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8 Traits of a Narcissistic Lover

It was like a dream, you met someone and there was a spark; well, no, actually, it was more like an avalanche!

Whirlwind love, and at first you chalked it up to infatuation.

And dang, it was fun!

In a very short time, however, you became aware this person had all the traits and characteristics you had always dreamed of. Yet most likely, you eventually realized it was a whimsical dream and safely stashed it at the back of your brain.

Now, this new person has awoken those dreams, those wants, those desires, which make them the perfect partner for life … and that’s the way it begins.

For so many of us, compromise has become the norm. We do it daily, in almost every area of our lives. When we are young, we dream of being an astronaut or a doctor. As we age, we forget about chasing our dreams and modify our goals to fit our lifestyle. Before long, we realize we are making a living and surviving, but the dreams of our youth are packed up, wrapped in tissue and ribbon, and stored away, only brought out for reminiscing of our youth and imagination.

 So, there is no wonder after all our compromises and settling, that when we meet our possible soulmate, we fall head over heels for them. We are in ‘heaven’ and can’t imagine a person could be so perfect for us. They are intent on our happiness, hanging on our every word and filling us with confidence and devotion. Our safe, tightly wrapped package of hopes and dreams stowed so nicely away, is brought out to be unwrapped, with not only you pulling the ribbon, but your new lover as well. This is REAL love; this partner has sworn to this truth and we lovingly, follow their heart and their mind into sweet bliss.

Then, a hair line cracks begins to appear, hardly even noticeable. You are questioned why you didn’t bring your friend to a party, or why you would wear such an ugly tie to such an important event. You are taken aback, but only for a moment, and apologize, because this is the person of your hopes, this is the one who has given you the ultimate joy, and the person you can’t imagine life without. You trust this person’s opinion and love. It was just a misunderstanding; you fix it and get back to the delicious life you have come to know.

This is the beginning lesson in the first of 6 lectures of *The Recognizing, Healing, and Overcoming a Narcissistic Lover* course, and focuses on identifying the traits of a narcissistic lover. Further in the work-study, you will learn and understand why narcissists take the actions they do in order to manipulate and control you. You will also learn how to distance yourself from further damaging wounds of a romantic narcissist as well as disarming their tactics of manipulation and control. Finally, in the last lectures, you will find yourself emerging from the deceptive ashes to realize your beautiful, strong, and resourceful self; more confident than you’ve ever been.

This first course, *8 Signs You Are in Love with a Narcissist*, focuses on the 8 most prevalent signs of a romantic narcissist. Please realize, however, there are many, many more, and the narcissistic spectrum can range from mild to obsessive behavior for any one trait. For example, the lengths to which they go to make you feel inadequate can set your confidence on a path of insecurity just as easily as a nonchalant look of disdain; or the intensity of distorting facts can leave you bewildered and confused as often as a small exaggeration of your memory of an occurrence. Most often, you will recognize the extreme degree and depends on your lovers’ disposition at the time, and their determination to control you. Further signs will be discussed and analyzed throughout the work-study.

I’m sure you have ridden the roller coaster; the highs of the most loving, joyful, and truly happy times of your life, as well as the lows, into dark insecurity, horrid confusion, and devastating pain. After being away from this relationship for many, many years, and having achieved a plateau of recognition and self-worth, I believe my sharing of the experiences and knowledge which has been accumulated over the years (I wish I had a nickel for every piece of literature and YouTube video I’ve watched on narcissism) will help form your recognition and recovery. Worthwhile links and information will be inserted within these lectures, to provide you with further information on the topic at hand. There is also a list of resources which will be beneficial along the way.

From the bottom of my heart, I have assembled this work-study to help you recognize

* the pain is the residual of a lover’s deceit and manipulation
* your acknowledgment of the glorious *‘You’*
* and realize you have grown, even now, in ways no one could have ever taught you in books

You have just begun the journey to knowing how beautifully strong you are and how magnificent you will emerge after these courses of enlightenment, encouragement, and nurturing.

Welcome to the Restructure of You!

## Sign Number 1

## Your relationship is everything you ever knew a great relationship could be

All romantic relationships go through a euphoric period at first – the *honeymoon phase* as it is often referred to. But a relationship with a narcissist who is romantically attracted to you is like no other. It is taken to a level so keen to please and so targeted to desire, that the recipient doesn’t really have a chance at not succumbing to. As humans, we all strive for love, and when we begin to think we have found our ‘perfect mate’, our innate behavior controls our minds, making us believe in magic and glitter and forever.

As you get to know your narcissistic lover, you slowly fall into the ‘dream’. The ultimate relationship; one you only thought possible when you grow up and find your *one and only*.

After a few relationships and quite a bit of dating, you probably realized the dream was just that, a dream. People have distractions, lives, friends, careers, and so many other things which play into life; a relationship isn’t everything at all moments. You love, you lose, you try it again, and then settle into the thinking that just having someone close and perhaps with a good job will be the ‘ultimate’.

Then you meet your narcissist, and the world which you daydreamed about so many years before, begins to materialize. They call often, you communicate with such ease, you hardly have to think of explaining yourself in any given moment. This person ‘gets’ you!

You are on a pedestal, and now you get it! You say ‘Aha, this is what love is all about!’ and you begin to believe this is what all the amazing relationships are all about, the ones you’ve heard of through the ages. Romeo and Juliet, Sansom and Delilah, you know, every one of the incredible love stories passed down through the ages. This is the *romance period*, your friends say, and they may be right. But you have every reason to believe this is how life will be forever … you are both so in love and have looked for this relationship for so long. Your new love is as devoted to you as you are to them, and with this kind of depth and commitment, how could it ever be anything less? This is the real thing … !!

 *I walk out to the mailbox to get the mail, my dog Teva at my heels and the kids running into the house for Creamies.*

*Amongst the envelopes and tabloids, I see a CD envelope, stronger cardboard and white in color. On the back is a red heart with letters in blue, WIL2WY … curious …*

*Then I turn it over, and notice it is addressed to me, but in a hand script I recognize. My heart sings and my eyes fill with tears of joy … it is a package from him.*

*I open it carefully, and inside, find a CD with the words What I’m Listening 2 Without You. I quickly put it into the player and immediately recognize a song which takes me back to being in his arms, snowflakes falling on our shoulders, and his lips keeping my love warm and secure.*

*As I listened to song after song I sank deeper into his arms, his essence, his love. Every word spoke of our love, every note held our breath before a kiss. I am so in love with him…*

## Sign Number 2

## Your love is forever … Until it isn’t

You are in love, all the signs have materialized, and you are full-blown in love, your heart is exploding, and your smile never ceases. Life is grand, and your family, friends, and anyone who has ever known you has never seen you happier.

Then something very minute happens, and the ‘finish’ begins to crack. Hairline fissures begin to appear which you can’t even see with the naked eye, but somehow, you know they are there.

* A kindness is shown to a stranger with total disregard to you as if you aren’t even there, or worse yet, makes a mockery of your devotion.
* A quick conversation on the phone accuses you of not being the person they thought you were.
* You do something which has never been of any concern before, but now, is a show of distrust.

When you experience this, you have no idea who the person making these comments is. Before this situation, you haven’t even had a fight, or very few disagreements. You talk your way through this, trying to make them understand. And for a time, this works.

 “*What are you doing here?” he asked, as surprised and happy as I had every known him to be.*

*“On the phone, you were accusing me of not bringing my kids to your family bar-b-q because I didn’t want them to meet your family, of which was never the intention. Knowing there will be plenty of times in the future for them to get to know everyone, I didn’t think for a moment of rearranging their schedule.” I was distraught by not being able to explain to him on the phone the reasons my kids weren’t coming; he had pretty much told accused me and then said he had to go to get to class not more than 3 hours before. I was at my son’s soccer game and couldn’t get to him to explain until the game had finished, and he was out of class.*

*“I was so upset you thought I didn’t want them to meet your family, of course I do!” He was standing with one of his classmates and turned to meet my eyes with the most adorable and understanding emotion I had only hoped for.*

*“Of course, you do, and I know they want to come. I just couldn’t hear you very well and had to get into class. I’m sorry you misunderstood what I said.” He was the calm, sweet, and adoring man I had fallen for, thank goodness.*

*“Okay, well, I just didn’t want you upset for reasons which weren’t true,” I said, feeling bewildered, but relieved I had made an incorrect assumption.*

*“There, it’s all fine. I need to discuss a few more things with Jimmy here. You get back to the kids and I’ll see you tomorrow for dinner, okay?”*

*“Sounds good, thanks so much, and I’m so glad everything’s okay!” He leaned down, gave me a sweet kiss on the forehead, and a smile that would melt the North Pole.*

## Sign Number 3

## They have an obsessive need to be perfect in everyone’s eye, especially their own

You know how they were your everything in the beginning? How their likes matched yours, how they supported your hopes, how they validated your love? And they bent over backwards to win your heart, which was effortless and desirable, as you were both so well matched and so ‘right’?

They need to be seen as a perfect lover, the perfect partner, the most supportive and loving person on the face of the planet for you. In all reality, it is for themselves they do these things, not to make you happy, but to prove to themselves and everyone else that they are worthy of love, they can be the perfect lover, and they are capable of being in a relationship*, though none have worked out for them in the past.* Did you hear a similar story of the other partner being cruel, negligent, or a liar?

To justify this perfection, they tell themselves and everyone else they just haven’t found the right (perfect) person to compliment them. And with every moonlit kiss and with every velvet caress, they pull you deeper into their web of the relationship, creating the perfect relationship with you.

But at any moment, months or years down the road, they will begin to see fault in you, as they need and must be the most perfect lover. And neither you, nor anyone else, will fill that vision forever.

* “I’d really like the fruit tart; you know it’s my favorite. And after a day like today, I could really use a self-indulgent boost!” Holiday shopping had left me exhausted and spent.*

*“Yes, I thought you’d want that, consider it done.“ His voice was calm and even, and with a weary smile, he looked over his choices. The afternoon had proven to be a bit hectic; crowds for last minute shopping were more intense than we had imagined. Picking out one more item, even if it was a pastry, seemed more than he could fathom at the moment.*

*“We’ll have two large latte’s, the fruit tart and a custard curl.” The girl took our order turned to prepare our coffees as Chad reached for his wallet.*

*Just then, a young lady strode up behind us, out of breath and harried. She had a package under her arm; apparently, she had been last minute shopping also.*

*“Oh good, they have one last fruit tart!” she exclaimed under her breath. Without turning to me or even giving a second glance, Chad called to the girl making our coffee.*

*“Could you change that fruit tart order to two Custard Curls? Thanks!” I looked at him with a furrowed brow. Then he turned to the lady in back of us … all smiles, energy restored immediately, and with a courteous wink, “Don’t worry, you’ll get your fruit tart!”*

*I was stunned. He never asked, said a word, or made eye contact with me. When our tab was rung up, he said, “Oh, and will you please add the cost of the fruit tart to our tab? I want to buy it for the sweet girl next in line.”*

## Sign Number 4

## You are accused of being incompetent in an area of which you had previously been revered in

This is probably the most jolting of all the aspects of realization. For possibly the first time in your life, you had been recognized as being the person you had always hoped you were, or at the very least, being capable of. This person had admired you for being strong, for being beautiful, for being the kindest person they had met, or for being the most steadfast employee a company could hope for. Yet, after the façade begins to crack, you find yourself experiencing a betrayal of that admiration.

The most devastating thing about this situation is you take it upon yourself to be responsible for the change of heart. And this is exactly what the narcissist has set you up to feel. When you thought they were being supportive and interested in your deepest insecurities, they exploited that insecurity by exemplifying their reverence in your talent and abilities. This makes you vulnerable. And when the time is right, a narcissist will use this ultra-sensitive trust against you, just like a stiletto to the heart.

Realize these are the tools of a narcissist, whether they realize it or not. Most often, they truly do believe in you when first getting acquainted and beginning to care. They have a very intuitive trait to mirror your qualities, as they feel insecure about their own persona. As an example, if deep inside they feel inadequate as a writer, they will be drawn to someone who writes well, will openly support this person in their writing and be ecstatic about their talent, and then condemn them for being a poor writer. It has nothing to do with the talent level of the writing, it is all about their need to be superior to you.

* “Of course, you could run a company, I can see you on a Board of Directors easily. They not only would benefit from your experience, but also your vision. Any business would be lucky to have you on their Board.”*

*His words sunk in like water in the desert; no one had ever given me the courage to dream of actually being where I longed to be … on a Board of Directors. I knew I could handle it; I knew I had vision and methods to put a strategy into place. It was my own confidence which held me back, every time.*

*Fast Forward 24 Months – “And at what competence level do you think you have the knowledge to run a business, or for that matter, even put together a marketing program? You have only 13 years at an ad agency, which was years ago, back in the Middle Ages. Since then, you’ve only been a mom and done work in schools.” Far be it for him to give me credit for achieving my Bachelor’s degree in marketing the year before.*

## Sign Number 5

## They humiliate you in public

As the narcissist begins to acknowledge your ‘faults’, the image for perfection in the eyes of everyone else begins to become more insistent. If he finds fault in you, it fuels his insecurity and, in their opinion, makes their perfection and superiority even more obvious to the outside world.

Remember when we talked about the *perfection image* and how this drives their every move in career, social, and intimate circles? Here, you see it first-hand, though you are the target of their twisted perception of how others interpret a situation. Most often, the people surrounding you are perplexed by this action and wonder if they have misinterpreted the statement or situation. But it is the narcissists’ way of controlling you and keeping you within the boundaries of their ever-increasing hold on you, depriving you of admiration and belittling your abilities in any way possible.

* “And then, the three of us continued down the path, with the others laughing hysterically behind us!”*

*“That’s not how it happened; you’re lying.” I turned to him with horror on my face. He is accusing me of lying in front of others had happened before, his accusations. But this was the epitome of embarrassment; not for me, I’m a storyteller and the Country Club’s President Jon and his sweet wife, Anabelle, knew this, as did most of the seated guests.*

*Yet, at the Winterfest Ball, sitting at the President’s Table with the most esteemed members, he chooses to shoot me down in what looked like, to him, as the ultimate take-down. I was not flustered in the least.*

*I was embarrassed for him. What did it matter if the details had been enhanced? I turned back to Jon and continued.*

*“So, after we had all met back at the lodge, David turned to me and asked if I would like to dance, and then everyone began the laughing all over again, and I …”*

*“That’s a lie too. He didn’t ask you; it was Bobbie.” Chad had a smirk on his face resembling a snake.*

*The table went silent. Again.*

*“So, would it be possible that I ask you to dance?!” The words from Jon couldn’t have been better timed or more welcome.*

*“Of course, I would love to dance.” I said with a smile on my face. He took my hand and led me to the floor.*

*“I’m so sorry for the awkwardness, I should have known better than to weave a tale of humor at a gala with he is the honored guest. I believe he thinks I am stepping on his toes.”*

*“My dear,” Jon said, with all the grace of a man befitting his appointment. “All of us know you well, through Chad, but also in and of yourself. You have no reason to apologize. It’s a story to be woven by its author. And, he is a bit of a perfectionist … perhaps, a bit over-anxious at times.”*

## Sign Number 6

## You feel like you can’t live without them – an addict in every sense of the word

If you reach the point of wondering if you can survive without them, they have accomplished their goal. At this point, you need to understand, this is not a game for them or a series of events they plan out, they are not really conscious of being rude, cruel, unfeeling, or apathetic. The narcissist genuinely feels like they have finally ‘found the one’ in the beginning just as you have.

What you need to realize is, eventually, they begin to see you are not their picture of a *superior* *lover,* as they once thought you were and picture themselves with forever. As they recognize your ‘humanness’ (or as they identify as faults), they cannot accept you as an equal, yet they need to feed on your *viewed* inadequacies to dispel their own deeply engrained insecurities and need to be superior.

In the beginning, building your confidence up in the many ways is their way of developing trust. When they discover you aren’t ‘perfect’, they turn those shared trusts and use them against you in the form of accusations and disappointments. You feel as if you aren’t capable of buttering a piece of toast, let alone standing as an equal beside them in your relationship. All of the discrepancies and wrong doings in the relationship are your fault, your doing.

You have become an addict for their love, striving for the fictitious relationship you had in the beginning. You love them like no other and have embraced their opinion and love in every circumstance, so that when they criticize you and judge you as being unworthy and incompetent, you believe their claims as gospel; they become your truth. And you feel you can’t survive in any world without their guidance and care, no matter the pain or misunderstanding. And you will continue to accept the pain and abuse until you find the answer to get back to the fictitious relationship they have created for your desperate soul.

* “You really think I am a bad mother? You used to say I was the best mother you had ever seen. And how, exactly, would you know this, as you’ve only seen me with my kids maybe 3 or 4 times.” He shot me a look like I was the lowest life form on the planet.*

*“I don’t have to; can’t you see how messed up they are? You should let them live with their dad, full-time. They’d be much better off.” He was looking across the room, looking arrogant and self-satisfied.*

*Where in the world did this come from? Both my children were doing well in school, they had close friends and were involved in soccer and ice skating. We have secrets, we joke, and read books out loud together. I don’t think in a million years they would ever want to trade me in. They are my lifeline, the reason I am willing to work two jobs, completing my college degree, and finally purchasing a home with a yard. I was reeling with justifications.*

*He got up and went through the dining room towards the bar. Tears welled up in my eyes as I thought that perhaps, he did know best and they were disadvantaged. Maybe they didn’t love me as I thought. Maybe I was distracted and should be more focused on their needs.*

*It didn’t matter, I couldn’t sit there another minute. I grabbed my purse and walked out of the restaurant and began the walk home. He called my cell once as I walked, without leaving a message.*

*It took me 3 ½ hours to walk home. After taking off my high-heels and 3 blisters later, I concluded what he had probably said wasn’t what I had heard. I was sure it was my mistake and I should apologize … and I did.*

Sign Number 7

Are you going crazy?

Along with the insecurity of thinking you can’t handle life as you used to, you also believe you are going crazy. You have been convinced this miserable condition is all your fault, because if you were the person you thought you were, you could have taken the right path and not displeased your partner.

Nothing could be farther from the truth!

A person in any situation can walk on eggshells for just so long. As some point, you question your own existence and demeanor, thinking every word you utter and every move you make will cause a fight, anger your partner, or quietly disappoint them to the point of them leaving you, alone and a shell of a person.

** You are confused because this person used to cheer you to greatness, they believed in you when you didn’t, they gave you the most amazing love and compassion, they treated you like royalty and looked at you deeply and with loving eyes. And who am I to think it was all smoke and mirrors? Why are they now making you feel like you can’t do anything right?

*“Mom, do you think I’m crazy?” I could tell she was taken off guard. Number one, I had just walked into her living room and had barely removed my coat, and two, I had never, ever, questioned my sanity. Someone else’s, yes, but my own? Never.*

*“What makes you feel like that sweetheart?” she inquired. She can pick me up from the darkest hole and make me feel like I can rule the world. I’ve trusted in her words ever since I can remember. I definitely, and unjustly to her, come to her with all my woes. She is my best friend … and always has been and always will be.*

*“I don’t know mom, last night I had an argument with Chad and for some reason, I can’t figure out what it was we were arguing about. And it’s happened before. I realize I’m wrong, but I don’t know what I’m apologizing for. I always feel like my words get jumbled around and I can’t seem to state the facts in the right way.”*

*“Does Chad accept your apology?”*

*“Yes.”*

*“Then it seems like it’s okay. Why do you feel like you’re going crazy?”*

 *“Because I don’t want it to happen again, and I try to not make the same mistakes again, but I can’t figure out what mistake I made in the first place. So, I can’t fix it and make sure it doesn’t happen again. I feel like I’m always on guard and I never know what it is that makes him upset.”*

*There you are, it’s all out there now - the insanity I thought I was dealing with in my own head is not my secret anymore. It’s out in the world, for everyone to see. I didn’t want to be a failure, especially when it came to Chad. He is my prince, the man of my dreams, and yet, I feel like I’m losing him, and I don’t know why or how. He could walk out at any second and I wouldn’t know what to do. I feel so helpless.*

*“Chad is a very smart man, sweetheart, and he realizes you are under a lot of stress. You are getting settled into a new job, you are in the middle of your graduate degree, and also trying to move to your new home with him and the kids. I’m sure he understands, even if there isn’t really anything to be arguing about. Once your life begins to settle down again, you’ll be back to your old self.”*

*It was true, I was under a lot of stress. And not upsetting him was at the very top of my list.*

## Sign Number 8

## If they are criticized by a superior (perhaps a boss or parent), they divert the failure to you

Whether you realize it or not, you are their foot mat. Because you are closest to them and they feel they are dominant over you, the criticism they have experienced will, in some form, be your fault. Whether your actions did or did not distract them from completing a project or such, you will be the ultimate cause of their demise. Your narcissist needs to keep their ‘perfection’ intact. Twisting their reality so the blame is not only redirected, but it is done with such precision and cruelty, that is knocks us off guard and for the moment, we are stunned. There are no boundaries when a narcissist reconstructs on someone else. They will be ruthless and cunning, making sure there is no doubt whose fault it was.

Because the narcissist needs to keep their self-image in a perfect state, there is no room for criticism or failure. This is even more true when their image is judged by an entity which they hold in high regard, such as their boss or parent. The person held in high regard is not judged, they are part of the narcissists’ own perfect reality, having the perfect boss or perfect parent. Where the blame is charged, however, is to the person who they have recently perceived as having fault or being imperfect.

 *“Hey Lonnie, how’s it going?” It was always wonderful to hear from Lonnie, and his sweet wife, Cathy. They have a beautiful home in the mountains and offer it up for social Directors Dinners often.*

*“Great, how’s it going with you?” he said, keeping the niceties in check.*

*“I’m good, everything’s good. I have nothing to complain about.” Lonnie was the acting CEO for the current owner, Randall, as he has been overloaded with priorities since his brother (and partner) had passed away suddenly.*

*“Always good news, right?! Hey, I thought I would call and let you know what time the dinner party is tonight. Cathy said to be at our house around 8 pm. The bar, however, will open at 7 pm, for the privileged members.”*

*“Ah, and I am thinking because you are telling me this, Chad is a privileged member?”*

*“Well, after the rouse he took from Randall yesterday, I think he may need a stiff scotch before everyone else arrives.” Lonnie was being more than generous with his conversation. Chad had been accusing, hurtful, and trying to pick a fight with me all last night. This must be the reason why. But he rarely disagrees with Randall; in fact, he idolizes him.*

*“Yea, well, with the Board all up in arms on decision making and Randall trying to answer everyone’s needs, I think he expected Chad to pick up the slack and run with it. I thought I heard Chad say he was going to handle things, but I guess something was lost along the way.” Well, that explains his anger last night. I suppose this rouse may be justified, but I’m sure I pushed a button or two making it worse. I’ll need to be more careful not to upset him…*

## Summary

Congratulations! You have begun to identify why your feelings are conflicting with your mindset and hopefully have some answers to your confusion. Revisit this lesson often; you will gain different perspectives with each reading. These signs are just 8 of the many, many twists a narcissistic lover is capable of. Further into the course, you will be able to identify more specific and detailed realizations as your understanding expands, further identifying the abuse which has been inflicted upon you.

If you haven’t realized it yet, you are a pawn in this game. Nothing you can or can’t do will change the cycle *or this person.* They are on a focused path of perfecting their surroundings in order to sustain their superior self-image, and you have been caught in the spiraling turmoil of their need for flawlessness, dominance, and control. They truly, believe what they do is justified and necessary. There is no other consequence than for you to be responsible for keeping their ‘perfect image’ intact; something, you’ve seen, even they have struggle to accomplish.

Let me guide you to an important article …

[Psychological Conditions - Echoism and Narcissist Abuse](https://www.vice.com/en_us/article/yw7xyy/echoism-narcissist-abuse-condition-psychological)

This piece was written about a year ago but explains one of the results continuing in a narcissistic relationship can have. We all think we are strong and can handle ‘life’, especially if at some point, we achieved amazing results in a tough situation; the Superwoman or Superman syndrome. Rest assured, if you are dealing with a narcissist, their environment is toxic to anyone who begins to love and care for them.

The most important thing, *above all,* is that you take care of yourself. If you don’t take action to take care of yourself and your own self-worth, the path back to ‘yourself’ will be much harder and will take more time. It is your choice. But know this *… you can* move forward from your pain. Of this, I have no doubt.

I want you to know, tomorrow can be a brighter day for you and your future. Please return to the Course Selections and click on the next lesson, which is a short self-analysis of where you are right now.



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