

# Narcissism, Dependency or Healthy Identity?

What life do I want to live?



Warsaw, 06.12.2019

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# Agenda

- **“Narcissistic Personality Disorder“ (NPD)**
- **Rivalry and Competition**
- **“Dependent Personality Disorder“ (DPD)**
- **Identity and development of a healthy I**
- **Trauma of Identity**
- **Identity oriented Psychotraumatheapy (IoPT)**
- **Case study, individual work**

- In Greek mythology, **Narcissus** was the son of a water-nymph named **Leiope**, who was raped by the water-god **Kephissos**. Narcissus became a hunter in Boeotia, known for his beauty.
- Narcissus was so proud, that he disdained anyone who loved him, causing some to commit suicide so as to prove their unrelenting devotion to his striking beauty.
- When he came to a water source he fell in love with his reflection, tried to kiss himself and drowned in the water.
- Narcissus is the origin of the term **narcissism**, a fixation with oneself and one's physical appearance or public perception.

[https://en.wikipedia.org/wiki/Narcissus\\_\(mythology\)](https://en.wikipedia.org/wiki/Narcissus_(mythology)), 06.08.2019



*Narcissus*, Painting **Caravaggio**, 1594–1596, Galleria Nazionale d'Arte Antica, Rome

# Narcissistic Personality Disorder (NPD)

The [DSM-5](#) indicates that persons with NPD usually display some or all of the following symptoms, typically without the commensurate qualities or accomplishments:

- **Grandiosity** with expectations of superior treatment from others
- Fixation on **fantasies of power**, success, intelligence, attractiveness, etc.
- Self-perception of being **unique, superior**, and associated with high-status people and institutions
- Need for continual **admiration** from others
- Sense of entitlement to **special treatment** and to **obedience** from others
- **Exploitation** of others to achieve personal gain
- **Unwillingness to empathize** with the feelings, wishes, and needs of other people
- Intense **envy** of others, and the belief that others are equally envious of them
- Constantly demeans, belittles and **bullies** others

# „Narcissism“ as Concept for

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- Selfishness
- Egoism
- But sometimes also: necessary Self-love
  
- What is a toxic form of Egoism and what does healthy self-love mean?
- How do both develop?

## Psychoanalytical concepts to explain the development of NPD

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- Parents over pamper their children and do not set appropriate borders (**adaptation of parents to their child**)
- Children try to cope with the demands and narcissistic ideals of their parents (**adaptation of children to their parents**)

# Rivalry and Competition as breeding ground for NPD



**I am better, faster, more important ... than you!**

(in games, sports, in school grades, in technology, in developing products etc.)

**Others love me more than you!**

(rivalry between siblings, struggle for sexual attraction by women and men, hunting for likes on social media)

**Together we block and defeat you!**

(sport teams, cartels of business firms, national states with their financial and military power)

# Ideologies of Competition

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- There are high-quality and low-quality people and races!
- Belonging to a certain race or nation determines your quality!
- The “weak ones“ are a constant threat to the “strong ones“.
- There are enemies everywhere!
- War is necessary!
- Sacrifices for your tribe/race/nation are necessary!
- “Morality“, “Bad Conscience“, “Humanity“, “Empathy“ „Feelings“ are signs of weakness.
- “We the people“ need the greatest leaders possible!

# Costs of Rivalry and Competition

- Permanent anxieties, constant stress and time pressure, frustration, jealousy, envy, shame, wearing down the body
- Distrust, lying, cheating, robbing, violating, killing
- Recklessness, opportunism, “burnout”, “Narcissism”
- Waste of resources, images of enemies, constant production of weapons, wars
- Destruction of the earth as a living eco-system



What are the  
**real benefits**  
of rivalry and  
competition  
in compare to  
cooperation?

# Dependent Personality Disorder

In the DSM-5, the disorder is indicated by at least five of the following factors:

1. Has difficulty **making everyday decisions** without an excessive amount of advice and reassurance from others.
2. **Needs others** to assume responsibility for most major areas of their life.
3. Has **difficulty expressing disagreement with others** because of fear of loss of support or approval.
4. Has **difficulty initiating projects** or doing things on their own (because of a lack of self confidence in judgment or abilities rather than a lack of motivation or energy).
5. Goes to excessive lengths to obtain nurturance and support from others, to the point of **volunteering to do things that are unpleasant**.
6. Feels uncomfortable or **helpless when alone** because of exaggerated fears of being unable to care for themselves.
7. Urgently **seeks another relationship** as a source of care and support when a close relationship ends.
8. Is **unrealistically preoccupied with fears** of being left to take care of themselves.

# In male dominated and highly competitive societies there are differences between

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## MALE NARCISSISM

Strong, powerful, dominant

Hyper-sexuality

Sees himself as the savior of the community

Sadism

Toxic masculinity

## FEMALE DEPENDENCY

Content, caring, submissive

Inhibited sexual desire

Sees herself as the servant of the community

Masochism

Toxic femininity

# Definition of Identity

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I am the sum of all my conscious and unconscious life experiences.

This includes all my pleasurable and all my traumatizing experiences.

If I exclude one of them or deny them, I am not a whole person and do exist in fragments.

## Important to clarify:

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- Identity:  $I = I$
- Identification:  $I = You$
- Attribution:  $You = I$

# Development of being I

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- Every child exists before birth as a unique subject with her psyche.
- The child exists in his own body and develops himself at his own pace.
- She is an individuum (not divided), as long as she does not get traumatized.
- The child learns with his own actions that 'I' can influence things.
- Being unconsciously 'I' changes slowly, step by step, becoming increasingly self aware, even before birth.



# Development of I-awareness

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- If a child can develop healthily, after two years he will already have a distinct self-concept.
- When the child is four years old, she is able to use personal pronouns like 'me', 'mine' correctly.
- From the beginning of life the 'I' develops in relation to the 'I' of his mother.
- If the 'I' of mother is not clearly present for the child, because she is traumatized, this will cause identity disorders for the child.



# Healthy Identity means: I = I

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- A healthy 'I'
- With a free will
- With all available senses
- With all of one's own feelings
- In contact with the body
- With one's own thoughts and words
- In constructive relationships

# „I“ is the point of reference for a living organism

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- Do I realise and feel what happens to me?
- Do I realise what I am doing?
- Do I have my needs in my focus?
- Do I care for myself?
- Do I take myself serious?

## ‘Healthy I’ means ...

- Being in the age the person really is
- Being present, but not dominating
- Being flexible to altering situations
- Being realistic about what is possible and what is not
- Being able to deal with surviving parts and traumatized parts
- Taking responsibility for a healthy Identity-development
- Having a free will on his/her side
- Being uncompromising on one’s side: I do not delivering, betray or sell myself.



# Psychotraumas ...

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Are unbearable realities for a human psyche.

The psyche needs to split into parts in order to survive the situation.

Trauma-Surviving-strategies work hard to keep the unbearable realities out of consciousness.

Psychotrauma disrupts the development of a healthy identity.



# A traumatized Person has difficulties to distinguish between

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- Past, presence and future
- Inside and outside world
- Perception and projection
- Reality and illusions
- I and the others = „We“
- Healthy love and love illusions
- Healthy sexuality and sexual urges
- The possible and the impossible
- Death, life and surviving

**Trauma of being a Perpetrator**



**Trauma of Sexuality**



**Trauma of Love**



**Trauma of Identity**

# The Psychotrauma Biography

# Trauma of Identity

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I exist and I am dependent on another person that does not want me to exist.

My needs and the needs of the other person cannot co-exist.

I have to give up my I and my own will in order to survive

I now try to serve the purposes of this other person.



# Trauma of Identity is connected with

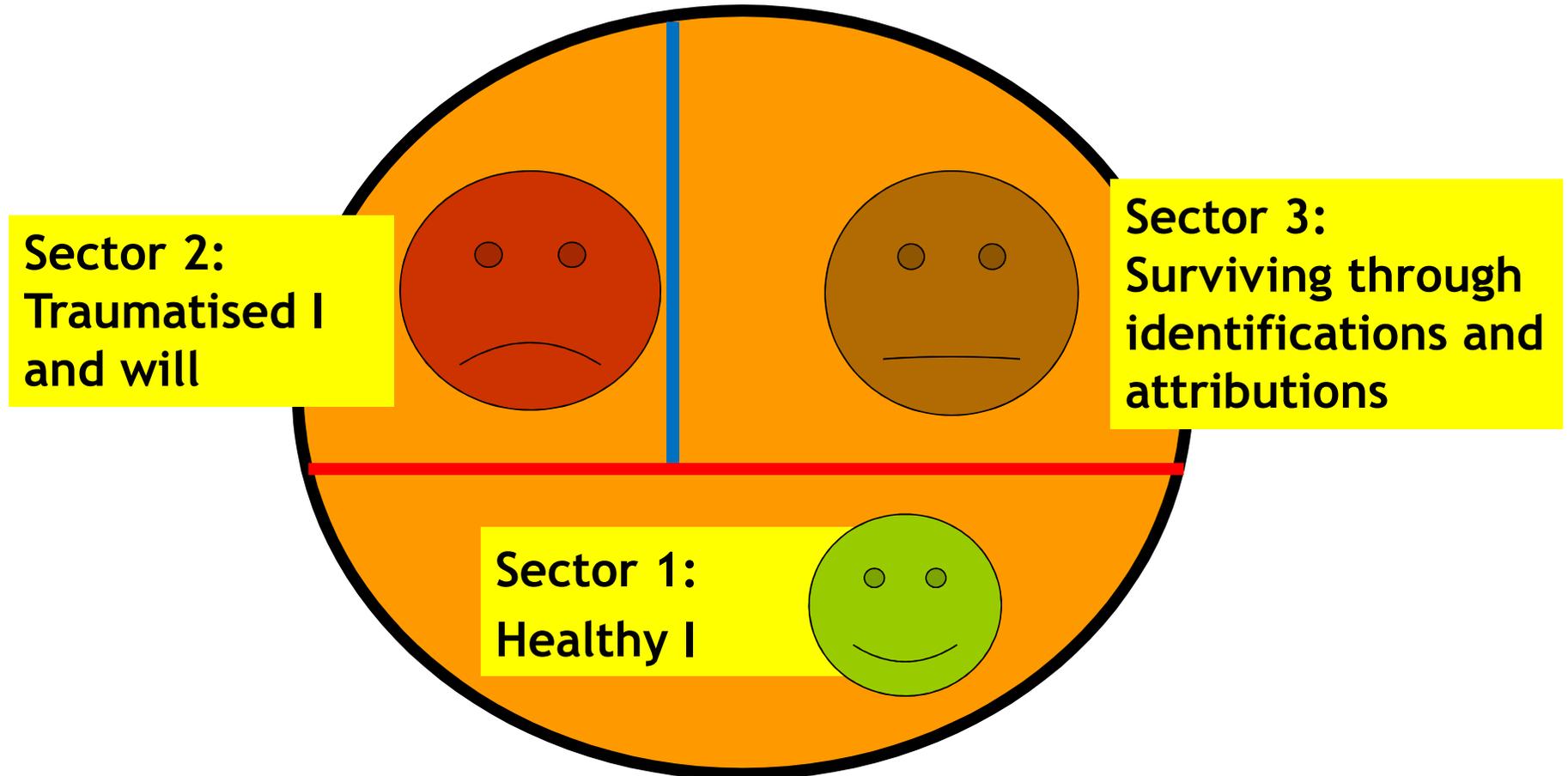
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- a mother that does not want to have this child
- attempts of abortion
- traumatized mother
- traumatized father
- needs of the traumatized parents to use their children for their trauma-surviving strategies



# Splits in the Identity

## Structure after a traumatic Experience



# Surviving strategies for a Trauma of Identity

Identifying completely with other people, institutions, religions, nations, countries, roles ...

Identification with perpetrators, especially with mothers

I = am part of ...

I = am different in comparison to ...

Accepting attributions with no doubt (diagnoses, values ...)

Forcing attributions on others: You = are ...

Objectifying oneself and others



# The more extreme the Psychotrauma, the more urgent is the need for...

re-defining oneself (e.g. 'It didn't affect me!')

self-denial (e.g. 'I am a wanted child!', 'I was not beaten / sexually abused!')

disengaging the 'I' from the body (e.g. 'My body is sick!' 'My body is already dead!')

dissolving the 'I' (e.g. through drug usage or withdrawing into a state of confusion)



# Understanding NPD from the perspective of Identity oriented Psychotraumatheory (IoPT)

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- Cold, merciless, punishing traumatized parents traumatize their children whom they do not want and cannot love.
- Unbearable feelings of pain and shame of the parents are transferred onto their children
- This children identify with the lies of their parents and transfer their rage and hate onto others.
- This creates bonding systems where there is no healthy I neither in the parents nor in the children.

**„Narcissism“** is a trauma-surviving strategy in a permanent **fight-mode**.

Anxieties are coped by action, aggression and accusations of others.

**Dependent Personality Disorder**  
**is a surviving strategy in a**  
**permanent flight-mode.**

**Anxieties are coped by**  
**withdrawing, blaming oneself and**  
**inactivity.**

# “Personality Disorders” in general are

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- the listing of Victim- and Perpetrator-Attitudes in a diagnostic scheme.
- a surviving-strategy for not naming the reality of the psychotrauma behind the “disorder”.



# Trauma Trio for a Child

I am not wanted

I am not loved

I am not protected

Case Study of Anders B. Brevik from Norway, who killed 69 youths and children in the massacre of Utoya and 8, when bombing the government in Oslo

Franz Ruppert (2019). Who am I in a Traumatized and Traumatizing Society? pp.123-129



# Differences between

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## NARCISSISM/DEPENDENCY

Others are the point of reference

Living in a stress-fight-flight-mode

Victim- and Perpetrator-Attitudes in order to avoid the fact of being victim and perpetrator

Denial and idealization of one's biography

Unrealistic desires and goals

Destroying oneself and others

## HEALTHY IDENTITY

The healthy I is the point of reference

Living in an open mode for feelings

Being a victim and being a perpetrator is an emotionally accepted fact

Realistic view on one's biography

Wanting what is possible

Creating and living constructive relations

# Identity oriented Psychotraumatheapy (IoPT)

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Supports you to become conscious of your trauma-biography.

Strengthens your healthy I and your free will.

Makes you aware of your trauma-surviving-strategies.

Helps you to find your own truth and feel reality as it is.

Supports you to leave entangeled relationships.

Helps you to let go victim- and perpetrators attidutes.

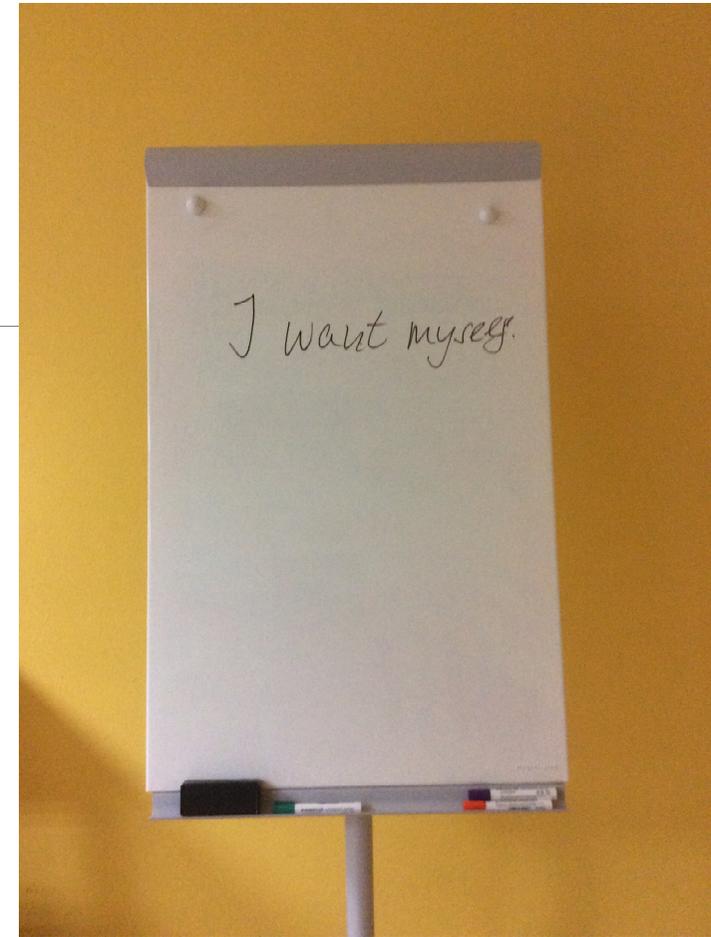
Transforms your pain, anxieties and blinding rage into compassion for yourself.

Leads you back into the wholeness of your healthy identity.

# Intention Method of Identity oriented Psychotheraphy (IoPT) creates ...

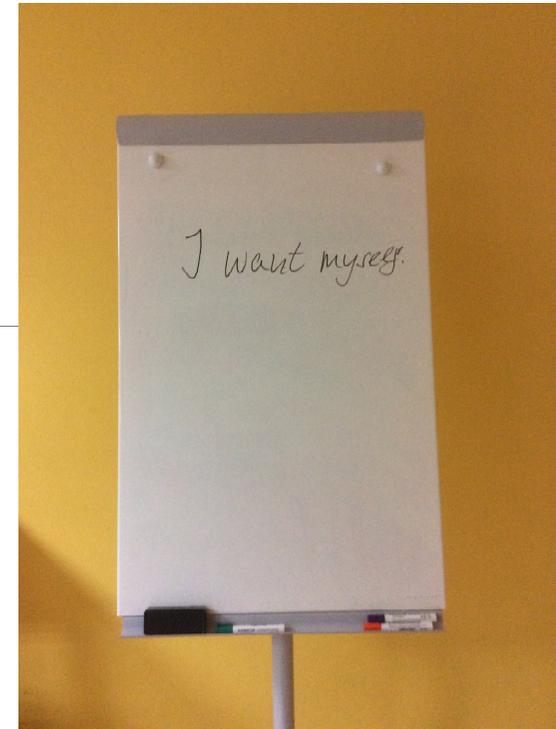
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- a free space for Self Encounter
- by exploring the sentence/picture of intention word by word
- with the help of points of resonance from the outside in groups (other people) or in individual sessions (floor markers).



# Procedure of Intention Method

- Writing down your intention
- Repeating it on small papers
- Fixing them on name-tags
- Handing them over to resonators
- First silent phase without talking
- Second phase when the resonators express what they experience
- Finding out the point of your neglected truth

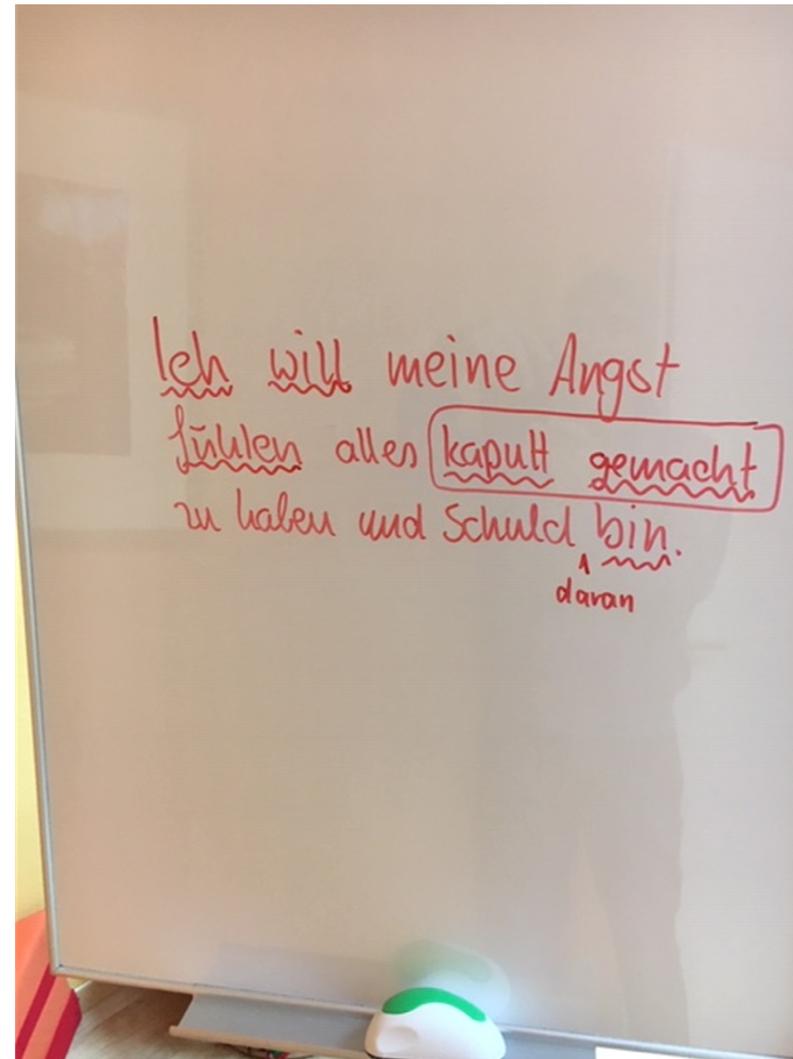


# IoPT-Case Study

## Individual session

*I want my fear feel  
everything destroyed made  
and guilty for that to be.*

Male person (40 years), suffering from sleeping problems, panic attacks nearly every morning, symptoms of depression and great difficulties with partnerships



„I don`t want to have an  
own I.

...

An own I is therefore high  
treason, failing,  
abandonment etc“.

*(E-mail of the male person  
some years ago)*



# Picture at the beginning

Elements of the Intention:

Ich bin (I am)

will (want)

fühlen (to feel)

kaputt (destroyed)

gemacht (made)



# Picture at the end

Elements of the Intention:

Ich bin (I am)

will (want)

fühlen (to feel)

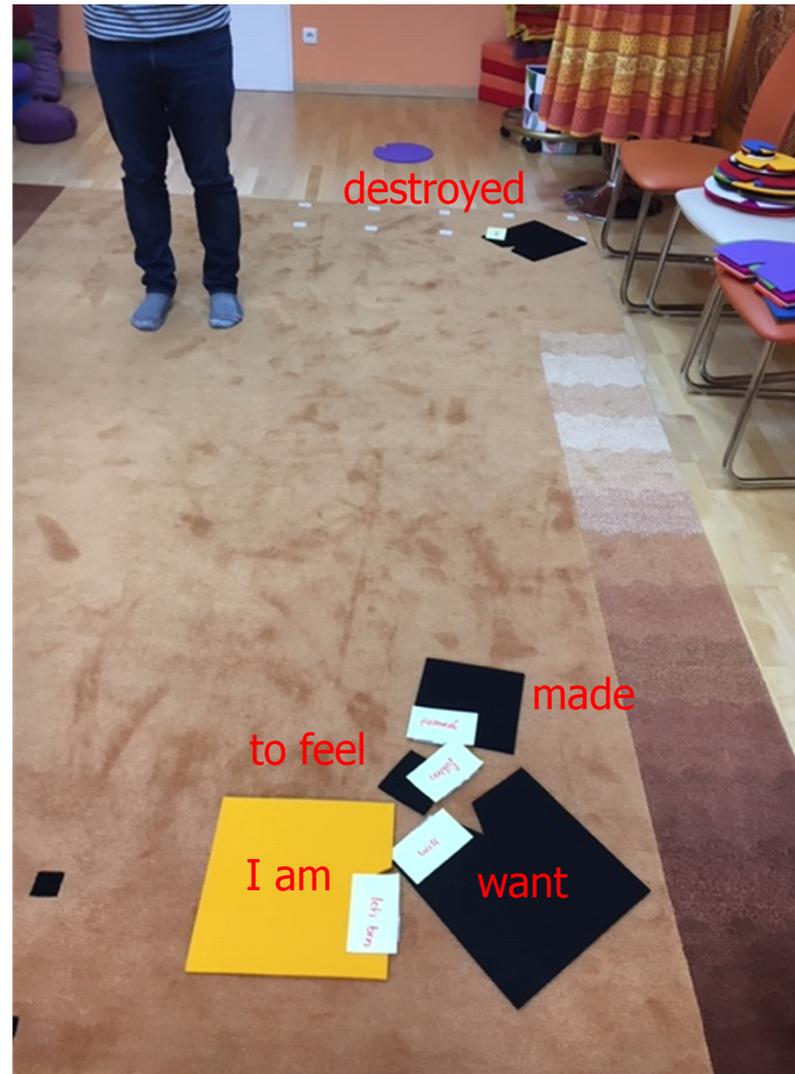
gemacht (made)

kaputt (destroyed) = parents

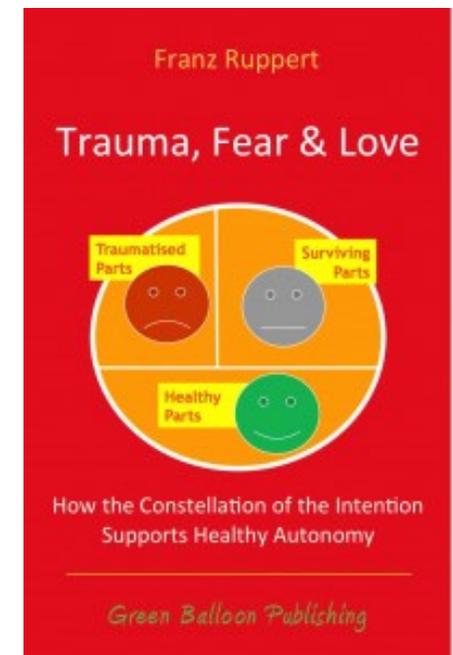
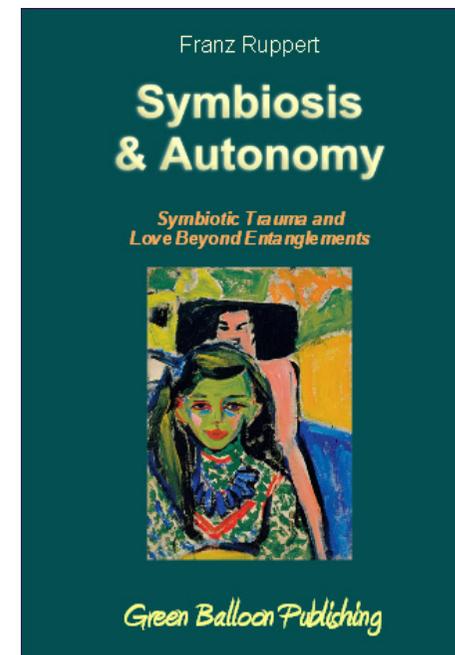
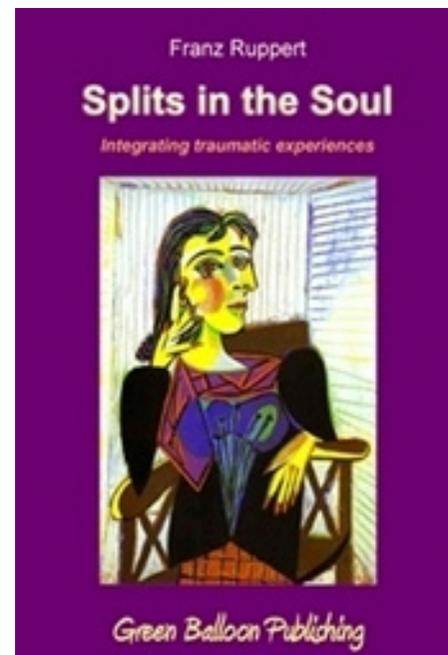
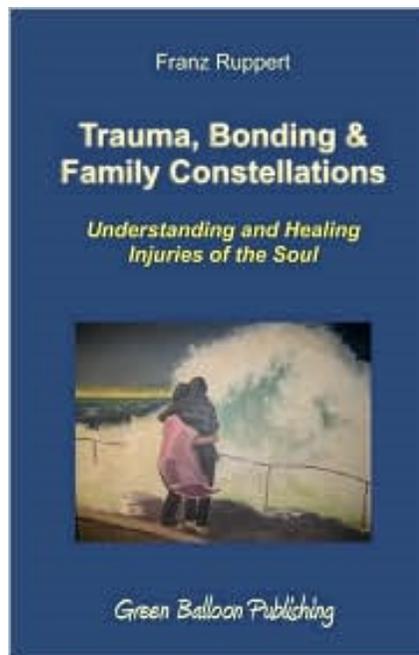
„That is the real origin, when everything started.

It is the quality of my parents relation when I was created. This is explaining my original dilemma

So clearly and simply as never before.“

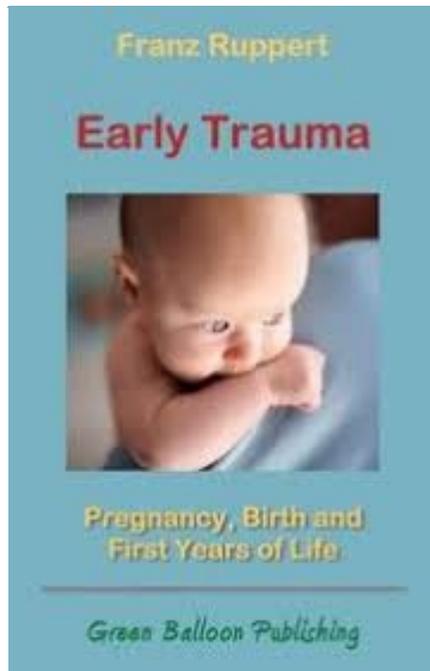


# My books in English



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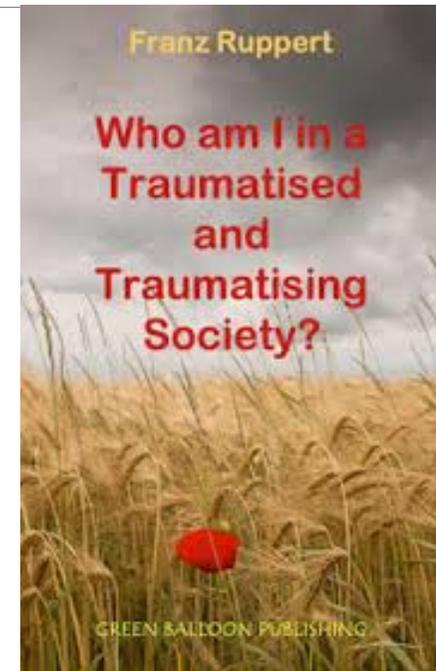


Franz Ruppert & Harald Banzhaf

## MY BODY MY TRAUMA MY I

Setting up Intentions  
Exiting our Traumabiography

Green Balloon Publishing



[https://www.  
greenballoon  
books.co.uk/](https://www.greenballoonbooks.co.uk/)

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# Invitation

- 5th International Congress
- 16<sup>th</sup> to 18<sup>th</sup> of October 2020  
in Munich
- [www.healthy-autonomy.de](http://www.healthy-autonomy.de)

# What Do I Want:

## To Live or To survive?

CONSTELLATING  
OUR INTENTIONS  
– EXITING OUR  
TRAUMABIOGRAPHY  
5th International  
Congress  
16th to 18th of October 2020  
Munich/Germany

# Literature

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