "I want to get together more often with a schedule that I can plan on," avoidantly attached persons may give a vague or unsatisfying response, change the topic, say their partner is too demanding, or not respond at all. The effect of indirect communication: Their partner feels confused or unwanted. 7. Avoidantly attached partners seem distant or disengaged. People with an avoidant attachment style can view others' efforts to become closer as needy. In response, they may: Fail to respond when a partner or the relationship for no attached with a partner or the relationship for no attached with a partner seeks reassurance or makes bids for greater physical or emotional connection. Become disented with a partner or the relationship for no attached with a partner seeks reassurance or makes bids for greater physical or emotional connection. apparent reason. Call a partner "too clingy" or "needy." Tell a partner to find reassurance within themselves. Bury themselves in work or solo activities. The second part, on how to cope with an avoidant partner is here. References Ainsworth, Mary D. S. (1978). Patterns of attachment: A psychological study of the strange situation. Lawrence Erlbaum. Bowlby, John. (1987). Romantic love conceptualized as an attachment process. Journal of Personality and Social Psychology, 52(3), 511-524. Levine, A. and Heller, R. (2010). Attached: The new science of adult attachment-based Therapist Get the help you need from a therapist near you-a FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, FL Las Vegas, NV Los Angeles, CA Louisville, FL Las Vegas, NV Los Angeles, CA Louisville, TN Miami, FL Milwaukee, WI Minneapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, TN Miami, FL Milwaukee, WI Minneapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, FL Las Vegas Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA San Itouis, MO San Antonio, TX San Diego, CA San Francisco, CA Sa unimportant, and unworthy Core motivationSelf-preservationSelf-centredness GoalIndependenceManipulation Social approachAvoids conflictThrives on
conflict Capacity for changeCan change when healedRarely changes Love bombingDoesn't love bombLove bombs to win the other over DistanceCreates distance for safety and comfortUses distance to punish, manipulate and control Emotional regulationWants appreciation, but not in a grand wayDemands others regulate their emotional regulates boundariesViolates boundaries Self-importanceRealisticDelusional Guilt and shame Feels guilt and shame when hurting othersNo guilt or shame when hurting others CrueltyNot cruel, at least not on purposeDeliberately cruel—demeans, intimidates, bullies, and belittles Need for appreciationWants appreciation but not in a grand wayCraves grand gestures of appreciation ApologiesGives genuine apologiesUses manipulative apologies Problem-solving approachSolution-orientedBlame-oriented EmpathyUnexpressed empathyLacks empathy DismissivenessDismisses others to keep them awayDismisses out of superiority Achievement motivationOverachieves for independenceOveracheieves for external validation Attention seekingAvoids being the center of attentionSeeks to gain power over othersSeeks to gain power over othe isolate you from friends and familyIsolates you from your social support There's a strong link between having an insecure attachment insecurity and pathological narcissism. A three-level meta-analysis. Journal of Family Theory & Review, 16(4), 953-there attachment insecurity and pathological narcissism. A three-level meta-analysis. Journal of Family Theory & Review, 16(4), 953-there attachment insecurity and pathological narcissism. 977. A narcissist is a person who shows narcissistic traits. They may or may not have a full-blown Narcissistic Personality Disorder. Avoidants are likely to display narcissistic traits, not all avoidants are narcissistic. They may come across as narcissistic due to behaviors they exhibit that are similar to narcissistic behaviors. Both narcissist tend to overcompensate for their shame avoidants, tend to have the 'I am defective' core wound. On the other hand, narcissists tend to overcompensate for their shame wound by maintaining a positive public image and constantly seeking validation (narcissistic supply) from others. Consequently, both avoidants and narcissists tend to be sensitive to criticism. When their shame wound gets triggered, both will likely shut down, stonewall, and give the silent treatment. Both avoidants are self-centered but for different reasons. Avoidants are self-centered because they have trust issues. They don't like getting burdened with others' needs. They value autonomy and independence. In contrast, narcissists are self-centered in a manipulative and exploitative way. Avoidants seem to be unaware of how their behaviors affect others. So, it's hard for them to take accountability. Most of them think they don't want to give up their ways. Narcissists, on the other hand, don't take accountability because they don't want to give up their ways. Narcissists, on the other hand, don't take accountability because they don't want to give up their ways. Narcissists, on the other hand, don't take accountability because they don't want to be blamed and don't want to give up their ways. Narcissists, on the other hand, don't take accountability because they don't want to give up their ways. their power. Avoidants tend to be emotionally unavailable because they struggle with intimacy. When a relationship gets close, they feel overwhelmed and need a break. Narcissists are emotionally unavailable because they lack empathy. They see you as a means to an end and don't care about your emotions. Healthy conflict resolution requires intimacy and vulnerability. Avoidants and narcissists struggle with both. Avoidants tend to avoid conflicts at all costs. They'll shut down and run away. Narcissists tend to get aggressive and mean during disputes. Both defend themselves vigorously because they don't want their 'flaws' exposed. Avoidants seek independence, whereas narcissists tend to manipulate others. Avoidants are rarely manipulative. It makes sense because avoidants like to rely only on themselves. When you meet nearly all your needs, they're likely to be manipulative. By definition, avoid people. They prefer to be in their own space even when they're in a social situation. They won't actively approach others and initiate conversations. They do their best to avoid adverse social outcomes, such as hurting others or getting hurt. In stark contrast, narcissists have a strong approach motivation in social situations. They do their best to avoid adverse social outcomes, such as hurting others or getting hurt. rewards of positive social outcomes like praise and admiration. Foster, J. D., Misra, T. A., & Reidy, D. E. (2009). Narcissists are approach-oriented toward their money and their friends. Journal of research in personality, 43(5), 764-769. So they'll go out of their way to initiate conversations, be the center of attention and the life of the party in their quest for supply. While both avoidants and narcissists are poor conflict handlers, an avoidant avoids conflict at all costs. Narcissists, on the contrary, thrive on conflict as if they're actively looking for conflict. It comes naturally to them. Avoidants rarely belittle outside of a conflict. Avoidants don't use the love bombing and idealizing manipulative tactics. They're consistent with their affection level for their partner in the different stages of a relationship- low in the initial stages and high in the later stages. Since narcissists seek to dominate and gain power over others, they're likely to drastically increase their affection level for their partner (love bombing) because they're trying to win them over. Often, there's a demand attached to the end of the love bombing) because they're trying to win them over. Often, there's a demand attached to the end of the love bombing phase. When an avoidant gets too close to someone, they feel trapped and overwhelmed. They think their independence is under threat. They deactivate to take a break and need time for themselves. This is hurtful to their behaviors the avoidant is avoiding them because the latter doesn't like, love, or care about them. Avoidants are unaware of how their behaviors the avoidant is avoiding them because the latter doesn't like, love, or care about them. affect others. They expect others to understand and respect their need for space automatically. Narcissists use distancing as a manipulation technique. If you somehow said 'No' to their demand when they were love bombing you, they'll avoid you to punish you for not meeting theirs. needs. Avoidants, particularly dismissive avoidants, tend to have high self-esteem. They are hyper-independence but to gain social social social social social social evidence. Narcissists overachieve not for independence but to gain social status, validation, and admiration of others. But more often, you'll find that their grandiosity is baseless. It is disproportionate to their actual achievements. If narcissists can fool others into thinking they're more special than they are, they will. their shame wounds. The key difference is that avoidants only want appreciation from the people they respect and are close to, whereas narcissists seek appreciation from anyone in a grand way. If you show appreciation from the people they respect and are close to, whereas narcissists seek appreciation from the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect and are close to any one of the people they respect any one of the people t Also, it can be perceived as them wanting external validation, which they don't care about. These are things a narcissist thrives on. They'll want every small thing turned into a grand celebration. Avoidants often get blamed for not having empathy. In truth, they're highly empathetic but don't express it in words. They show it through their actions. Since they have negative emotional associations with showing emotions, they generally show less emotions. That also applies to showing empathy. It's the narcissists who truly lack empathy. It's the narcissists who truly lack empathy. It's the narcissists who truly lack empathy. negative view of others. They just don't trust people not to hurt them. They have a cold and standoffish social demeanor. Pistole, M. C. (1995). Adult attachment style and narcissistic vulnerability. Psychoanalytic psychology, 12(1), 115. They don't want to approach you or talk to you. To them, social interactions are mostly draining and burdensome. They're not avoiding others out of a sense of superiority, even though it may seem like that. Avoidants treat everyone the same regardless of their status because they don't care about status. Narcissists carry an air of arrogance and superiority, which can make them charming, intriguing, and charismatic. You're hypnotized into thinking they're highvalue. You want to know where their arrogance is coming from. They must have a fantastic life and may have done amazing things. Their mannerisms, body language, and words all convey, directly or indirectly: "I am better than you." If they avoid you, they probably think you're inferior to them. They only want to associate with special others who are high-status because they want to be seen as high-status. Avoidants will not isolate you from your social support systems. They're glad you have others who can meet some of your social needs and lessen their burden. Pathological narcissists, since they intend to abuse you, seek to isolate you from your social needs and lessen their burden. time with friends and family. They may even tell you something like: "What
happens between us stays between us." That statement not only helps them protect their social support so they can keep manipulating you. Think about it: If your relational behaviors are healthy, you won't be afraid of your partner talking about them to their friends and family. Our partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the effectiveness of advertising. please see our Cookie Notice and our Privacy Policy. Does the person on your mind have an avoidant attachment style, or narcissistic personality disorder? There is some overlap between the two that can make it difficult to know for sure what you're dealing with, and therefore, how you should proceed. If you're in a relationship, this question comes down to whether or not they are capable of change. Attachment styles can change, but someone with narcissistic personality disorder cannot. You're asking, "is there hope? Am I wasting my time trying to invest in this person?" If you're no longer in the relationship, this question boils down to, "what the heck happened, and how do I never let that happen again?"I'm here with some important distinctions to help you answer those questions. Similarities Between Avoidant Attachment and NarcissismAvoidant fear of being portrayed as weak or incompetentThey both are sensitive to criticism and stubborn with disagreements feelDifferences Between Avoidant Attachment and NarcissismThe first distinction is found in their pattern of regulating closeness and distance. Narcissists use love bombing to create a quick, intense connection with you, then remove it when you aren't doing what they want you to do. Narcissists use distance to punish, manipulate, and control you. With a narcissist, you only get affection and closeness as long as you're feeding their ego. If you'd like to learn more about love bombing, check out my previous article/video, How to Tell the Difference Between Love Bombing and Genuine Love. On the other hand, someone with avoidant attachment does not have a love bombing and across time. Avoidants use distance to regulate their discomfort with closeness, and make themselves feel safe. They've either never really trusted anyone before, or when they did trust someone, they were hurt. Therefore, avoidants are hesitant to get close to someone again. Intimacy can feel overwhelming and uncomfortable, because it registers as a threat. In their minds, being close to someone else takes away from their own autonomy and freedom. Unlike the narcissist, distance isn't about controlling or punishing you, it's about protecting themselves. Pay attention to when they distance themselves. Is it a power move or punishment for disappointing them? Or does it seem to come up when intimacy grows beyond what they're used to? The second distinction is found in how they regulate their emotions and sense of self. Narcissists, you are solely responsible for how they feel and how they look. You work like their thermostat — if it gets a little too hot, you're expected to step-in and to cool it down. In contrast, avoidants are hyper-independent. They don't rely on others to define who they are. It's actually quite the opposite; they cling to their sense of self, separate from you. The third distinction is found in how they manage conflict. Avoidants don't like conflict. They are much more likely to shut down, run away, or ignore problems all together. Proper conflict management requires a certain level of intimacy and collaboration with someone else, which is distressing for avoidants. Narcissists on the other hand, instigate conflict to destabilize you. Any time they are actually accountable for a problem, narcissists will find a way to flip it back on you. They will pick a fight to chip away at your sole connection. Narcissists use conflict to confuse and control you. Avoidants don't. Should You Have Hope?Yes, technically avoidants have the ability to become more securely attached and grow their tolerance to closeness and intimacy, while people with narcissistic personality disorder do not have the capacity to change. However, on average, only one-in-four people with narcissistic personality disorder do not have the capacity to change their attachment style from insecure to secure over a four-year period. Usually this is accomplished through therapy and a securely attached partner that is patient with their gradual exposure to trust and intimacy. If you do not have secure attachment and they aren't in therapy looking to become more secure themselves — don't hold your breath. However, the question of whether or not someone is avoidant or narcissistic is incredibly. valid and useful information! Being able to tell the difference between an avoidantly attached person and a narcissist is a necessary part of accurately reflecting on the past, processing what happened, grieving the loss of attachment, gaining closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, wiser. A flaw that I've noticed with so-called "dating closure and moving forward in future relationships, with so-called "dating closure and mov coaches" or "relationship specialists" with no in-depth therapeutic training or understanding of attachment and human development, is an oversimplification; "Here are red flags to look for." This is helpful, surface-level information on a rational level. But this type of advice is best when we aren't already attached to someone In matters of the heart, once that attachment bond is made, the mind doesn't easily overpower the heart. Just because they're familiar and exciting! Deeper therapeutic work beyond what TikTok advice can offer is needed to elicit real change; to recalibrate our blueprint for love into one that is healthy and secure. And if you were or are attached to a narcissist, most people don't understand just how Earth-shattering that is! It's not as simple as red-light-green-light, because we lost trust of our own eyes. It's understandable that people look for diagnoses and labels to make sense of their experience. It's human to look for signs of potential danger. It's okay that you need to know this in order to grieve the loss of the complicated terrain of dating and relationships. AND — I encourage you to not be too reliant on them, or too focused on figuring out other people. The ultimate goal is to focus on what's relevant to you. Knowing what your needs to feel loved are, and being mindful whether or not this person is able to consistently meet them. This is the ideal, more direct route to the ultimate destination of safe and secure love. But most people aren't blessed with ideal conditions or accurate self awareness! Take what you need from labels, then focus on the bigger picture. Regardless of motivation, if avoidance and distance is intolerable to you based on your emotional needs, their diagnosis or label doesn't matter. What matters is simply that they aren't a compatible match with what you need. Where Can I Find More Help?If you're looking for a space to better understand your attachment style, what to look for to find compatible matches or work through mismatched attachment needs — therapy can be a great resource for you! Our partner Narcissistic Personality Disorder message board, open discussion, and online support group. by Miz Know It All 1 » Thu Nov 10. 2016 9:22 am You know the question. I am wondering if people see his narcissism (my opinion) as something dangerous. How so?Narcs, plz respond. Knowing what you know, do you think Trump is a Narc or not? If you do, can you predict what might happen if we have a Narc for prez. And you leave Mon? And me Wed. Tired, can't sleep. Miz Know It All(My name is my aspiration)Major Depression, GAD, panic disorder, OCD-D part, alcoholic (recovery) not all the above at once (usually). Miz Know_It All_1 Consumer 1 Posts: 33Joined: Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) by svenne » Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) by svenne » Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) by
svenne » Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) by svenne » Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) by svenne » Nov 10, 2016 1:14 pm Yes I definitely think he is, for all the obvious reasons. And his background supports the theory. I watched a documentary about what shaped Hillary Clinton and Donald Trump - The Choice 2016. It was interesting to see how Trump's brother, Freddy, was made the scapegoat by their father, because he wasn't enough of a 'killer'. When Freddy became an airline pilot, Trump and his father used to ask him 'what's the difference of what you do and driving a bus?'. At least so the documentary says. Freddy died from alcoholism in his forties. Sounds like a narcissistic family. svenne Consumer 5 Posts: 124 Joined: Sat Aug 22, 2015 6:19 pmLocal time: Sun Jun 29, 2025 8:51 pm Blog: View Blog (0) by Auxiliary11 » Thu Nov 10, 2016 4:38 pm I'm doubtful he's a psychopath, but it sure as hell seems like he's a textbook narcissist. Still, just because someone is a narcissist doesn't always mean they are "evil" or are "mentally ill", many presidents and prime-minsters are narcissists, and have done at least some good. Then again, many are deceptive and leave a lot of broken promises in their role. Now I'm just waiting to see if he really builds a wall. self dx. pdd-nos (level 1); covert narcissism w/ avoidant traits; social phobia; inertia.INFP; dismissive/fearful-avoidant & highly sensitive person"Life, a sexually transmitted, terminal disease.""you built up a world of magic because your real life is tragic" Auxiliary11 Consumer 6 Posts: 1025 Joined: Fri Jan 02, 2015 7:44 amLocal time: Sun Jun 29, 2025 7:51 pm Blog: View Blog (0) by cataatta » Thu Nov 10, 2016 6:07 pm Yeah, he fits the bill. Like many other politicians. Still, he's going to be a president now. Thousands people voted for him. He gets to have a fancy title and gets to live in a fancy house. That should give him enough supply to be happy, ergo, not so destructive. For a while at least. Wishful thinking? I dunno. This whole that's probably cause I'm relatively safe, living on another continent in my own fked up country. cataatta Consumer 4 Posts: 90Joined: Wed Feb 10, 2016 3:22 pmLocal time: Sun Jun 29, 2025 8:51 pm Blog: View Blog (0) by svenne » Thu Nov 10, 2016 6:12 pm Interesting article. It kind of surprices me to see Bill Clinton categorized under 'grandiose narcissism associated with unethical behaviour'. Makes me curious to see a profile like that on Hillary. Valkyrie's aticle about Trump talks about 'his thin skin and his inability to let a criticism go' and how people who are against him 'are losers, stupid, should be kicked out of office, should be ashamed, have ulterior motives, are haters, are unfair, are liars, etc.'. Thin skin and splitting, and totally lacking diplomacy. Just a few of his many NPD traits svenne Consumer 5 Posts: 124Joined: Sat Aug 22, 2015 6:19 pmLocal time: Sun Jun 29, 2025 8:51 pm Blog: View Blog (0) by covertunsure » Thu Nov 10, 2016 6:15 pm Absolutely NPD. Unable to sleep because he's in NPD rage, tweeting about Miss America from 3:30-5:30am. Constant rage bubbling under the surface, ready to come out at any time. Attacking Hillary as a "nasty woman" because of the nature of politics. She was hardly as nasty as him. Thin skin, thinks everyone's out to get him, the world revolves around him. Everything is self-referential. Paranoid under stress. My question is, are we narcissists more likely to support a fellow narc because we see ourselves in him?Frankly, being a millennial, I don't have NEARLY as much of a problem with Trump as my peers. In fact, I kind of like him, find him funny, and do not think he will pose nearly as much of a danger as others do. I wonder if, knowing ourselves and relating to him in some ways, we're able to see past his bravado and temporary NPD rage and aren't as intimidated or fearful. covertunsure Consumer 6 Posts: 523 Joined: Sat Dec 27, 2014 6:02 amLocal time: Sun Jun 29, 2025 2:51 pm Blog: View Blog (1) by svenne » Thu Nov 10, 2016 6:32 pm covertunsure wrote: My question is, are we narcissists more likely to support a fellow narc because we see ourselves in him? In my case: no. I would never support someone like that; hateful and unpredictable, racist and discriminating. But maybe that's also because I live in a very different political landscape, where someone like Trump would never be taken seriously. Our political landscape, where someone like Trump would never be taken seriously. 5 Posts: 124Joined: Sat Aug 22, 2015 6:19 pmLocal time: Sun Jun 29, 2025 8:51 pm Blog: View Blog (0) by Miz Know It All 1 » Thu Nov 10, 2016 7:24 pm Thanks you guys! Some interesting ideas and connections I had not considered. Thanks for the links and video. I will check them all out! The idea of whether Narcs would be more likely vote for Trump is interesting. What do you all think? I'd really like to hear from some Narcs here. If you determine someone is a Narc, are you less likely or more likely to have confidence in that person? Or are you privy to what other Narcs would do? If you think Trump is a narc, do you have more confidence or less in him? Finally, for everyone, what are your expectations/predictions for Trump if he is indeed a Narc? Are you worried? I am. And to all you foreigners, count yourself lucky!! Yeah I know-laughing stock of the world. Feels like our nation is moving to a dark place (opinion only . I really appreciate connecting with you all and hearing your wisdom and ideas! Miz Know It All(My name is my aspiration)Major Depression, GAD, panic disorder, OCD-D part, alcoholic (recovery) not all the above at once (usually). Miz Know It All 1 Consumer 1 Posts: 33Joined: Thu Sep 01, 2016 4:17 pmLocal time: Sun Jun 29, 2025 11:51 am Blog: View Blog (0) Return to Narcissistic Personality Disorder Forum Users browsing this forum: No registered users and 7 quests Photo by Pat Krupa on UnsplashYou might have asked yourself:Was I dealing with a narcissist? Or were they just emotionally unavailable?(After getting out of a toxic relationship)The truth is avoidants and narcissist? or were they just emotionally unavailable? down to why. The answer isn't obvious at first, but recognizing the difference could save you months (or even years) of emotional turmoil. (This is Part 1 of 2-A mini-examination of avoidant and narcissistic behavior. And in part 2, we'll discuss how to deal with narcissists on a deeper level, so stay tuned for that) What the five biggest traits are that avoidants and narcissists share The one thing that truly separates them Included are 2 Free downloads: 14 Red Flags in Dating & Attachment Pattern Assessment | 2025 Updated Boundaries Cheat Sheet Our partner Sorry but the board is temporarily unavailable, please try again in a few minutes.