

CHAPTER 18: NARCISSISTIC ANTI-ABUSE STRATEGIES

BOILED FROG SYNDROME

Boiled frog syndrome has been a commonly used metaphor to explain climate change and describes a series of situations that we often overlook or ignore, but which, as they persist, cause us imperceptible harm. Not only can this metaphor be used to explain climate change, but we also use it here to understand narcissistic abuse and its victim.



Imagine a frog placed in a pot of cold water. When the fire is lit under the pot, the temperature of the water slowly begins to rise. As the heat gradually increases, the frog adapts to this new reality without realizing it. His body gets used to the change, and although the water gets hotter and hotter, the frog doesn't sense the danger. Their ability to sense rising temperatures is impaired, and eventually, when the water reaches an unbearable point, it's too late to jump in and escape. The frog dies boiled. This is what

happens with the abuses that the narcissist does to his victim.

TESTING THE NARCISSIST or HOW TO KNOW IF YOU'RE WITH ONE

Narcissism is characterized by a grandiose sense of self-importance, a lack of empathy for others, an excessive need for admiration, and the belief that one is unique and deserves special treatment (psychology today definition). It is a mental illness stated in DSM-V. Therefore, before choosing a partner who will be the father or mother of your children, who will share your future, with whom you will live for years, and with whom you will bond and be one, you should consider it a basic responsibility of each of us to include one of these guidelines

They are people who due to your ignorance you can see yourself and your story destroyed.

If the person you choose: wants to go live quickly together with you, everything is perfect, he doesn't give you negative answers to anything, when the interest is only about you and nothing about the other, when in the other the answers are vague,

They will be alerts that tell you that you should investigate his childhood; you should investigate why he broke up with his ex-partner. If the childhood you had is one of poverty, abuse, violence, early abandonment, hunger, absence of parents and deprivation in general, you are facing a potential narcissist. If your response is all against the ex-partner – infidelity, lies, abuse, suffering,

teasing, scams, sudden poverty, etc. – the victim really was your ex-partner and you are facing a potential narcissist. If, even after this, you still have doubts that you are dealing with a narcissist, do one of these tests. How to test a narcissist before you are in love or rather emotionally dependent:



- Use the word NO in all of your response dialogs for the duration of the test. E.g. You know, there's something that doesn't add up. You know, I don't believe you.
- Question the narcissist's perfect story (to envelop you), it will be a frustration that you will notice because for the narcissist self-centeredness is perfection. He never imagines one of his plans being thwarted.
- Pay attention to their exaggerated expressions, for they are imitating.
- A tangible test of whether you'll spend 20 years with a narcissist is to create a crisis early in the relationship. A practical and real example is after promising to give him an inexpensive supply and giving him a month-by-month supply, the third month cut it off at once. You nip the allowance you gave to the narcissist in the bud without explanation, inventing a lie that you were out of work or without economic income and you also leave the future in uncertainty. Since the narcissist lived in uncertainty all his childhood, it will be a feeling that he will not want to have and what will happen is that he will discard you or make a scandal showing his true narcissistic face, since that person considers himself special and will not allow such treatment, no matter who it comes from.

This is a real example, after 20 years of marriage on the back of having financed his career, put companies, having had an active participation in the family patrimony I got tired of my resources and efforts being destined by the narcissist to himself and his pleasures (drugs, prostitutes, trips, all kinds of expensive gifts, high-end cars, etc.). jewels and others to women, -all behind my back-) and when I confirmed all this I told the narcissist that I would no longer have the family well of our income that he managed without control which he insisted on keeping so much (I provoked that crisis consciously), and as a result of this situation there were: blows, fights, humiliations, theft of large sums of money, hacking of all my financial and electronic accounts, false accusations against me, he began to take me out of the house telling me to leave, he even brought his lover – my best friend – to convince me to leave the house. They were the longest and most exhausting months of terror, which I don't give to anyone but in the end, when I was firm in my decision, he took my daughters having custody of them legally and behind my back. While I got rid of the narcissist, it came at a high price.



But the story didn't end there, from now on comes the worst, in my case 6 months later I found out that he raped his own daughters because he was a pedophile, a drug addict, he had killed people, he had stolen all my goods (including an inheritance since he had taken a power of attorney forging my signature), he killed all the animals because I said "I love you"

to my pets, He was unfaithful to me with all the maids and all my friends, he is addicted to sex with both genders and all this behind my back, there was family income that he never reported to me and that was spent behind my back. Bottom line: if I had tested him at the beginning of my relationship as we suggested to you, he would have discarded me as he did at the end anyway but my mental health would be intact and I would have a normal family. Don't buy the stories of misery of the people who approach you, least of all your partner, because through them they manipulate you and make you responsible for their misery in life. Choose a partner like you, with your values, from your social stratum, with your same faith and thus you will avoid being involved in a history of narcissistic abuse.

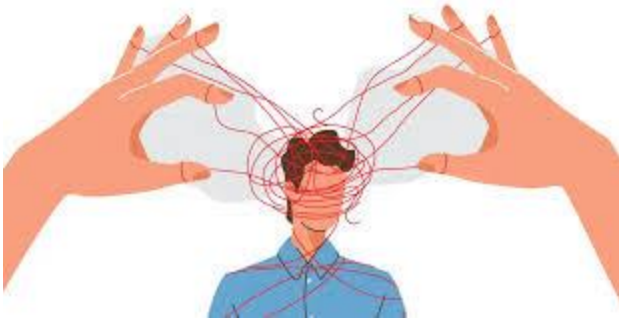
MORAL STORY: You are not responsible for anyone else's childhood, you are not a superhero, and you do not save anyone, and mental health is everyone's responsibility.

- I can say that these tests are useful before becoming emotionally dependent (what we would normally call "in love"), because if they are done after being dependent oneself, the test is boycotted and it is useless. As a man, I caused an economic crisis, telling the narcissist that I had lost my job and that I didn't know what was going to happen to our budget, leaving her in complete uncertainty. The next month I spent most of my time in bed pretending not to have a job and when she went to work I started working on mine. When he asked me what I was doing on the computer – because he found me working several times – I told him that I was applying for jobs. Then when the 15th of the month arrived and asked me what we spent at the supermarket, I told her that I had 0 in my account and asked her to pay from her bank account and after that she left the house full of anger. In the evening she came back asking me for explanations of what we would do if I didn't have money in my account, to which I replied that that's what couples were for, that these months she was going to have to pay the expenses of the apartment. And after that, furious, she said that I was taking advantage of her and that I wouldn't allow it. One day I made up that I spent all my free time (weekends) with my son and that I didn't pay enough attention to him so he would leave at the end of the month, and abandon me, if I didn't abandon him. When I told him that it was better to leave because that wouldn't happen, he turned a deaf ear and continued to threaten to leave, to which I began to ask him when he was leaving to give me a date and what he would take. He eventually left and

took everything with him, leaving me with only a couch to sleep on. When he left, he left me a letter but he still put his new address in it, he did it so that what is called "the return of the narcissist" would be fulfilled, where they no longer hide their violence, their vulgarity, and exercise the humiliation that they want to make you go through for a long



time, it is the moment where they throw off their masks and take revenge because you had the audacity to define a limit to all their outbursts of madness, Boundaries that are, after all, basic rules of coexistence within a family. Conclusion: Rainer Maria Rilke wrote "Everyone's homeland is in their infancy", that's where we belong. For this reason, choose a partner who has the same country as you, who has been happy like you in their childhood and who has a morality like yours, with whom you share the social class and it is not traumatic to introduce them to friends, family and at work, with whom you share your same faith and avoid linking yourself to a narcissist and thus put an end to narcissistic abuse. MORAL STORY: You are not responsible for anyone else's childhood, you are not a superhero, and you do not save anyone, and mental health is everyone's responsibility.



One of the reasons to test your partner is that the consequences of not doing so are that the narcissist will lead you to 100% economic chaos, you will never have an investment such as a house or some real estate, paid cars, and your children will not have an assured or planned education, since the narcissist will always be sabotaging you or scamming you or outright stealing, There

are no fairy tales with the narcissist, his future and his long-term plans are not with you but only think about his well-being and his future only him and no one else but him. Worse still, your family will be repossessed, he is already investing in another family or in another person, and no one will be able to assure you that you are the narcissist's official wife – even if you have been married to him for 20 years – and perhaps you are the "official" mistress because the official lady is the one he met before you, and there is another house to maintain, another family, education of other children and another parallel family. I'm telling you this because that's how my reality was, and in the case of the writer as well. The narcissist stole \$12 million from her to go with his ex. You will only be able to know once you rule out the narcissist, because their parallel life is very well protected. In both cases, he and the narcissist are drug addicts. Both addicts tried to cause economic and family disaster. In the case of the narcissistic woman, even without having knowledge about narcissism, it helped me to control the chaos she tried to generate in my life and I achieved it by using my values to set clear limits that were non-negotiable, for example: "in my house we don't hit people or animals", "in my house we don't use drugs of any kind and we don't relate to drug addicts", and "the relationship with the children are non-negotiable and my children will always be my children and I will never leave them abandoned."

Narcissists in theory (e.g. That the lovers write a letter with 10 projects for life or the wedding vows) say what you want to hear, but then when you live with them and you have the facts in front of you and you can put them on a scale you realize that they don't agree with what they said at the beginning of the relationship. THE NARCISSIST NEVER KEEPS HIS WORD, EVER. If they told you that they wanted to have a house, then you see in fact that they spend the family budget on their drugs, or addictions to prostitution, lovers, gifts to third parties, or their pleasures and vices and the fruit of your family effort is enjoyed by someone else that the narcissist chose, and one day you have to go to the emergency room with one of your children and you realize that the narcissist spent what was supposed to be done for the accident. Pay into the health system.

In 20 years where the two incomes were very high, with a family business that generated profit for 10 years of life, I worked in a bank and he made me quit, then the narcissist lied by hiding that he had been kicked out of the university (also paid for by me) and then his first suicide attempt occurred to divert attention from the facts and I to solve the life of this human scourge I created a new TECMESEG company of security guard vests so that I had something to do (a company that started with an order from Walmart but the narcissist sabotaging the family again gave it to him).

She gives away her lover – my best friend – how much money does that company make today? That family effort is enjoyed by one of the narcissist's many mistresses), then I set up a hairdressing salon that came to have 27 employees and generate profits to live comfortably in two families, the narcissist made me close it by telling me that "I was a terrible mother, that I



abandoned my daughters – although I worked with them keeping both of them in mind. that he had to iron his shirts – even though there was a maid – "After this I closed the business and took a year to think, I did it forced by the narcissist. After this I worked independently and every time I had a peak of income the narcissist executed the chemical submission and then I would be admitted to clinics for periods of two months so that the clients would forget about me, so I spent my last 7 years with the narcissist until I discarded him. Not to mention the other disasters that the narcissist caused in my life: auction of my property acquired before I met him, disappearance of 3 cars I bought, theft of time deposits, theft of the 3 withdrawals of 10% of the pension in the Pension System (CLP 12 million in total), theft of the inheritance when my father died, death of all my pets and the others can read about it in the other chapters.

CYCLE OF NARCISSISTIC ABUSE

A relationship does not need to be physically violent to be considered abusive or harmful.

Learned Helplessness is a psychological state of passivity and powerlessness that comes from recurrent failures to overcome stressful situations.

Signs of Learned Helplessness	Impact of Learned Helplessness
Passivity	Fear and anxiety
Low self-esteem	State of burnout
Giving up	No emotional healing
Lack of effort	Unwillingness to act
No motivation	

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Emotional, spiritual, and psychological abuse is just as damaging to the human psyche as physical abuse. In addition, research has found that covert narcissists and female narcissists are more likely to use a cycle of abuse to maintain control.

Manipulation, Control, and Relationships

Narcissists and those with narcissistic tendencies can be very manipulative and controlling people. It is possible to have narcissistic traits and not be considered a true narcissist, but you are. When it comes to any

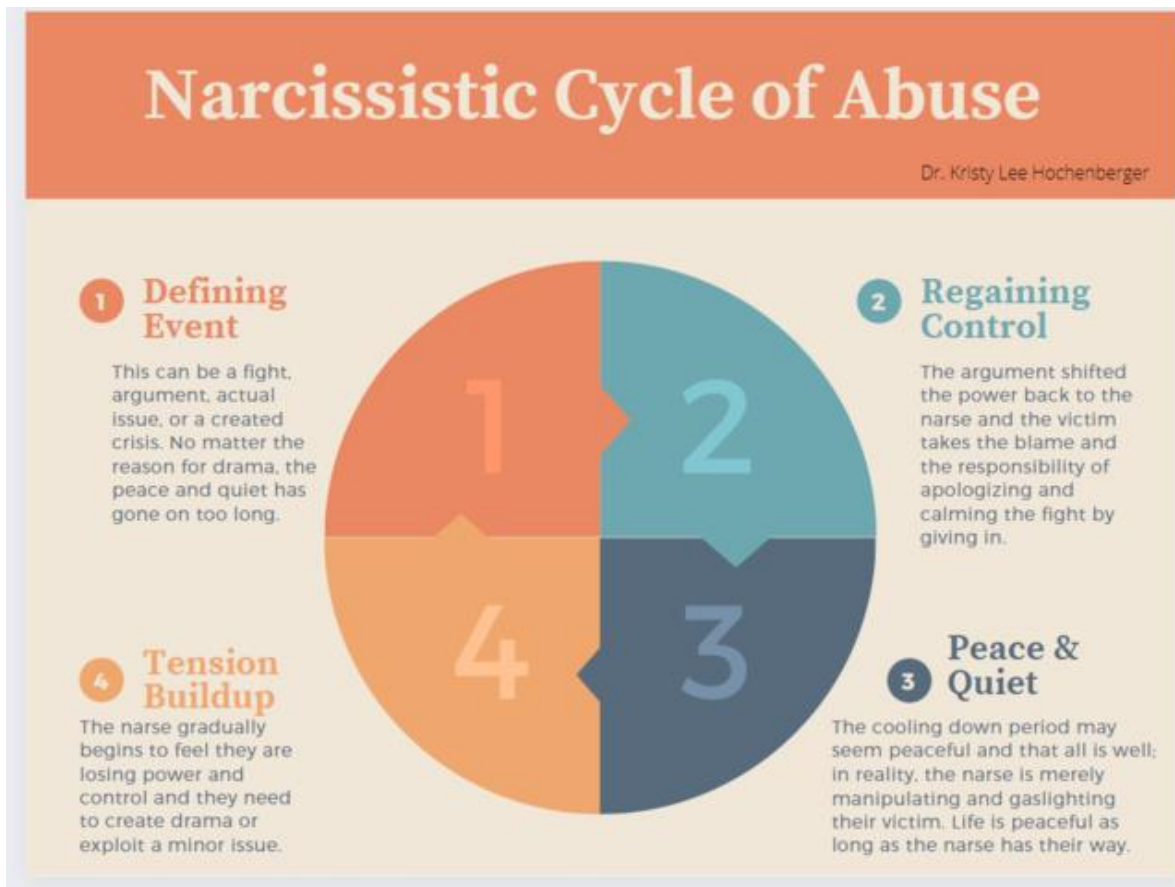
type of relationship that requires honesty, transparency and genuine emotion, narcissistic people cannot maintain the charade for long in the sense that they need to tell their reality with people outside the relationship, that is, they make a private and confidential circle where they tell their misdeeds. But internally within the couple, this exhaustion of pretending to be an equal partner is what is previous of the narcissistic cycle of abuse

All relationships are meant to serve the purpose of pleasing the narcissist and keeping them in the role they believe deserves all the admiration and advantages that come with the role. They will never be responsible for things going wrong, and they will never be able to empathize with someone else's pain unless that pain affects them directly. Narcissists have a fragile ego that depends on outside influences; the more they have, or the more they are perceived to have, the higher their self-esteem.

Narcissistic people often have a perfect life: a big house, happy family portraits, a shiny new car, enviable vacations. Beyond those social media posts, there is a silent, hidden pattern of emotional abuse that never stops circulating. This constant tug-of-war dynamic can eventually cause the victim to develop a learned helplessness where they feel trapped and unable to leave the relationship. Some studies have shown that vulnerable narcissists are more likely to use the cycle of emotional abuse rather than physical abuse or coercion (which is doing some activity that one does not want to but does only because of pressure from a third party).



The Narcissistic Cycle of Abuse



The four steps of the original cycle of abuse can be adapted to fit into narcissistic relationships. Just as physical violence is not reserved for a single abusive gender, narcissistic abuse is unisex. Instead of using fists or smashing bottles to hurt someone, a narcissist uses gossip and lies to spoil the victim's reputation. A narcissist will use any means necessary to keep their partner at bay and themselves in control of the narrative. Even if attention is drawn to their lies and gaslighting, the narcissist will claim that the victim deserved it.

The cycle of narcissistic abuse (Fig. 1) illustrates the four parts of the cycle. It is important to understand that there is no "first" or "last" step of the cycle, as it is a continuous pattern with no clear beginning or end. Rather, the narcissistic cycle of abuse is the way narcissistic individuals exploit their partners into doing whatever they demand of them and force them to come and go according to the narcissist's whims (since they are damaged and capricious children).

Stage 1: Defining event. This event is not so much about the crisis itself, but rather about the outburst of the narcissist. This is the actual fight, argument, or even a simple miscommunication.

The crisis can be real or imagined. No matter what the reason for the drama, even a minuscule inconvenience, the narcissist finds a reason to explode. The narcissist may have begun to feel that he was losing control of a situation or a person and therefore has to cause a problem to get attention to himself.



Stage 2: Take back control. Even if the narcissist is to blame for the crisis or problem, the victim ends up apologizing. The defining event returns power to the narcissist and blames the victim directly. The victim may end up apologizing for learned helplessness or simply to keep the peace. Learned helplessness is one of the main reasons behind the continuation of the cycle of narcissistic abuse. Narcissists' partners' mistake fear for love and will

therefore do anything to keep the peace. Fear, abuse, intimidation, and exploitation are not love and should never be mistaken for affection.

Stage 3: Peace and quiet. The cool-down period seems peaceful on the outside, but on the inside, the victim constantly strives to "compensate" the narcissist. The narcissist manipulates the situation so that it reflects positively on themselves and negatively on the victim. Gaslighting is also extremely common during this period and the narcissist will construct a whole new narrative about the problem. Life is peaceful as long as the narcissist gets away with it and is the center of attention.

Stage 4: Tension build-up. Over time, the narcissist will begin to lose control of a narrative, another person, or a situation. Life has gone on quietly and normally, but even the victim begins to feel uncomfortable with the peace. Tension begins to develop from the victim's fear of the narcissist and the narcissist's fear of losing control. It's only a matter of time before the narcissist erupts creating drama and exploiting a minor issue; then another cycle of relationship dynamics begins: tug-of-war and power imbalance.