

Narcissistic Personality Disorder

What is Narcissism? If asked, words such as grandeur, ego, entitlement, sense of importance and one who thinks he or she is magnificent comes to mind. It is a mental disorder that many people have and can be controlled in many ways. It is a trait that many successful people possess and can be destructive, as well as helpful, to many. In researching this disorder, I have found that NPD is a mental illness for which few, if any, professionals know it's cause. Many suggest, however, that it is passed down to children whose parents, or in some instances, biological relatives have it.

Health care professionals suggest that, depending on the severity of this mental disorder, psychotherapy treatment may prove to be helpful, along with prescribed medication. Many of these people have unreasonable expectations and may have trouble handling any kind of criticism.

According to an article in BJPsych Advances, people with NPD have two types of personality flaws. One is vulnerability, and the other is overly sensitive, insecure, defensive, and they have an underlying sense of shame and inadequacy. It's scary to think that I may have some of these tendencies, but I also believe that there are many people who, also, share the same concerns that I do.

In all of my previous articles I have discussed specifically signs and symptoms of each mental disorder, and below I have once again listed all of the obvious things to look for in this disorder.

1. Always talking about themselves....
People who are always speak only about themselves, often about their physical appearance, talents and achievements.
2. Fantasize....
Fantasizing success, power, brilliance.....
3. Belief of Superiority.....
Feeling better than anyone else.
4. Requiring constant praise.
5. Sense of Entitlement.....
Expecting others to offer them special favors to fulfill their request.
6. Take advantage of others.
7. Envious of others.

8. Enjoying being the center of attention
9. Lack of Empathy

Much to my surprise, there are many mental disorders that have similar traits. In researching the various mental illnesses, I now understand that there are many unknowns in the field of mental health. I have become more cognizant of the complexities that each disorder possesses, and it leaves me with many questions as to my own mental health. But in life there are many things that we cannot explain or understand. I hope these articles have inspired each and every one of you. I know how difficult it is to understand and manage whatever mental illness you, your friend or loved one has. There is always light at the end of the tunnel, and in today's world we all can find help if we want it.

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