

## **NARCISSISTIC TOPICS:**

- **UNDERSTANDING THE NARCISSISTIC PERSONALITY**
- **DEALING WITH A NARCISSISTIC FRIEND, CO-WORKER OR BOSS**
- **DEALING WITH A NARCISSISTIC PARTNER**
- **HOW TO BREAK UP WITH A NARCISSIST**
- **DEALING WITH A NARCISSISTIC PARENT**

**BASED ON DR. JUDITH ORLOFF'S NEW TIMES BESTSELLER**

**[Emotional Freedom](#)**

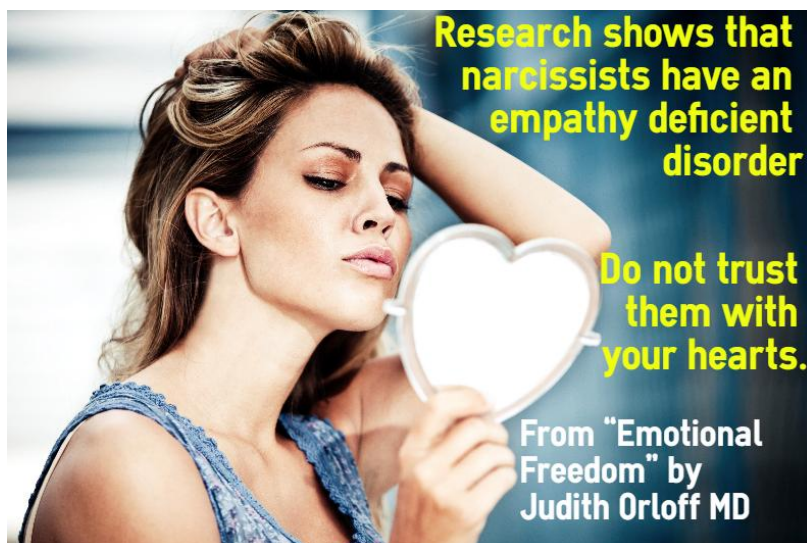
# THE NARCISSIST SURVIVAL GUIDE

Of all the types of energy vampires that I discuss in my books and workshops the narcissist is the most Draconian and malicious.

I strongly believe that it is important to know about the narcissistic personality so you can have realistic expectations when dealing with coworkers, friends, spouses, or other family members who may have some of these qualities. Here are some specific ways to recognize a narcissist:

## The Signs & Symptoms of a Narcissist

Everything is all about them. They have an inflated sense of self-importance and entitlement, crave attention, and require endless praise. They love to toot their own horns. Narcissists can't get enough of being treated like a VIP. Their favorite topic is themselves and they rarely ask about you unless it can benefit them. Some narcissists are obnoxious ego maniacs. But others are charming, intelligent, and masterful seducers. If you're needy or vulnerable they love being your white knight to save the day. Narcissists are highly intuitive and know how to play you like a fiddle so that you're enamored with them. They are mainly interested in power and move in for the kill with their charm. However, once your admiration stops or you dare to disagree, they turn on you by becoming aloof, punishing, controlling, or passive aggressive. Beneath the pretty clothes, the charisma, the smile, lurks a cold heart. Once you catch onto this pattern, a narcissist seems about as charming as a banana peel.



A narcissist's motto is "Me first!" They have a grandiose sense of self-importance and entitlement, crave admiration and attention. A legend in their own mind, the world is reflected in their image. They'll corner you at a party, recount their life saga. *Narcissists are dangerous because they lack empathy and are incapable of unconditional love.* Despite their charm, they have cold, unresponsive hearts. To get their approval, there are always strings attached. You must compliment them or build them up to stay in their graces. Narcissists are experts at compartmentalizing which explains why they're notorious for cheating on their spouses. They lack the empathy to emotionally connect or register the consequences of their choices. They always take much more than they give. Here are some other telltale signs you're dealing with a narcissist.

- Generally prone to extreme feelings of jealousy.
- Behave as if they deserve special treatment.
- Commonly exaggerate their achievements, talents, and importance.
- Extremely sensitive.
- Find it difficult to maintain healthy relationships.
- Have fantasies regarding their own intelligence, success, power, and good looks.
- If they have to take advantage of others in order to get what they yearn for, they will without regret or conscience.
- It doesn't take much for a person with a narcissistic disorder to feel rejected.
- Many believe that only other "special" people are really able to understand their uniqueness.
- May consider themselves as very skilled in romance; more skilled than anybody else.
- Most people see narcissists' goals as selfish ones.
- Obsessed with themselves.

### **Causes of a Narcissistic Personality**

Sadly narcissists' hearts either haven't developed or have been shut down due to early psychic trauma, such as being raised by narcissistic parents, a crippling handicap both emotionally and spiritually. (The damage of narcissistic parenting is outstandingly detailed in Alice Miller's *Drama of the Gifted Child*).

These types have often been raised by narcissistic parents who wanted to mold them into their "Mini-Me." They might've been treated as the golden child, which fuels their sense of specialness and entitlement, but they're never seen for who they are. In later life, this can lead to angry, abusive behavior when they're frustrated or feel criticized. (Disapproval crushes them.) Growing up with narcissistic parents is crazy-making. To the world, the parents may be celebrated, with cancer wards or museums named after them, but at home they're often withholding and punitive. Narcissists are

frequently buffered by a circle of admirers who are kept around because they only agree with them. For these types, it's all about appearances and adulation.

Some experts, including the New York-Presbyterian Hospital, feel that there might also be a genetic link, which affects the way the brain of a narcissist behaves, thinks, and reacts to environmental stimuli.

### **Traits of Those Who Are Susceptible to a Narcissist's Charms**

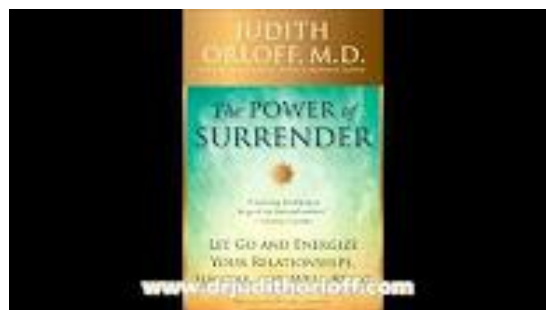
Let me tell you the secret of how a narcissist operates so you can outsmart one. *A narcissist goes in for the kill by stirring up your emotions. Pushing your buttons throws you off center, which renders you easier to drain.* Of all the emotional types, empaths are often the most attracted to a narcissist. However, other emotional states increase everyone's vulnerability to them. They are:

- Low self-esteem
- Depression
- A victim mentality
- Fear of asserting yourself
- Addiction to people-pleasing

## **DEALING WITH A NARCISSIST FRIEND, CO-WORKER OR BOSS**

### **How to Communicate with a Narcissist**

#### **Watch Video: Narcissists and Gossips in the Workplace**



Click on this link - <https://www.youtube.com/watch?v=fQVkird5cV8>

Hard as it may be to grasp, full-blown narcissists rarely have insight into their behavior, nor do they regret how they treat you. One patient made lunch plans with a “famous author,” a narcissist who unapologetically double-booked appointments. The

author didn't hesitate canceling her for someone "more important" an hour before their meeting. I always advise patients to expect such behavior from narcissists and, "Don't invite trouble by falling in love with one." As one patient says, "Around narcissists I feel sleazy weasel vibes," a sign to stay away.

Another patient told me, "In the slow job market, management is pushing employees to work harder and tolerate worse treatment. We don't have another job waiting in the wings. We're forced to put up with a demanding narcissistic boss to keep food on the table."

If a narcissist is draining you emotionally, below are action steps to help you get your power back and mindfully deal with his or her self-centeredness.

### **Lower Your Expectations and Strategize Your Needs**

Use these methods to deter narcissists:

*Keep your expectations realistic.*

Don't be guru-ed into anything. Enjoy their good qualities, but understand they're emotionally limited, even if they're sophisticated in other ways. Accepting this, you won't continue asking something of friends, family, or coworkers they can't give. Consider this definition of insanity: when you repeat the same actions but expect a different response.

*Never make your self-worth dependent on them.*

Don't get caught in the trap of always trying to please a narcissist. Also protect your sensitivity. Refrain from confiding your deepest feelings to someone who won't cherish them.

*Show how something will be to their benefit.*

To successfully communicate with narcissists, the hard truth is that you must frame things this way. Stating your needs clearly rarely works, nor does getting whiny, angry, or demanding. Alternatively, speak to what floats their boat. Instead of saying to your spouse, "I'd really enjoy going to a family dinner," reframe it as, "Everyone really likes you. They'd be delighted to have you there." Or instead of saying to your employer, "I'd prefer to work fewer nights," say, "I can bring in more revenue for your company during these hours." Naturally, it's better not to have to contend with the tedious ego-stroking of a narcissist. But if the relationship is unavoidable, use this technique to achieve your desired outcome.

## DEALING WITH A NARCISSIST PARTNER

I've worked with numerous patients, both men and women, who fell madly in love with narcissists, totally giving their hearts. In every case, their self esteem got battered and they became exhausted or ill. There's no real warmth or ability to be there for you. However, they're master manipulators and love to toy with you. That makes them feel powerful. One patient told me, "I knew I should leave. But each time I tried, he'd woo me back, promising to change, saying *exactly* what I wanted to hear. He was so incredibly sincere and articulate. Plus we had two beautiful kids and I still loved him. But despite his promises, all he gave me were crumbs. His behavior was "perfect" for a few weeks, but this didn't last. He never really changed. It took me a decade to be strong enough to leave. When I did it freed me. I'll never go down that rabbit hole again." Falling in love with a narcissist is like falling in love with a ghost. He or she just can't be there for you.

### Watch Video: Dealing With a Narcissist: Emotional Freedom in Action



Click on this link - <https://www.youtube.com/watch?v=gxTddQM-d08>.

Still, you may be in a situation where you choose not to leave a narcissist. However, if you're already involved, setting consequences such as, "I want a separation unless we get professional help" may motivate them to act. Still, even when a narcissist wants to change, I've found their growth to be minimal in therapy: they aren't self-reflective and they always think the problem is you. Nevertheless, sometimes when narcissists hit rock bottom from substance abuse and enter spiritually-based Twelve Step programs, they are able to surrender enough ego to begin to make change. Also Freudian analysts claim to achieve steady progress in daily psychoanalysis over many, many years.

Of course, I sympathized. Whether you decide to stay with or say goodbye to these difficult people, take this quiz from Emotional Freedom to determine if you're in a relationship with a narcissist.

## **Are You in a Relationship With A Narcissist? Quiz**

It's important to know if you're dealing with a narcissist--then you can formulate what tactics to take with them to make your life easier. Mark Yes or No for each of the questions below and give yourself one point for every Yes response to discover if you have a narcissist in your life.

1. Do you know anyone who acts as if life revolves around them? Yes/No
2. Do you know anyone who you have to compliment to get their attention or approval? Yes/No
3. Do you know anyone who constantly steers the conversation back to themselves? Yes/No
4. Do you know anyone who downplays your feelings or interests? Yes/No
5. Do you know anyone who if you disagree with they become cold or withholding? Yes/No

### **Results of the Quiz:**

Give each Yes response one point and count up your score.

#### **Your Score: 0**

It's unlikely that you know a narcissist if you answered "no" to every question.

#### **Your Score: 1**

Even answering "yes" to one question is a red flag indicating a potential narcissist. It is healthy to address the issue with the person--for instance not feeling listened to--in order to resolve it. In a relationship it's important that you feel heard and respected.

#### **Your Score: 2**

This person has some narcissistic tendencies. Your emotional freedom is somewhat compromised by his or her self-centeredness.

#### **Your Score: 3**

You are in a relationship with someone who has moderate narcissistic tendencies. This starts to take a toll on your relationship. Beware of trying to win their love and attention or making your self-worth dependent on them.

#### **Your Score: 4**

You do know someone with definite narcissistic traits. Everything is “all about them.” Keep your expectations realistic. Enjoy their good qualities, but look for your nurturing from people who can reciprocate.

### **Your Score: 5**

You do have a narcissist in your life. Do not get involved with this person! He or she has a limited capacity for empathy and unconditional love. If the relationship is unavoidable, lower your expectations. To successfully communicate, you must show how something will be to their benefit, as tedious as that ego stroking is.

### **Learning to Live with a Narcissist**

Narcissists are hard nuts to crack. With these patients, the best you can do is align with their positive aspects and focus on behaviors that they agree aren't working. Still, even if one wants to change, progress is limited, with meager gains. My professional advice: Don't fall in love with a narcissist or entertain illusions they're capable of the give and take necessary for intimacy. In such relationships you'll always be emotionally alone to some degree. If you have a withholding narcissist spouse, beware of trying to win the nurturing you never got from your parents; it's not going to happen. Also, forget about having your sensitivity honored. Such vampires eat empaths for dinner, sour love with all the hoops you must jump through to please them. Ultimately, they'll break your heart, and steal your freedom. If a narcissist is draining you emotionally, use these methods to get your power back.

### **Lower Your Expectations and Strategize Your Needs**

Use the same methods suggested to deal with narcissistic friends and co-workers to deal with a narcissistic partner:

*Keep your expectations realistic.*

Don't be guru-ed into anything. Enjoy their good qualities, but understand they're emotionally limited, even if they're sophisticated in other ways. Accepting this, you won't continue asking something of friends, family, or coworkers they can't give. Consider this definition of insanity: when you repeat the same actions but expect a different response.

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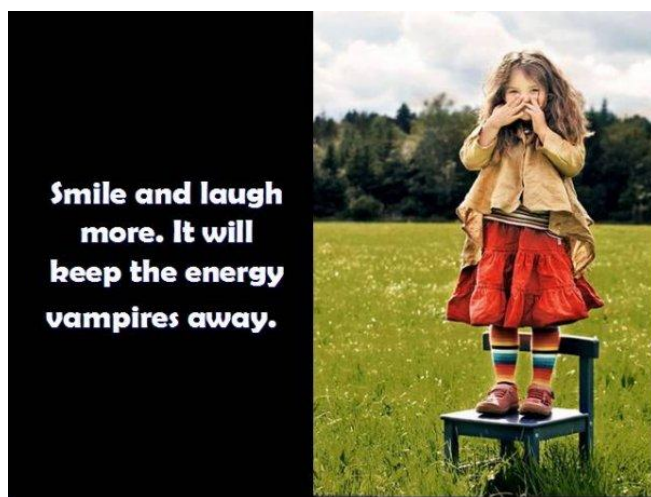
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To successfully communicate with narcissists, the hard truth is that you must frame things this way. Stating your needs clearly rarely works, nor does getting whiny, angry, or demanding. Alternatively, speak to what floats their boat. Instead of saying to your spouse, “I’d really enjoy going to a family dinner,” reframe it as, “Everyone really likes you. They’d be delighted to have you there.” Or instead of saying to your employer, “I’d prefer to work fewer nights,” say, “I can bring in more revenue for your company during these hours.” Naturally, it’s better not to have to contend with the tedious ego-stroking of a narcissist. But if the relationship is unavoidable, use this technique to achieve your desired outcome.

## **Learn How to Protect Your Energy and Create Healthy Boundaries**



In addition to the tips above, try to incorporate these strategies to help you protect your energy and create healthy boundaries when around this type of energy vampire.

### *1. Intuitively map out your physical comfort zone.*

Pair off with a friend and start by standing twenty feet apart. Then slowly move closer to each other--nineteen feet, eighteen, seventeen...notice at each increment how it feels. Ask yourself: Is it comfortable or closed in? The point at which you get uneasy is the energy border of your personal space. This may need to be enlarged when out in the world.

### *2. Family Pointers*

Plan regular mini breaks from the narcissists and other energy vampires in your life. Personal space needs must be negotiable with loved ones. One patient’s husband had a harrowing bumper-to-bumper freeway commute home from work. Every night he’d march in the door tired and irritable, which led to spats. Family contact made him crankier. His solution? Taking twenty minutes to decompress alone in the bedroom

where he'd listen to jazz, nap, or meditate. Afterwards, he had much more to give to his family.

We get crazy when we feel trapped. Many of us don't realize that even a brief escape will keep us sane. Five minutes in the bathroom with the door shut. A stroll around the block. Reading in a separate room if you're mate's frustrations is weighing too much on you.

### *3. Experiment with Creative Living Conditions*

The traditional personal space rules for co-habitation must be revamped to make relationships palatable when living with a narcissist. One suggestion I have for my patients who have a narcissistic mate is to have their own bedroom. I also can see the beauty of separate wings or adjacent houses if that's affordable. If you're traveling together ask to have adjoining rooms with your own bathroom.

I want to give you permission to explore your personal space requirements. Your narcissistic mate might need to be educated on how this will benefit them, but get the discussion going. Create a life that makes sense to your energy needs in terms of how you utilize square footage.

### *3. Pointers your narcissist is in pain.*

You can be compassionate without maxing out on empathy. If you're liable to adopting the narcissist's troubles, it's more than okay to take special care of yourself in those situations. Be well-fed and rested when you are dealing with their pain. Also, keep a distance that respects your personal space needs. Sit a few feet away instead of plopping yourself in the middle of an ailing person's energy field. You can hug, but don't hang on. Be mobile. Walk around the room to de-intensify contact. Make the visit short and sweet; don't overdo it. When you leave, remember to recharge yourself rather than jetting to the next stressed-filled event. Take a relaxing walk, gently meditate for a few minutes, or soak in a tub. Such energy restoration will make future visits more do-able since you know you won't be sapped.

## **HOW TO BREAK UP WITH A NARCISSIST**

Narcissists are very difficult to detach from. It is extremely important than you focus all your positive energy and thoughts on doing good things for yourself and the world. Before you go to sleep at night inwardly put in a request not to dream about him. If you do dream about him, do not focus on them. The secret to detaching is using your will to move towards the light. Don't let your mind wander to the past or to what he is doing. Be very kind to yourself and know that you deserve a loving relationship with someone who can reciprocate that love.

In my psychiatric practice I've seen how hard it is for my patients to break up with a partner who's a narcissist. Narcissists can make you fall in love with them so hard that it feels like you're giving up a part of your heart to leave them. And they use every manipulation in the book to get you to stay.

On the surface narcissists can seem charming, intelligent, caring—knowing how to entice and lure their way back into your life. But once they reel you back then they revert to their egotistical selves. Their motto will always be “Me First!” Everything's all about them. They have a grandiose sense of self-importance and entitlement, crave admiration and attention. They can also be highly intuitive, but use their intuition for self-interest and manipulation.

If you're trying to break up with a narcissist, use these methods from my book, Emotional Freedom to get your power back.

#### *Don't Fall For Their Manipulations*

They will use every trick in the book to get you back so be prepared. Narcissists are really convincing. When you are ready to leave, stick to your convictions and move on to a more positive future filled with real love.

#### *Set Limits*

Since narcissists have no empathy, nor can they really love, you must leave them cold turkey and endure the pain. Set limits and say "no" to them and in your heart. Then gather all your strength and keep walking into the unknown towards something better.

#### *Focus on the Future*

Once detached from a narcissist it is extremely important than you focus all your positive energy and thoughts on doing good things for yourself and the world. Don't let your mind wander to the past or to what he is doing.

#### *Be Kind to Yourself*

Treasure yourself. Be very kind to yourself and know that you deserve a loving relationship with someone who can reciprocate that love.



My view on life is that every person we meet along the way, loving or not, is meant to help us grow. Do not beat yourself up for getting involved with a narcissist. But please learn what you can from it, including setting healthy boundaries and saying "no" to abuse, so you don't repeat this lesson again. It is very emotionally freeing to heal any attraction to abusive people so you can have more true love in your life.

## **EMPATHS TEND TO WANT TO FIX NARCISSISTS**

**Watch Video: The Unhealthy Attraction Between Empaths & Narcissists**



**Click on this Link: <https://www.youtube.com/watch?v=vcB9VNunMwk>**

Some narcissists can be like another vampire I talk about in my book, Emotional Freedom – the fixer upper.

Empaths in particular are attracted to this type of narcissist as they perceive them as someone who needs an overhaul, and they take him on as a project. This can be so seductive because the narcissist doesn't put up enough of a fight to dissuade you from trying to fix them, yet they're not interested in change. Over the years, I've watched bright, sensitive empaths get enticed by a narcissist's "potential." I know they're on shaky ground when they excitedly emote, "He has so much going for him. I just have to bring it out!" One woman, sure she'd met her soulmate, a perennial playboy, declared, "If I love him enough, he won't be afraid of commitment." Another man had high hopes for his alcoholic sister: "If only I can only get her to stop drinking, she'll be part of our family again." Inevitably, both reformers slunk into my office bedraggled and disappointed after their extensive campaigns failed.

With fixer-upper narcissist, a confusing intuitive phenomenon can occur. You have a compelling déjà-vu connection with someone, but he doesn't reciprocate. Instead of knowing to read this simply as potential, you assume the relationship is meant to be. So, you set out to convince him (a type of fixing), or put your life on hold until he "comes around," a choice I advise against. Even if you're intuiting an authentic

tie, it can still remain unrealized. Maybe the person can't or won't respond. Try to accept what is. To retain your energy and time, don't get lost in the limbo of unrequited longing. Find people who can love you in return. There's more than one soul connection possible in a lifetime.

If you're an empathic fixer, you're genuinely looking for a loving bond, yet refuse to accept people as they are. Your pipe dream is, "If I help \_\_\_ change, our relationship will be happy." The outcome of that saga? Years go by. He doesn't budge. You're left tired and brokenhearted.

### Make Changes Now: Protect Your Energy: Identify Your Codependency Issues and Distance Yourself with Compassion

It takes two to play the fixer-fixee game. To disengage from such codependency, realize these immutable truths.

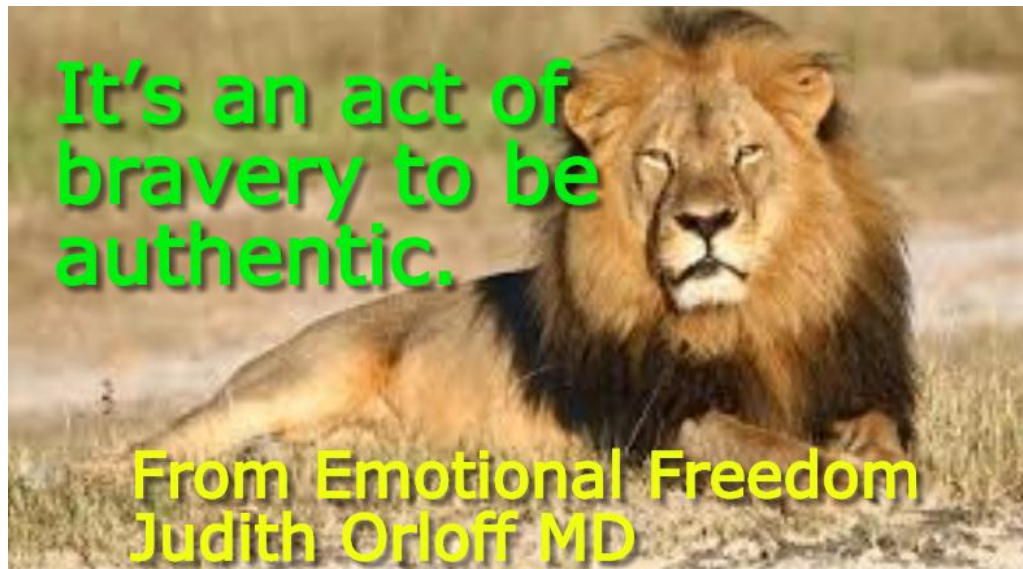
- Others must take responsibility for their own lives
- It's none of your business to try to fix anyone
- As a fixer, you'll ALWAYS end up with your energy drained
- A mutually loving relationship can't grow unless both people are working on it.

If you're susceptible to fixer-uppers, try to mercifully understand what ropes you in so you don't repeat this going-nowhere pattern. Ask yourself: Am I motivated by the desire to be liked? To feel wanted? To control? Guilt? An inability to say "no"? Perhaps as a child you got kudos for playing the caretaker role, had needy parents. But, to sustain your day-to-day energy level, these patterns must evolve. When a narcissistic fixer-upper appears, here's an exercise to practice to help you distance yourself from him or her.

### Visualization: Distance Yourself with Compassion

When obsessing about how to fix a narcissist in any shape or form it's important to compassionately withdraw your energy from them. Put your hand on your heart center and inwardly say to the fixee, "I honor your spirit and wish you well." Then feel your energy receding from him and re-materializing in your own body. Visualize your energy field as completely distinct from the problem-plagued person. You're a luminous orb. He is too. But there's no overlap with one another's energy. The gist is to keep your heart open without compulsively intervening, a healthier stance than being a "fixer."

## DEALING WITH A NARCISSISTIC PARENT



Not all overbearing and difficult parents are narcissists. But if your parent exhibits the following common traits then there is the possibility he or she has crossed over into the pathological type of narcissism that can turn your relationship with them into a nightmare. While not all of these traits may match every narcissistic parent they are very common with most of them.

### Traits of a Narcissistic Parent

- 1) *Difficulty understanding the emotions of empathy and how to create meaningful connections.* The needs of a narcissistic parent dominate their lives so they have little room to address the needs of anyone else. This makes it very challenging for them to relate to the feelings and emotional needs of their children.
- 2) *Owens the successes of his or her children.* A narcissistic parent can expect their children to perform at or above their expectations. They also feel that they own their child's achievements. "He's an exceptionally talented musician – it's in my genetics. I've always been musically inclined."
- 3) *Must be in control. No matter what.* Narcissistic parents control their children by dictating how they should feel, how to act, and what decisions they should make. As adults this often makes their children insecure and indecisive.
- 4) *Can emotionally blackmail their children.* Narcissistic parents can be sweet, kind, and indulgent if their child behaves the way they want. But as soon as the child becomes



disobedient in their eyes they become infuriated and callous. Never knowing what emotional feeling to expect from a narcissistic parent contributes to their children lacking self confidence as adults.

### **Controlling Traits of a Narcissistic Parent**

There are a few ways that a narcissistic parent controls his or her children. These control mechanisms include:

**1) Codependent Control:** *"I need you. I can't live without you."* This prevents children of narcissistic parents from having any autonomy, from living their own lives.

**2) Guilt-Driven Control:** *"I've given my life for you. I've sacrificed it all."* This method of control creates a feeling of obligation in their children; that they "owe" their narcissistic parents and must behave in a certain way to make them happy.

**3) Love Withdrawal Control:** *"You're worthy of my love ONLY BECAUSE you behave the way I expect you to."* So long as their children are behaving properly, a narcissistic parent can be loving. That love disappears the moment a child doesn't meet their expectations.

**4) Goal-Oriented Control:** *"We have to work together to achieve a goal."* These goals are generally the goals, dreams, and fantasies of a narcissistic parent instead of their children.

**5) Explicit Control:** *"Obey me or I'll punish you."* Children of narcissistic Parents must do as they're told or risk shame, guilt, anger, or even physical abuse.

**6) Emotional Control:** *"You're my one true love, The One, the most important person to me."* An opposite-sex parent makes his or her child fulfill the unmet needs of the narcissistic parent.

### **Do I Stay In Contact With My Narcissistic Parent?**

Separating yourself from the sort of codependency that's common from narcissistic parents may seem daunting. Sure, they can be emotionally and/or physically abusive, but he or she is still your parent.

As an adult child of a narcissistic parent, you have two options:

1) Total Estrangement - no contact, nothing, with your narcissistic parent.

2) Measured Contact - contact, but limited interaction with the narcissistic parent.

If you choose to keep measured contact here are some guidelines in learning how to deal with them:

### **How to Deal with a Narcissistic Parent**

**Understand and acknowledge that their behavior is abnormal, not merely “difficult.”**

A narcissistic parent thrives on the power play and has no interest in mutually working out a problem. It is always “their way or the highway.” It is important to recognize and understand that a parent who will put their need to control over having a healthy relationship is not exhibiting normal human behavior. It is not your fault that you are unable to work out the family dynamics.

**Set healthy and firm boundaries.**

A narcissistic parent will frequently overstep reasonable boundaries and disregard your wishes just to prove they can. To manage this selfish behavior it is important to be strong and set firm boundaries with them. Think of yourself as disciplining a child. You may want to limit your visits and announce in advance when you will be arriving and leaving so you are more in control of the time together.

**Don’t let yourself be manipulated.**

A common trait of a narcissistic parent is to try and manipulate you into believing their sense of reality. They may also attempt to convince you that you’re crazy or delusional. They can never take responsibility for their actions and will always try to make you the scapegoat.

**Realize that your friends may not understand your situation.**

Don’t expect helpful advice from friends and acquaintances who are not familiar with a narcissistic disorder. They do not understand the manipulative and uncompromising ways of a narcissist and can easily be seduced by his or her charm. You may worry that others will judge you for creating distance between yourself and your parent. But it’s important not to feel guilty for handling your parent differently from an emotionally healthy one

**Consider cutting ties and moving on.**

It is not your responsibility to make the relationship with your narcissist parent work. Remember they are not capable of change and instead will take any opportunity to control you or make you pay for injustices they feel. You deserve better. If possible, I recommend severing all ties with them.



## **Sibling Dynamics in Narcissistic Parent Households:**

If there are several children in a narcissistic household, the dynamic may be one of the Golden Child versus the Scapegoat, which can cause major friction and rightful jealousy between the children.

**The Golden Child**, seen as an extension of the narcissistic parent, can do no wrong, and even their most minor of achievements is cause for celebration, admiration, and rewards.

**The Scapegoat Child** is to blame for all of the family woes. While the Golden Child can do no wrong, the Scapegoat Child can do no right. All achievements are dismissed.

Obviously, this imbalance causes problems between the children, and offers the narcissist the opportunity to be the center of attention as they act as a go-between between the children.