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## 7 types of narcissists

"Narcissism is named after Narcissus, a character from the Greek mythology, who fell in love with his own reflection in the mirror. According to Donald W. Black, narcissists are self-absorbed and constantly need to bolster his or her self-esteem through grandiose fantasy, exaggerated ambition, exhibitionism, and feelings of entitlement. Notwithstanding the common definition of a Narcissistic character, there are variations that I wish to highlight below. Psychologists have so far distinguished seven different types of narcissists. Which ones have you come across? 1. The Narcissistic Winner This type of narcissism manifests itself in an extreme desire to compete. For these narcissists, everything is a competition. Their behavior is not confined to naturally competitive areas such as sports, their career, or academics. It also spans out seemingly collaborative activities, such as parenting, driving, friendship, and even spirituality. A narcissistic winner is rarely happy for a friend's good fortune. In their eyes, another person's success is their own failure. When they "lose" – in reality or in their own perception – their self-esteem takes a huge hit. They may become antagonistic, or try to overcompensate by belittling the achievements of others. While the negative aspects of such behavior are blatantly obvious, they can become particularly dangerous on the road. There, everyone must obey the specific traffic safety regulations regardless of their temper. Statistical data suggest that fifty percent of all traffic accidents in the USA in 2018 occurred as a result of aggressive driving. Therefore, a team of psychologists from The Ohio State University and the University of Luxembourg carried out an experiment aimed at establishing a link between narcissism and aggressive driving. The results convincingly proved that the participants who scored high on the narcissism scale were more likely to commit serious traffic violations. For example, they would tailgate, speed, drive off-road, and even cross the center line into oncoming traffic. These drivers also tend to excessively honk their horns and use foul language at other motorists. But that's not all. Three participants even collided into other vehicles, and all of them had predominantly narcissistic character traits. The researchers link this aggressive behavior at the wheel with the narcissists' tendency to value their own time more than that of the other drivers. 2. The Victim Narcissist The victim narcissist is the sneakiest of the bunch. These people are master-manipulators, who use affection and emotion to keep you close to them. They are very skilled at playing the underdog, and will often create or seek out situations in which they can do so effectively. A victim narcissist has the perfect sob story to use when the occasion arises. They will easily convince you that the world is out to get them, and that none of their misfortunes is their own doing. As soon as they sense that you've started to give in, they will push you to do something for them. And if you dare refuse, you'll automatically become one of those nasty people who've been playing faulty tricks on them all their life. These people are firmly convinced that everything has been predestined for them and that they have no control whatsoever on their own life. As a result, a victim narcissist rarely takes responsibility for their own actions. They use blame and guilt to get what they want from others, often asking for unreasonable favors and handouts. A victim narcissist will become deeply hurt when other people cannot – or will not – solve their problems for them. 3. The Know-it-All Narcissist This person is convinced that they are more intelligent and better-informed than everyone else. In most cases, however, they are just conceited. They seldom bother to support their opinion with facts and become deeply offended when faced with counter-arguments. To the know-it-all narcissist, you are either right or wrong – with them or against them. There is no in between. They often preach, but rarely listen. They are known to offer unsolicited advice to friends, family members, and even strangers. However, they will become offended if someone does the same to them. To the know-it-all narcissist feels that they have nothing to learn from others. Unfortunately, this causes them to miss out on quite a lot in life. 4. The Narcissist Puppet Master These narcissists are absolutely incapable of coping with some unfortunate turn of event or an unexpected situation that requires quick thinking and improvisation. To compensate for this, they find ways to manipulate everyone around them. The puppet master narcissist has learned to control others through several different tactics, and is skilled at finding an individual's weak spot. They have no concept of integrity or empathy. A narcissist puppet master will lie, cheat, seduce, and withhold affection from loved ones to get what they want. Oftentimes they resort to setting friends against each other, or using unsuspecting people as pawns. This type of narcissist will seek out your insecurities and vulnerabilities, and exploit them without even a trace of remorse. 5. The Narcissist Antagonist This type of narcissist always seems to have an enemy. They scream at other drivers, berate waiting staff at restaurants, and leave nasty notes for neighbors who play their music too loud. This expression of their righteous indignation helps them to feel superior and in control. Unfortunately, it also keeps them from maintaining healthy relationships. They likely have few – if any – friends at work, and may even have lost jobs due to office disputes. Their personal lives are in constant turmoil. If they are in a relationship, their partner is likely to have a very submissive personality with low self-esteem. The narcissist antagonist may be estranged from one or more family members, often with no hope of reconciliation. 6. The Status Narcissist To this type of narcissist, self-worth is only real if it can be proven in a particular way and validated by others. They have little to no internal sense of self. Instead, they put all of their energy into accumulating money, power, and social status. For them, their social status is a constant source of reassurance and self-confidence. Similarly, they judge those around them not by who they are, but by what they've achieved. This type of narcissist must know how much you paid for your house and can tell you whether or not you hired the "right" interior designer. In their career, they never settle for anything less than the position of President, Vice President or, as a last option, Chairman of The Board. A status narcissist is often very smart and consistent in the pursuit of their goals and ambitions. Unfortunately, this is where the depth of their personality comes to an end. 7. The Royal Narcissist – This type of narcissist feels that they are always entitled to the best. They don't believe in earning special treatment – they feel that they deserve it simply by birthright, much like a royalty does. A royal narcissist will break rules, and will refuse to abide by social norms. When confronted over their misconduct, they will react as though they are being persecuted or treated unfairly. The royal narcissist, after all, is above things like speeding tickets. They will also treat others, including their superiors in the office, with utmost condescension. This is because they are convinced that the world is their kingdom, and everybody else is here to serve them. The extract from one of my favorite poems below says it all: "I am in love with you," I responded. He laughed the most beguiling and gentle laugh. "Of course you are," he replied. "I understand perfectly because I'm in love with myself. The fact that I'm not transfixed in front of the nearest mirror takes a great deal of self-control." It was my turn to laugh." — Anne Rice Narcissists cannot help being narcissistic. The purpose of this article has been to sharpen our wariness of their presence around us and make us more prepared to handle their behaviors or to avoid them. Don't allow a narcissist hurt you, control you, or make you feel down in the dumps. Sometimes the best thing you can do is to turn away and laugh or just to avoid them. Photo: Anthony Smith - Linton (Shutterstock) You're likely never going to encounter anyone whose grandiosity rivals that of The Talented Mr. Ripley, but narcissists of all stripes walk among us. Regardless of their varying quirks, however, the better known hallmarks of a narcissist are largely the same; those who suffer from the condition often crave outsized attention in groups, have trouble expressing sympathy or consideration for others, and navigate the world with an overwhelming sense of entitlement. Beneath the surface, though, there's a wealth of subtlety when it comes to what defines a narcissist and their psychological motivations for doing what they do. Narcissism stems from the Greek Myth of Narcissus, a beautiful young man who eventually fell in love with his own reflection, while rejecting the romantic advances of every young woman he encountered. Narcissistic Personality Disorder can be a broad field of classification, encompassing different kinds of destructive behavior that usually produces damaging results. Basically, NPD exists on a spectrum, and it might be hard for laypeople to differentiate between different kinds of narcissists. Here's how to understand the trademark tendencies if you ever cross paths with someone who exhibits them—because there can definitely be a lot of variance. Grandiose narcissists Exhibitionist or grandiose narcissists tend to walk through life blind to the plight of others, but in a way that suggests they're larger than life. They're more likely to have big personalities than most people you know and require attention and adoration commensurate with their extroverted nature. And they can be totally endearing, too. In a recent interview with Health magazine, the University of Georgia psychologist Keith Campbell likened this type of person to a real life Tony Stark. "They're sometimes likable, like a politician or a celebrity, and people look up to them, so they don't have to be mean all the time," he told the publication. This is the kind of narcissism more commonly associated with business tycoons and others in the public eye. These people tend to be brandish their own accomplishments quite a bit and often do it at the expense of those around them. In other words, they aren't typically shy about their primary interest—themselves—and occasionally they use that narcissistic fervor as fuel to climb to very high places. Vulnerable or "close" narcissists An understated narcissist, you say? Yes, actually. Though this kind of narcissism has some traditional facets in its repertoire—the need to constantly be affirmed, for starters—it's ultimately a product of the narcissist's lacking self-esteem. Speaking with Business Insider in 2018, the therapist Elinor Greenberg explained that this particular type of person likes to glorify on to the success, prestige, or status of something separate from themselves, like clothes or a car, for example. She told the website: When someone feels special because they have a designer thing on and other people can tell, that's special by association. For closet narcissists, they usually have self-doubt, and they are looking for the person they can idealize. Moreover, this type of narcissist is sensitive. Criticism, even if it's minor, is the worst thing you can subject this kind of person to. Moreover, this kind of narcissist will likely ask the people close to them for reassurance on a pretty consistent basis. Writing in Psychology Today in 2019, the University of Miami psychologist Berit Brogaard explained this in further detail: As Dr. Craig Malkin points out in Relinking Narcissism, vulnerable narcissists "are just as convinced that they're better than others as any other narcissist, but they fear criticism so viscerally that they shy away from, and even seem panicked by, people and attention." Malignant narcissism This is the most extreme form of the condition, and often involves someone who actively seeks to hurt other people in emotional and occasionally physical ways. Though it isn't formally recognized by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), many researchers do recognize it as a more severe form of NPD. A 2010 study from researchers at the University of Auckland in New Zealand determined that malignant narcissism is a "severe personality disorder that has devastating consequences for the family and society," despite being "largely ignored in psychiatric literature and research." As Healthline points out, malignant narcissism is sort of a combination of various mental health issues, including narcissistic personality disorder, antisocial personality disorder, aggression, sadism, and paranoia. It's the kind of narcissism that craves chaos and disorder, pretty much always coming at the expense of other people. There's a reason that many academic studies have probed the links between malignant narcissism and violent crimes. As Greenberg told Business Insider, the malignant narcissist strives to sow chaos, as the condition applies to "folks who are perfectly fine destroying careers of other people, basically fine with just imploding people emotionally, physically, and spiritually." It can be difficult to parse the subtleties. The main issue for people who might come into close contact with a narcissist is not to jump to conclusions or hurl accusations. NPD is a psychological condition that's always best diagnosed by a psychiatrist or certified mental health professional. What you can do, however, is understand how to deal with some of the behavioral patterns, like understanding how to talk to someone who's gaslighting you, or if you're being "lovebombed." As always, the hope is that people suffering from NPD get psychological treatment, though that might be a difficult ask. 7 types of narcissists test. 7 types of narcissists ramani. 7 different types of narcissists. what are the 3 types of narcissists. what are the different types of narcissists. how many types of narcissists are there

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