

EXTREME NARCISSISM: EGO TO THE MAX!

He that falls in love with himself will have no rivals... Ben Franklin

WHAT TO KNOW!

- ❖ Some degree of narcissism such as caring for oneself is healthy
- ❖ People who are extreme narcissists are totally absorbed in themselves
- ❖ They think they are special and believe the world revolves around them
- ❖ They are self-centered and have an exaggerated sense of self-importance
- ❖ They will use people for personal gain without any care for them
- ❖ They can be very charming and believable
- ❖ They are often entertainers with an admiring public reinforcing their narcissism
- ❖ They are also entrepreneurs and may run very successful companies
- ❖ They expect special treatment and have a sense of entitlement
- ❖ They lack empathy for others and fail to recognize other people's emotions
- ❖ They have a constant need for attention and affirmation
- ❖ They are grandiose and have fantasies about attaining success and power
- ❖ They can be arrogant and view themselves as superior to others
- ❖ They can be very materialistic and need to acquire items reflecting success
- ❖ They need constant recognition and praise
- ❖ They are very sensitive to criticism and appear to have fragile self esteem
- ❖ A "narcissistic wound" can trigger angry and even homicidal behaviors
- ❖ They tend to be the center of attention and think they have special talents
- ❖ They demand to possess the best of everything; nothing seems to be good enough
- ❖ They tend to blame others without recognizing they are at fault
- ❖ They are shallow and unable to sustain relationships
- ❖ They tend to be emotionally isolated and will be unfaithful in relationships
- ❖ When not reinforced with admiration, they may become depressed, threaten suicide, and develop substance abuse and eating disorders

CAUSES

- ❖ Uncertain but genetics and early childhood trauma/abuse may play a part
- ❖ May also be due to inconsistent parenting and overindulgence of children
- ❖ Excessive parental pampering and praise of children may cause high expectations
- ❖ May be due to oversensitive personality predisposition towards criticism

WHAT TO DO!

- ❖ Individual psychotherapy is indicated:
 - to change destructive thinking and behaviors
 - to maintain appropriate behaviors and improve relationships
 - to ward off depression and substance abuse
- ❖ Family therapy can help resolve conflicts and improve communication
- ❖ Group therapy can help in learning how to relate better with others.

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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