

## **SURVIVORS OF NARCISSISTIC ABUSE**

There appears to be an epidemic of narcissistic abuse in intimate relationships. Characteristic of this abuse are the tactics of ghosting, gaslighting, love bombing and outright lying or fashioning the truth to suit the narcissistic need. Most, but not all, of the survivors/victims of this type of abuse are women. I believe this is because women are more prone to be codependent than men are. They are more likely to trust, overlook, or "make nice". Codependents are also more willing to blame themselves for whatever is not working in the relationship. It is important to state, however, that all narcissists are not men and all codependents are not women. It works both ways. Nevertheless, research has shown that over 60% of people diagnosed with NPD are men. This may be due to the fact that men are more accustomed to positions of power in families, government, business and industry. This privilege, while not causing narcissism, allows it to grow in those so inclined to develop the disorder.

I treat survivors/victims of these types of relationships not only to help them deal with the narcissist, but to overcome their own codependency and to recognize the red flags early of someone who is likely to narcissistically abuse them. I also help survivors to move through the grief of losing a relationship that they once believed in and a self they thought they could trust.

I have written extensively about the topic of narcissism and narcissistic abuse on my blog. I invite you to visit my blog to learn more.