

CYCLE OF NARCISSISTIC ABUSE

IDEALIZE DEVALUE DISCARD

IDEALIZE ❤️

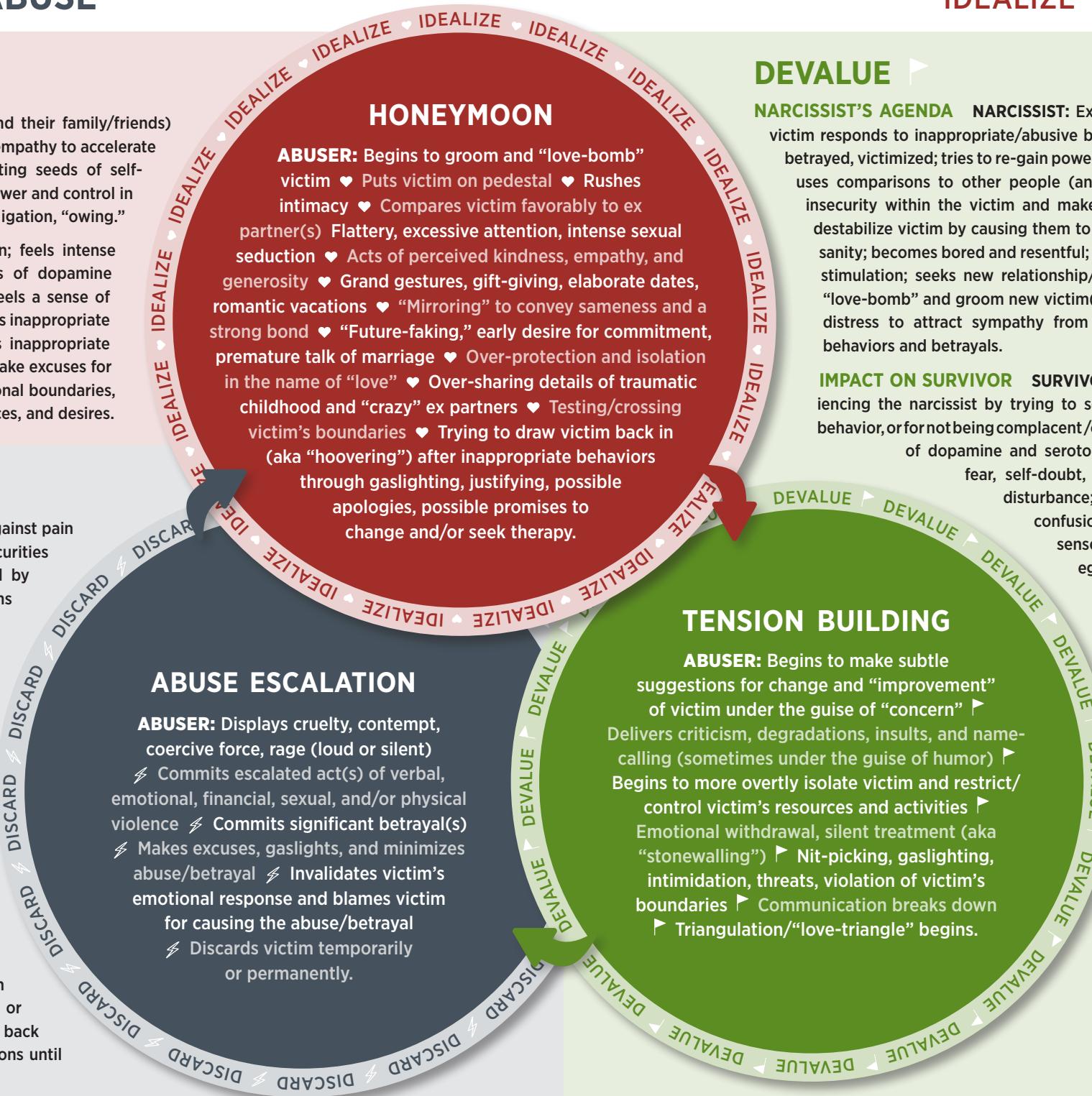
NARCISSIST'S AGENDA NARCISSIST: Grooms victim (and their family/friends) to cultivate sense of trust and commitment; engages victim's empathy to accelerate bonding, loyalty, and attachment; feigns "love" while planting seeds of self-doubt in victim to foster emotional dependency and secure power and control in relationship; "invests" in victim to instill sense of gratitude, obligation, "owing."

IMPACT ON SURVIVOR SURVIVOR: Feels special/chosen; feels intense love, trust, and sexual desire; experiences increased levels of dopamine and serotonin; feels happy, hopeful, attached to narcissist; feels a sense of "owing" narcissist for their "generosity"; minimizes/rationalizes inappropriate behaviors; gives "benefit of the doubt" to narcissist; wraps inappropriate behaviors in context and compassion; begins to defend and make excuses for narcissist to family and friends; begins to isolate, ignore personal boundaries, and modify behavior to align with narcissist's needs, preferences, and desires.

DISCARD ⚡

NARCISSIST'S AGENDA NARCISSIST: Acts defensively against pain from "narcissistic wound"; projects their own shame and insecurities onto victim and escalates abusive behaviors; feels repelled by victim's emotional response to abuse; "love-bombs"/grooms new victim(s); feels re-energized from "high" of fresh new "narcissistic supply"; feels empowered, entitled, and in control; uses victim's emotional response to abuse/betrayal to "prove" to others that they are "crazy/unwell" and to justify the abuse, betrayal, and discard; solicits sympathy from others for "having to endure such a crazy partner"; regains power and control over victim and the relationship narrative.

IMPACT ON SURVIVOR SURVIVOR: Punished for responding to abusive behaviors; tries to calm and reason with narcissist; apologizes for emotional response to abuse, assumes blame/responsibility, tries to "fix" relationship; tries to prove their "sanity" to narcissist and others; becomes emotionally distressed/unhinged; begins to anticipate abuse and modify behavior to avoid conflict and the escalation of abuse; placates narcissist in attempt to return to "honeymoon"/idealization stage of cycle; leaves narcissist or is discarded by narcissist; submits to narcissist's "hoovering" back into relationship for a myriad of complex and legitimate reasons until leaving permanently feels necessary, safe, and possible.



DEVALUE ▶

NARCISSIST'S AGENDA NARCISSIST: Experiences "narcissistic wound" when victim responds to inappropriate/abusive behaviors; feels threatened, defensive, betrayed, victimized; tries to re-gain power and control over victim; triangulates/uses comparisons to other people (and/or flirtation, infidelity) to provoke insecurity within the victim and make them feel replaceable; attempts to destabilize victim by causing them to doubt their reality and question their sanity; becomes bored and resentful; looks for new source of validation and stimulation; seeks new relationship/"reflection of perfection"; begins to "love-bomb" and groom new victim(s); uses victim's increasing emotional distress to attract sympathy from others and to justify their abusive behaviors and betrayals.

IMPACT ON SURVIVOR SURVIVOR: Devalued/punished for inconveniencing the narcissist by trying to set boundaries, call out unacceptable behavior, or for not being complacent/obedient; experiences decreased levels of dopamine and serotonin; experiences depression, anxiety, fear, self-doubt, confusion, memory problems, sleep disturbance; experiences "cognitive dissonance," confusion, disconnection from intuition and sense of reality; begins to placate, "walk on eggshells," and "go along to get along" to avoid conflict escalation; blames self for problems in relationship; works harder to please narcissist and tries to re-gain their attention and love when new victim(s) are triangulated in; becomes hypervigilant to narcissist's oscillating moods; tries to predict narcissist's needs to access affection/connection and avoid conflict; experiences feelings of fear, obligation, and guilt (aka FOG); begins to deny intuition and cling to the hope for change.

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