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Double bind narcissist

Photo by Annie Gray on UnsplashAlisa was the scapegoat. She grew up feeling like she didn't belong and often wondered if she was adopted. It was hard to grow up feeling like she was on the outside of her family's inner circle.A few years ago her father asked her to come to work for him. Alisa was shocked he asked her. She and her father had never been very close, but Alisa saw this as a chance to impress her father. The new job went well for a couple of weeks—until her father asked Alisa to lie and cheat on some financial forms. Alisa didn't know what to do.For the first time in her life, her father had praised Alisa for her hard work, and she felt their relationship was better than ever. On the other hand, Alisa felt rotten to go along with the sham. Alisa felt caught in a double bind between her conscience and her desire to have her father's love. She's is not alone. Double binds are a common problem for narcissistic abuse survivors.You've probably been in a bind yourself. Have you felt the pull to gossip or triangulate with others so you can be part of the family's inner circle to keep the narcissist from talking about you? Have you wanted your parents to love you so much that you were willing to say things you didn't mean or do things you regretted later? Have you tried to speak your truth only to discover it will drastically change your family dynamics? Have you struggled with going along with all the family drama to avoid getting shunned? If you've has any of these things happen, you've probably been in a double bind. It's like asking you to play a game you can never win.So how can we live in a world full of double binds and maintain our integrity? How can we share our stories authentically and remain in a relationship with the people we love?Keep Your Options OpenIf the only reason you'd go to a family event is to keep the narc and flying monkeys from talking about you, you might wonder if it's worth the stress? Do you enjoy spending the weekend babysitting people so they won't backstab and lie about you? What kind of relationship would that be? Perhaps you'd like another option. Are there are people you'd like to see, under different circumstances? Maybe you can invite them to meet up with you somewhere else without the narc and flying monkeys.Realize You Are Not the Only One With ChoicesThe fallacy of the double bind happens when you imagine you are the only one responsible for the results. You might feel you are damned if you do and damned if you don't, but perhaps it is not you who is damned. Maybe the narc is damned if you do and damned if you don't.If Alisa could see the bigger picture, she might realize her father should be the one in the double bind. On the one hand, he has a devoted daughter doing a great job, who is unwilling to compromise her values even for her father's love. Her dad might be angry because she won't go along with him, but he loses her respect by asking her to contribute to a criminal act. Instead of forcing his daughter to follow in his footsteps, if he had any conscience at all, he might choose to respect her integrity.Be True to YourselfShakespeare gave great advice on relationships when he said, "To thine own self, be true." If we can't be true to ourselves, we have nothing left to give to others. No matter how much we want to go along with the narcissist, we can't. Call it karma or the natural law of sowing and reaping, but life rewards our actions. The narc won't care because most narcs have little to no conscience. It could be your health at stake, or your sleep lost because you did something you knew was against your values.It seems the double binds for many survivors of narcissistic abuse comes because speaking the truth threatens relationships. For those of us who grew up in enmeshed families or with emotional incest, it feels like a death. And it is a death of sorts.The double bind comes between choosing your own life or the life of the narcissist. I had a sibling once tell me that we could never live until our parents were dead. I cried because I didn't want them to die, but I wanted to live. Are you willing to kill your character and personality to please the narcissist? Or are you willing to let the narc be unhappy with your choices so you can live? The answer should be logical and obvious. Don't let mixed emotions steal your power. If you have conflicted feelings, follow the logic of truth and love. If you give up your character to please others, you'll sacrifice your own peace and happiness.If you want to be true to yourself, then F the double bind of narcissism and speak the truth—even when your voice shakes.CherylIn Christen Clough broke the rules when she started writing about her family's secrets. Some claim she sold her soul to the devil, but she prefers to think of it as gaining freedom. She lives with her husband who wears a utilikilt and two cats named Minkah Mhotep and Kitteh Coon Cosette. She tries to keep Oregon weird by eating buckwheat groats and decorating with her own art. You can read about her strange childhood in Chasing Eden A Memoir. And if you want to know her secrets for surviving narcissistic abuse you can sign up for Little Red's Survivor Tips. Narcissists and Double-Bind Manipulation Today, we're talking about Narcissist Double Bind Manipulation and I'm sharing some real-life examples with you. Narcissists and people with narcissistic personality disorder are known to use various forms of manipulation and mind control in order to get you to do what they want. One form that is often used and often missed is the double bind. In this video, I'll show you examples of narcissists using the double bind manipulation technique, including a narcissist mom, a narcissist neighbor, a narcissist spouse, and a narcissistic mentor. (Visited 1,479 times, 1 visits today)Angela Atkinson is a certified trauma counselor and the author of more than 20 books on narcissism, narcissistic abuse recovery, and related topics. A recognized expert on narcissism and narcissistic personality disorder who has studied and written extensively on narcissistic personality disorder and narcissistic abuse in toxic relationships since 2006, she has a popular narcissistic abuse recovery YouTube channel. Atkinson was inspired to begin her work as a result of having survived toxic relationships of her own. Atkinson offers trauma-informed narcissistic abuse recovery coaching and has certifications in trauma counseling, life coaching, level 2 therapeutic model, CBT coaching, integrative wellness coaching, and NLP. She is a certified trauma support coach and certified family trauma professional. She also has a professional PTSD counseling certification. Her mission is to help those who have experienced the emotional and mental devastation that comes with narcissistic abuse in these incredibly toxic relationships to (re)discover their true selves, stop the gaslighting and manipulation, and move forward into their genuine desires – into a life that is exactly what they choose for themselves. Along with her solution-focused life coaching experience, Atkinson's previous career in journalism and research helps her to offer both accurate and understandable information for survivors of abuse in a simple-to-understand way that helps to increase awareness in the narcissistic abuse recovery community. Atkinson founded QueenBeeing.com Narcissistic Abuse Recovery Support, the SPANily Narcissistic Abuse Recovery Support Groups and the Life Makeover Academy. She offers individual and group coaching for victims and survivors of narcissistic abuse here at QueenBeeing.com and at NarcissisticAbuseRecovery.Online. We have been there and we can help you heal. Get Guided Help with Your Recovery & Stay Up to Date With The Latest News & Updates The narcissist loved to put you in a double bind....between a rock and a hard place. No matter what you do, things won't come out right. They are masters of manipulation and this is a way they can abuse you that they believe you can't escape. In other words, you get TRAPPED because, no matter how much you wrack your brain, you lose either way. Here's some double binds.....an abusive narcissist who has you walking on egg shells demands that you be "spontaneous", except that the demand for spontaneity means that if you comply, you aren't being spontaneous. Besides, the N abuses you which makes you extremely cautious and withdrawn, so how can you be spontaneous? Either way, you're going to get it from the narcissist. Here's another....the narcissist has made sex very unpleasant, ugly really, and you never feel loved or even cared about. The narcissist is very crude, the N is pushing porn and you aren't interested. So, naturally, this situation isn't going to make you welcome his advances...in fact, you dread it. So, the narcissist says if you don't, you're frigid. If you do, you get nothing out of it except that you feel used. And, another....the narcissist likes, say, going to a sporting event, say...NASCAR racing. Fine, but the problem is that the partner doesn't care for NASCAR. Now, the narcissist insists that the partner go...AND LIKE IT...otherwise, it proves how selfish the partner is. If the partner goes, they are more than bored, but have to pretend to be having fun, but if they don't they will never hear the end of it. Notice that this double bind has a lot in common with the one just above, with sex....insisting that you do something you don't want to do and don't like, and expecting you to enjoy it. Notice that the key to the double bind is that whatever you chose, you get adverse consequences. And, an insidious aspect of this is that it APPEARS as if the narcissist is NOT controlling because it SEEMS that the Narc is giving you a choice, but it's a false, and this is a form of control. A double bind appearing as an ultimatum sounds like this....do you want to do something that you don't want to do, or do you want me to find someone who will? Do you want to get off my back (not object to anything I'm doing), or do you want me to leave? Yikes. Suppose the narcissist asks you if you want to go to the show, or out to eat. You say, "Well, out to eat and somewhere nice". The N says, "So, you don't like going to the show with me?" You: "No, that's not it." Then, the next time the N asks you something like this, you answer the opposite, "The show". The N says, "So spending time with me talking at the restaurant is something you don't like." Or, you say, "You decide", in that case, the N says, "What's wrong with you. You can't make any decisions. I have to do it all for you." So, what do you do when presented with a double bind? If you play the N's game, you're had. You will lose. So, you DON'T PLAY. Detach and observe. Reason out what the N is doing and why. The key is to not be COERCED into a decision you don't want. This is where boundaries are very handy. In other words, if the narc tells you to choose between X and being married, you say, "I'm going to do X. You do what you want." That keeps control of your life in your hands, not the Narc's. Don't allow the narc to divert by deflection, where you end up defending your choice. You know you'll never get anywhere with that. You've got to opt out, and that means saying what you will and won't do, and will and won't tolerate. I should add that when I did this, my NarcX chose to end the marriage, which I was perfectly OK with by that time. And, don't shrink up in defense. You have to be strong and assertive, and yes, I know that this has consequences, but allowing yourself to be manipulated and abused has extraordinary consequences as well. This is YOU CALLING THE N ON THEIR SH*T, but not engaging in dispute and debate. There is no compromise with a narcissist. The N thinks they MUST be in control, and shared control is not in the cards with an N. So, when you realize that you're being put into a double bind, take a step back mentally and emotionally, and decide what YOU want to happen. I realize that in a normal relationship, there is give and take. Not in a narcissistic relationship. You have control of your life, or the N does, and that's a REAL choice, not a double bind. double bind covert narcissist. how to bind a narcissist. can two narcissist be together. can 2 narcissist be together. how to break the bond with a narcissist

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