

Signs that you are a Victim of Narcissistic Abuse

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Abstract

Repeated abuse has long lasting pernicious and traumatic effects such as panic attacks, hyper vigilance, sleep disturbances, flashbacks (intrusive memories), suicidal ideation, and psychosomatic symptoms. The victims experience shame, depression, anxiety, embarrassment, guilt, humiliation, abandonment, and an enhanced sense of vulnerability.

The first phase of PTSD involves incapacitating and overwhelming fear. The victim feels like she has been thrust into a nightmare or a horror movie. She is rendered helpless by her own terror. She keeps re-living the experience through recurrent and intrusive visual and auditory hallucinations ("flashbacks") or dreams. In some flashbacks, the victim completely lapses into a dissociative state and physically re-enacts the event while being thoroughly oblivious to her whereabouts. The victim's family and friends complain that she is no longer capable of showing intimacy, tenderness, compassion, empathy, and of having sex (due to her post-traumatic "frigidity"). Many victims become paranoid, impulsive, reckless, and self-destructive. Others somatise their mental problems and complain of numerous physical ailments. They all feel guilty, shameful, humiliated, desperate, hopeless, and hostile.

PTSD need not appear immediately after the harrowing experience. It can – and often is – delayed by days or even months. It lasts more than one month (usually much longer). Sufferers of PTSD report subjective distress (the manifestations of PTSD are ego-dystonic).



Biography:

Sam Vaknin is the author of "Malignant Self-love: Narcissism Revisited" and other books about personality disorders. His work is cited in hundreds of books and dozens of academic papers. He spent the past 6 years developing a treatment modality for Narcissistic Personality Disorder (NPD). Over the

years, with volunteers, it was found to be effective with clients suffering from a major depressive episode as well.

Speaker Publications:

1. Abuse, Trauma, and Torture - Their Consequences and Effects
2. Narcissistic and Psychopathic Leaders
3. The Developmental Psychology of Psychopathology
4. Malignant Self Love: Narcissism Revisited. Narcissus Publications,

[4th International Conference on Addiction Therapy;](#)

Webinar- November 27, 2020.

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