

# The Unknown Self

## Understanding Narcissism



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## Narcissism – The Story



**According to Greek mythology Narcissus** was a handsome young man who was adored by many women for his beauty. Despite of this he rejected them all. One of his lovers asked Artemis to punish him: *“Let him understand what it's like to love someone that you can never have”*.

**One day Narcissus was out walking** and came across a beautiful clear pool, as he knelt to drink from the clear water his own mirror image reflected back at him. It was at this very moment that Artemis weaved her spell and the result was that Narcissus fell in love with his own reflection. Soon he understood the feelings that other that loved him experienced, the lovers he had rejected.

**Unfortunately for Narcissus he was not aware** that the reflection was his own image, and he fell in love with it. And soon realized that he was unable to be loved by it. Narcissus stayed by the pool day after day, unable to stop looking at his own reflection. He became so exhausted he eventually died, never knowing or recognizing his true authentic self.

### Narcissist People

**Narcissistic people wear a mask of confidence** and self-assurance that cover up deep insecurities and fears through an inflated self-image. Narcissist people are good at lying, but even better at believing their own lies. Creating a distorted reality, they hurt others as they strive for control, when in fact it's themselves that are out of control.

**Narcissistic people unable to show or reveal their true** self to anyone, simply because, they are unaware of who they really are. On an unconscious level they actually hide from themselves and the world around them, locked into a perceived reality of their own making, locked in with the suppressed negative emotions such as anger, frustration, resentment, and of course fear. These negative emotions emanate from them suppressed and confined in the world they have created, a world designed for the purpose of feeling in control, to progress, if you can call living life in a bubble progressing.

**Within this bubble they operate within their own inflated ego** acting out behaviors of being distant, arrogant and intimidating, or else charming and seductive, but either way believing that they can never be affected by anything or anyone, when in actual fact they are having a negative effect on their whole living reality and the people who love them. They run like lemmings towards the cliff edge, unaware of the danger signals.

**So, the question is, what created these suppressed feelings** that have become so much a part of their survival? What created the set of principles, beliefs and of course the behaviours, that no longer serve them. Deep down they are much more, so much more than their behaviours; they were not born with negative feelings.

**Childhood negative programming can create two of our greatest fears** a fear of loving and a fear of being loved. Childhood and parental neurosis, being over protected or abused by parents or carers, the feeling of betrayal, and seeing others betrayed around you in early childhood, lack of trust, and being looked up to by peers when really you felt lost scared or inadequate can all have a significant part of developing Narcissism and the destructive behaviours that go with this label later in life.

**Anger is born of hurt, sadness, and frustration**, which then which gives birth to resentment. At a very early age parental neurosis and conditioning together, with significant negative emotional events may have cause these feeling, which you did not understand, and because you didn't understand them, there was very little you could do about them, so you internalize them, because as a child you were unable to deal with them through lack of understanding. Unconsciously you pushed them down into a black bag and pull the strings tightly closed, and these negative emotions never saw the light of day until you were older.

**Later in life, the suppressed negative emotions start to manifest** to surface as bad feelings and having no real understanding of how to deal with them they are channeled through behaviour, which are projecting outward onto others or objects. The blame is always outside the self, always something or someone else's fault for the feeling and the things that are wrong in their life. Narcissists never take responsibility for their actions or words. They live in a world of cause and effect, a world where they are king or queen of their empire.

**All the negative emotions that were established and suppressed all those years ago**, all the well established outdated behaviours that are used to control, manipulate and psychologically play with the very people they need, but reject, these emotions are acted out everyday as a release for unconscious constrained, immature negative feelings. Having control over others gains a false sense of security, a false sense of being powerful and comfort, or so it seems. What has a Narcissist's been unwilling to do, or say in the past that has allowed them to keep all their problems? Firstly recognize that they are building their life on unstable emotions.

**If a person has come to a place in their life where there behaviours keep hurting other members of your family** in order to maintain their own feelings of control, then is it time to reconsider the situation! Because what they will undoubtedly create is the very situation they least desire and everything they think they control will be lost.

**If outdated negative feelings and behaviours have a purpose** and the purpose is to teach something, what is it that a person label with narcissism needs to understand, what is it that they need to let go of in order for their problems to completely disappear?

**I invite you to take the first step to understanding narcissism** and narcissistic traits. The [Unknown Self Precision Therapy Self Hypnosis recording](#).

The recording "The Unknown Self" is a remake of my former recording *Maturing Beyond The Narcissistic Stage Of Human Development*, which is now discontinued.

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Light Abound.....

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