

Video 6: Narcissism in our Daily Life, Part 2: Loss of our Identity (Transcript)

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Most people on this planet live their lives, mainly reacting out of their subconscious mind, rather than having original thoughts. Someone does or says something, and we react to that in accordance to the emotional wound that's triggered. We don't even know that we're doing this. As life goes on, we get more and more emotionally injured and triggered; both from our immediate environment and from society, in which the media have a huge impact on our behavior. Those who control the media know exactly how the human mind works and how to trigger the mass population. It works like a clock.

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Over time, this has become a more and more reactive world, where people are reacting, rather than acting. We act less and less in line with our true selves. We have been manipulated to become this way; this being a part of a much bigger agenda that we will discuss in detail in later videos. Those in control; humans and non-humans; instigate the trauma and the drama, and we, in our reactive ways, then trigger each other, which builds the foundation to most of the problems we encounter today.

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The fact that we humans act out from our subconscious mind rather than from our genuine selves can be particularly studied in relationships and marriages. There is a saying that men usually marry their mothers and women marry their fathers. This is accurate, and it's true more often than it is not. Although we can see this from mere observation, this phenomenon has not been properly explained, but it has everything to do with narcissism.

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It might come as a surprise to many, but the most common relationship on this planet; at least in the industrial world; is that between a narcissist, or a person with narcissistic traits, and a so-called "codependent," which is a term used for the victim of narcissism. The term "codependence" was coined because this person thinks he or she is

dependent on the narcissist for his or her own survival and happiness. It is also true that the narcissist is dependent upon his or her victim for his or her survival, which in fact makes both of them codependent. The narcissist literally needs the other person's life energy to stay alive, and the codependent; the term we will use for the victim of narcissistic abuse from hereon; thinks he or she needs the narcissist for many different reasons, and it always stems from childhood abuse.

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People think that childhood abuse means that a parent beats the child, or is overtly mean to him or her, but this is not always the case. There is abuse that's taking place even by codependent parents, who otherwise might be decent people. Abuse can be anything from neglect, rejection, shaming, guilt-tripping, comparison between their own the child to other children, not listening, having strict rules, not letting the child be himself or herself, not validating the child's own needs, to harsh verbal and physical abuse. Studies have showed that what might seem to be the lesser form of abuse in the examples above can often have the most damaging effects on the child; particularly rejection, shaming, comparison, and guilt-tripping. These leave huge emotional wounds in the child; wounds that he or she will bring with him or her into adulthood, having severe effects on the child's psyche; something that will sometimes last for the entire life.

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If one parent is narcissistic and the other parent is codependent, which is a typical relationship today, the narcissistic parent will continuously abuse the child, overtly and, or, covertly. This will create a codependent child. The child will start to either mimic the narcissistic parent, or he or she will learn how to please the narcissistic parent. In the former case, the child often develops similar characteristics as the narcissistic parent, but will usually not develop into a full-blown narcissist (although this happens). How much of the narcissist's personality this child takes on depends on the grade of negative influence the parent has had, and to how strong the child's core self is.

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The latter type of child will often become a "people-pleaser," who spends his or her entire life trying to please people he or she meets, in an attempt to be loved. This is devastating for the person, because it means

that his or her individuality; ego; will never develop. He or she adjusts to the environment and is rarely his or her authentic self. There is a lack of identity, and this child doesn't know who he or she really is, as the authentic self was never cultivated. From early childhood, he or she always tries to be someone else than himself or herself, realizing that being oneself is obviously not allowed. Thus, the person thinks that this is not allowed in adulthood, either.

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This phenomenon is extremely common. The child, who mimics the narcissist, will not develop his or her own personality, either, because he or she will become similar to the abusive parent or parents.

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Those of us, who figured out that the best way to cope was to learn what the parents wanted from us, and learned to adjust to it, sometimes create our own little world inside our minds where we can escape when times are difficult. It is often a fantasy world, or a place, to which only we have access, and in that world or place, we can create whatever we want. If we are artistic and creative children, we often develop this haven for ourselves. On the flipside; children who do this might become artistic and creative. In other words, we escape the 3D reality and spend our time in other dimensions, where we can create with our thoughts without being interfered with. We lose touch with our bodies and our environment to a large degree, because it is too uncomfortable to be here in the physical world, where the abuse is taking place.

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However, those of us, who instead become rebellious already when we are little, the so called "problem child," sometimes do the exact opposite. We try to cope by rebelling against the abuse, which leads to more abuse from our parent or parents. We then often become more overly narcissistic in our adulthood than those who found a way to escape, although both of these options will lead to much damage later in life, albeit in different ways. The rebel is often more overtly aggressive or passive-aggressive, while the child who escapes to his or her own dimension usually becomes withdrawn and submissive. The confrontational child chooses to remain here in the physical realm, compared to the escaping child, and will therefore rarely get the chance to develop much of his or her spiritual side. Some children are a mix of

both example above. None of the children in the above categories has any choice; they both just choose their own way to cope with a situation they otherwise have no control over as children. After all, we are quite helpless in the beginning of our lives, and we need our caregivers for survival.

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Many of us, who are unaware of the effects of narcissism, think that the way we act and react on a daily basis is in tune with our true personality, when nothing could be further from the truth. In reality, we don't even know who we are; we have become someone else; we've become someone our parent or our caregivers wanted us to be, or in case of the rebellious child, he or she became the "black sheep" of the family, whom everyone turned against because he or she was not obedient. We, who did our best to try to please our parents, often become the so-called "Golden Child," always trying to over-achieve in order to satisfy the parents' needs.

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In both cases, this often leads to depression and a feeling of "not being good enough;" both in our childhood and in our adulthood. Not being able to express ourselves in our childhood, according to who we really are, and not being able to please our parents and ourselves, leads to shame, guilt, general anxiety, and separation anxiety, to name a few. Fears of not being good enough and of being abandoned, not loved for who we are, in combination with shame and guilt, are the core of our emotional childhood wounds; particularly abandonment or separation anxiety seems to be at the bottom of all wounds from narcissistic abuse. And because all people are wounded to a greater or lesser degree, we all have a tendency to sometimes trigger each other, without having to be narcissists.

YouTube address: <https://youtu.be/aM3cHA1ZTRE>