

# A narcissist's mind

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Knowing the narcissist better than they know themselves

Understand key biblical concepts that reveal the hidden mindset of a narcissist. Uncover the real reason why a narcissist does what they do that has nothing to do with the nature of the empath.

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## Introduction:

Hello and welcome to Dynamic woman web T.V. a place to discover your inner being as you apply hope and restoration to your inner self through the love and understanding of Godly principles.

Unleash the Dynamic Woman inside of you through biblical insight backed up with scientific evidence that enables you to tap into your feminine energy to unlock your womanhood within your very soul. It's time for you to awaken and become alive to yourself once again and to the woman God has called you to be. You are God's daughter, His bride and together we are our sistah's keeper.

My name is Shannon Malaka and I am your host of Dynamic Woman web T.V and I am your Christian mentor and life coach helping you to discover the harsh realities of life for what they really are. I am here to help you balance yourself in confidence as you walk the narrow path in the direction of Jesus Christ our Lord and Savior.

In today's webisode, I'd like to talk to you about how to understand the narcissist by understanding what they are thinking and feeling.

Most information out there that is public knowledge about narcissism is good intel, the knowledge base about this personality disorder has flooded mainstream media to the point this abusive behavior is no longer a secret.

I'd like personally thank those who have come out to share their knowledge and victimization of narcissistic abuse. If it were not for them, we would not have the foundation of information that we do today.

## Getting to know a narcissist:

Getting inside the mind of a narcissist is a difficult challenge; but to understand why a narcissist does what they do, it is essential to push empathy aside. Discover how a narcissist thinks by uncovering hidden roots that reach far back into bible history. Learn the real reason why a narcissist does what they do and why instinct is second nature to them.

In seeking my own answers to help me heal from narcissistic abuse I came across a conundrum that I found perplexing. I began to notice a pattern within the assessments of people's personal assessments about narcissistic behaviors. The question that most people have that needs to be answered in order to help us heal from this form of abuse is a question that helps offer us closure. I am extremely analytical and I wanted to know what was going on inside the mind of a narcissist. Understanding this does help us as victims become survivors and I scoured internet journals, psychology papers, personal experiences and this led me to ascertain something that can only be logically answered.

Why does a narcissist do what they do? This question has a multitude of answers and the people who have exposed narcissism are victims and clinicians who share one thing in common that they do not share with the narcissist; they are empathetic in nature. When we begin to look at the conclusions objectively, we are shown what a narcissist is thinking. However, through the lens of empathy we can never gain a clear understanding because of the bias slant we attack the issues of narcissism from; empathy. A psychologist writes from the perception of a clinical mind, by asking all the right questions they write in detail the conclusions based on answers they have been given with their unbiased observations. However regardless of how objective a clinician is, they are not entirely objective and separated from their patient because they have empathy for their patient.

Victims who have used information about narcissism to help heal themselves can only address narcissistic tendencies from their side of hurt and pain. Getting inside the mind of a narcissist is impossible when the victim has heart strings pulled every which way to Sunday to which those strings pulled will always feel personal. A victim cannot remain objective and separate himself or herself from the abuse because there is always emotional attachment through the potential of what the victim sees/hopes the narcissist could be. We as victims always see the good and the potential in others and this is no less true when trying to assess the narcissist's mind.

There are also narcissists who have come out into the public eye to share their view point on why they do what they do, but this too I believe is not an objective assessment. The narcissists lack the understanding to know themselves in any deep capacity, and they try to superficially appeal to the better nature of the public in order to remain unseen as who they truly are; inhumane, evil, malevolent and unempathetic. For them it is easier to lead the public on a series of mind games and an emotional roller coaster of abuse that helps the battery seem less abusive. While we may hate the behavior, the narcissist's open assessment of themselves paints the picture of 'don't judge me, judge my behavior. Underneath it all, I am still a nice person.' The information is good, and it helps, but it again appeals to an empathetic public and doesn't really answer the question in the depth that we want to know; or the depth that we should really know.

The information suggests that the narcissist is deliberate in their actions; often methodical at times as they go to great lengths to set out to torment an empathetic person with direct reasoning. Some assessments even suggest that a narcissist can 'sniff' us within a crowd and that we never see them coming. They are masters of disguise manipulating situations and our free will all to suit their gain, and they do this on purpose to push the envelope, to get what they want by becoming a willful witness at our take down and demise.

The narcissist is conniving, but not as intentional as we might think. If we want to see inside the mind of a narcissist and truly understand the reasoning behind what they do, and how they do it, we are going to have to push aside our empathetic nature and really look at them objectively. A narcissist is who they are and they are naturally attracted to empathetic people. Why this is so has biblical underpinnings that can help us understand the shifting world as a society today.

A narcissist is a person who has a personality disorder. What this means is who they are is dysfunctional. Their character does not line up with the normal standards within society. The abusive behavioral traits within a narcissist automatically labels a narcissist as an 'evil' or bad person. Bad people are attracted to good people because a bad person has to seek out and destroy the good in a person so that the bad person can feel good and feel at peace with himself.

What happens when the Christian communities expose the world's sins as being bad? The world retaliates and creates laws to legalize their bad behavior to make it good. The sinful nature in people dictates to someone 'if it feels so good then how can it be wrong?' That is the measure that sin goes by and does not take any other reasoning into consideration. A narcissist thinks the same way, if his or her behavior get them what they want, and has the ability to control people by subjugation then how can narcissism be wrong?

Sin is against righteousness and will character assassinate a righteous person because sin takes offence. A narcissist is offended by empathetic people by nature. This offence comes with a natural tendency to destroy and kill. It is natural for unrighteousness to devour anything good so that it will not have any opposition to stand in its way. With nothing in its way it can behave as it wants to in peace because there is no one to test or contest the behavior. How peace is found is when everyone is living and doing the EXACT SAME THING.

The sinful nature has a need to survive. This is because the sin nature is destructive in nature. Narcissists are not just destructive to people around them, but to the host itself. The sin nature needs to devour; it is what it was created to do. When a narcissist does not have anyone around him/her to devour, the narcissists will victimize himself leading to abusive tendencies such as drug abuse, alcohol abuse, gambling and other forms of addictions.

I personally do not believe that a narcissist goes to great lengths to see an empathetic person harmed on purpose. Oh they want to do us harm, but this is an subconscious act. Narcissists take the path of least resistance and cannot be bothered to invest too much time in reveling in our

pain. They are not so concerned about us as we might think. Their behavior has more to do with getting satisfactory results that make them feel good and feel in control.

In the webisode entitled "What is narcissism?" I discuss two types of narcissism from a biblical point of view; those who were influenced through abuse and trauma, and those who are born with a genetic predisposition to narcissism. Those that are born with a predisposition to narcissism lack empathy, and try to spiritually disarm and dismantle kind and caring people. They can't help themselves; they are who they are as who they are- are creatures of instinct. Habits are hard to break, but instinct, that can never be rooted out.

To understand this a bit better, think of a particular sin that you have enjoyed indulging in before you were convicted to repent of it. Maybe you still have some sin within you that you have yet to let go of. To give you an example, let's look at something as simple as eating. Eating is a necessity. We need to eat to live, and because of this many of us do not recognize that we instead are living to eat; over indulging at every habitual whim. Because eating is so natural, we neglect to see the harm it is doing to our bodies inside and out. Because our bodies show little outwardly signs of injury, we continue as we are; believing that our eating habits are fine. This is the same as a narcissist's mindset. Because a narcissist that is genetically predisposed to this personality disorder, they fail to empathize because they cannot see that anything is wrong. We as a society with our negative eating habits, fail to empathize with our bodies because we have new fail safes put in place that allow us to eat as we want. Medicines allow us to continue to live in ways according to our habitual lifestyles and this prevents us from seeing the need to change. Vegans, and organics, exercise and holistic living is seen as wrong and intrusive. The mindset of society says that we should live and let life. This comparison has narcissistic qualities, but to bring this behavior back onto narcissism itself, a narcissist is prevented from seeing the need to change because they are shown that their behavior works. If their behavior gets them what they ultimately want, then they are not the problem; everyone else is.

As much as a narcissist lacks empathy towards other people, they don't lack empathy towards themselves. They care about themselves first and foremost and this is why a narcissist does what he does. They carry a self- righteous indignation that puts their needs above others at all costs. It's a self- survival mechanism and the techniques they use to see that their emotional well-being remains in-tact are always at the expense of others. They bring their victims to a place of lower standing than what the narcissist feels. This allows the narcissist to function in a way that allows them to feel valuable and worthy.

"You will crawl on your belly and you will eat dust all the days of your life." Genesis 3:14

God created mankind from the dust of the earth. We humans are earth bound creatures, while the spiritual creatures are heavenly and not created from the earth. This curse places the fallen spiritual creatures (The enemy and the enemy's children) at a lower standing than humans. Spiritual beings were created higher than humans, but through the curse, the rebellious spiritual

creatures are now lower in stature than humans, and this helps us to understand the narcissistic tendencies that play havoc on the narcissistic ego.

Mankind was given dominion and authority over the earth. The enemy through the curse was put in his proper place, below mankind and this is something the enemy will always fight against. No longer does the enemy have dominion and authority over us naturally and has no choice but to take it by force, this is what narcissism does. Narcissism is the character of the enemy that sets oneself up spiritually above the other. The enemy and the enemy's children are now a part of the earth, and God's children are a part of heaven. The enemy will forever fight this curse and subject us to fear and submission by force.

Sadly, most of us do not know our place in life, and the enemy will always try to gain the upper hand by preying upon the weak. The curse the enemy will never accept and will never submit to us on his own, it is only through Jesus that the enemy will submit to us and stand down. I believe narcissism is rebelliousness towards God, it is the bible definition of godlessness in the end days as rebelliousness means to fight submission to any loving authority; God's authority.

Empathetic people regardless if we know it or not, have been imprinted with loving authority before we were born. It is up to us to allow our love to grow and mature. The narcissist can bring that out in us when we begin the transition of healing. To love ourselves enough to let the narcissist go so we can love and help heal others is what it means to love others as you love yourselves.

It is hard to understand the mind of a narcissist, however when understanding the roots of the sinful nature we can safely say that we are all narcissistic to some degree. We all have those wants and desires we hold dear that we can't give up. We unknowingly harm ourselves and others in the process as we cling to our sin. More importantly we are keeping ourselves separated from God.

By tapping into our impulsiveness, our greed, we indulge in the sinful nature and this is all that a narcissist does, but they lack the conviction of the HOLY SPIRIT to stop. This is why they can't stop. If they have no measure of guilt that enables them to stop, they do not see that their behavior is abusive, intrusive, or even wrong. Because a narcissist does not know that what they are doing is wrong as it feels right, they don't recognize that they are hurting their victims. They don't care and they are not doing mental gymnastics in their heads to come up with the best and most devious plan to see our demise.

A narcissist does what he does for self- survival and self-preservation. Their behavior they could ultimately change if they wanted to, but it is not in them to want to change because they can't. They are so strong in their convictions it is a part of them, their jealousy is so strong it is instinctual to hate themselves and because a narcissist hates themselves, they hate us. They see

us as better because we are. We should never laud that over anyone and become boastful about it. We who are loving creatures belong to the ONE WHO IS LOVE. We belong to a HIGHER Kingdom than the kingdom of earth and that should always be our focus.

A narcissist doesn't know why they do what they do, they just do it. The bible shares with us that a narcissist is someone who is under a curse, because of their father who sinned in the garden in Eden. What a narcissist does is a spiritual effect within their DNA that they can't turn off.

A narcissist naturally wants to feel better about themselves but can't. They lack the emotional skills that help to empower themselves because of who they were born from. The negative imprinting from within their family upbringing doesn't help matters and because of this, the narcissist lacks genuine love for themselves and for others. This is opposite to God's word that says love others as you love yourselves. Anything that is opposite of God is unrighteousness that is rooted in sin.

"The acts of the sinful nature are obvious; sexual immorality, impurity and debauchery; idolatry and witchcraft, hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy, drunkenness, orgies and the like- I warn you as I did before, those who live like this will not inherit the kingdom of God. "Galatians 6:19-21

"People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God- having a form of godliness but denying its power. Have nothing to do with them."

1 Timothy 3:1-5

God's word addresses narcissistic behavior exactly as how we victims have been exposed to our abuser's ways. We have been on the receiving end of jealousy, slander, fits of rage, selfish ambition, envy, drunkenness, hatred and any other abusive unrighteousness characteristic mentioned. The narcissist disregards God, dismisses Him and does not care about Him. How much then should the narcissist care about us? If they can't care about themselves and they resort to physical gratifications for emotional support and supply, then how much less will they comprehend to nurture our emotional needs that satisfy our souls? They won't because they can't.

It is not in them to do so. It is just that simple. Just as it is not in a toddler to learn pre-calculus or an infant who can't walk to suddenly grow wings. To assume a narcissist cares and is plotting and planning against their victims is extremely short sighted as it takes the onness off of their sinful nature and tries to level them with our righteous nature. As kind as that maybe, that assessment too disregards the curse spoken in the garden long ago. To be aware in some way means to the empath that the narcissist is capable of change and that gives the empath hope to hang on and continue with an abusive relationship or do better next time, further making excuses for the abuser and not holding them up to any kind of responsibility.

Trying to understand the narcissist from the point of empathy is nothing short of another type of victimization as it forces us to react in a way that prevents us closure to properly heal. A narcissist does not want to invest the time into something that goes above and beyond immediate results and that is something that we have to ultimately accept. A narcissist does not and will never care enough to invest in an empathetic person in a way an empathetic person needs. To assess a narcissist from the slant of empathy, skirts the ultimate form of rejection; something an empathetic individual has a hard time dealing with.

The information out there so far is healthy and beneficial and my applause and admiration goes to those who openly speak out against narcissism; the psychologists, the victims, and the narcissists themselves, THANK YOU for your efforts! However, the one thing we must all understand is that narcissism is a characteristic trait in most people that cannot be cured because just like people are born of God, some people are born of the enemy. God's word tells us that the world is going to become a scary place and the world is made up of many people's and nations. But according to scripture there are only two kinds of people; people born of God and people born of the enemy. Somehow we have forgotten that.

This webisode was to help you understand narcissism from a biblical point of view in a way that shifts the responsibility back to where it needs to go; the biblical foundation of life and human nature. Narcissists cannot help but do what they do as to the narcissist doing what they do is first nature. A narcissist is who they were meant to be, just as you were predestined to be who you were meant to become; a soldier for Jesus equipped with knowledge through experience so you can help others survive their battle ground of narcissistic emotional tyranny. Knowledge is power and the more we know about our enemy the more we become empowered to fight against our enemy because the less we will live in fear of him; of them.

You have been watching Dynamic Woman Web T.V, I am your host Shannon Malaka. Be blessed as you allow God to allow you to become a blessing to others.