

Helpful Tips Before We Begin

- “Are You Dealing with a Narcissist?” Resource Guide PDF is available in the chat.
- Submit your questions through the question pod.
- Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- Check your email this afternoon for a copy of these slides and a replay of this webinar.

WELCOME TO OUR WEBINAR

Are You Dealing with a Narcissist?

Today we will learn how to identify the true narcissists in our lives, understand their inner world, and create an action plan to protect ourselves and find true healing.





MEET YOUR HOST

→ **Cindy Westcott**

Senior Clinical Advisor

What is a Personality Disorder?

personality disorder:

A long-term, predictable pattern of thinking, feeling, and behaving which impacts a person's internal and external environment, especially concerning interpersonal relationships. These patterns are predictable and persistent, and while therapy may help, they are difficult to treat or change.

What is Narcissistic Personality Disorder?

narcissistic personality disorder:

NPD is one of 10 clinically recognized personality disorders. It includes an excessive need for admiration and attention, a lack of empathy and a general disregard for other's feelings, a sense of being "special" or entitled, a lack of accountability for how one's behavior impacts other people, and preoccupation with one's own needs and desires.

NPD may be thought of as a continuum of traits, and most people have some narcissistic traits, especially during specific developmental phases of life. However, individuals with fixed and extreme narcissism often cause significant emotional and psychological harm to those in their sphere—whether they are a parent, spouse or partner, friend, sibling, colleague, or boss.

How to Recognize Narcissism

The Traits and Characteristics of Individuals with Narcissistic Personality Disorder

Pattern of a narcissist:

- Idealize*
- Devalue*
- Discard*

****Reminder, you can see extensive notes and commentary in the “Are You Dealing with a Narcissist?” Resource Guide PDF.***

Why Does Narcissism Exist? What Causes Someone To Be a Narcissist?

Possible Causes and Prognosis for Narcissist Personality Disorder

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What Does this Look Like in Different Roles?

Specific descriptions and issues to be aware of based on the role the Narcissistic person plays in your life.

Parent

Spouse or Partner

Friend or Close Acquaintance

Boss

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What is The Impact of Being in Relationship with a Narcissist?

Understanding Post Narcissistic Abuse Syndrome

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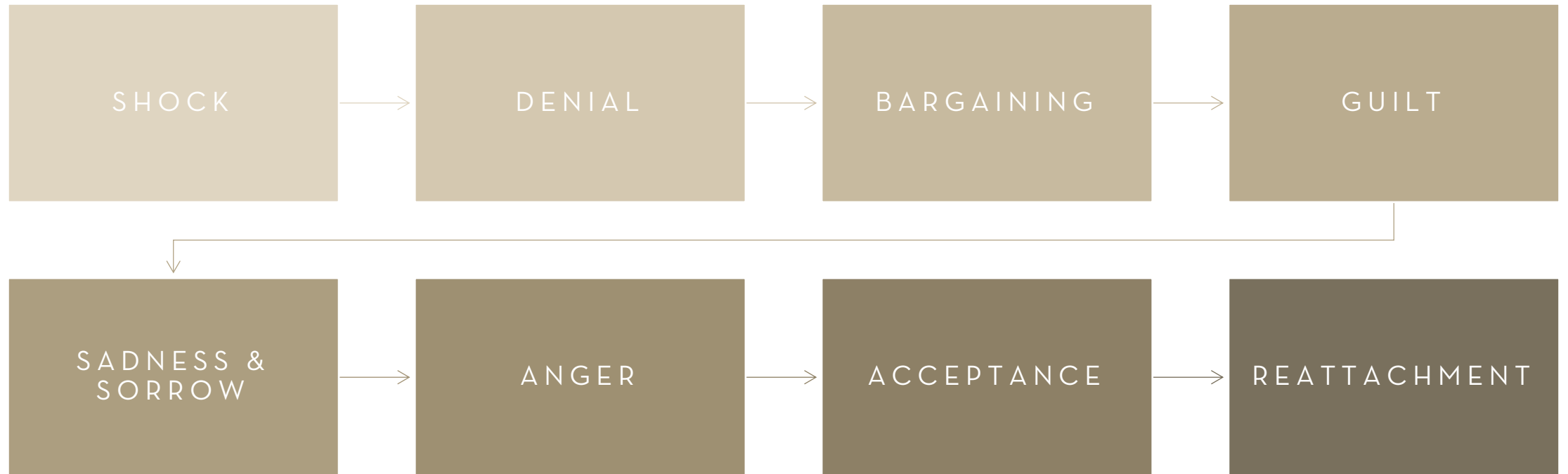
How Do I Heal and Recover From Being in Relationship with a Narcissist?

If you have been dealing with a narcissist—healing is possible.

You can recover, and you can create a life of peace, joy, and happiness, no matter how trapped or hopeless you might be feeling now.

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Dealing with the Narcissist with Wisdom, Clarity, and Confidence

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QUESTIONS?

THANKS FOR JOINING

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