

## How narcissists get their karma?

Narcissists struggle to grasp the concept of interpersonal “goodwill”.

Narcissists think they understand the concept of interpersonal goodwill, but they really don't.

Goodwill is where you build relationships with people, such that if either person needs help the other person is willing and wanting to help out.

To see to it that the other person is ok.

Goodwill is best built, when people are selfless towards others, genuinely.

When you do selfless acts for others, many of them will see you are a good person with authenticity and will selflessly help you if ever needed.

Narcissists are not selfless, ever, and so they cannot build goodwill.

They often want to come across as selfless, they often do things to make you believe they are selfless, but it is always a bit contrived and overly calculated, and it is clear narcissists do not have the ability to be selfless.

Therefore, you don't feel genuine goodwill built with a narcissist, because it just doesn't feel right. There is no goodwill.

Narcissists are always spinning dozens of plates to feel balanced, ok, like they can breath and function.

They feel they need to put in a lot of effort, to maintain enough people in their vicinity to give them enough supply to survive.

The moment the plates stop spinning, the narcissist feels doomed.

They feel doomed, because they know nobody has goodwill towards them, so unless they can orchestrate things for their survival, they are doomed.

And orchestrating things for their survival, is exhausting and uncertain.

The narcissists karma is they never have peace.

They are really scared people. Things can go wrong in so many ways. And, narcissistic injuries, or worse, are always a step away. And they cannot stop that.

**Joe Inda House**  
**Mart 2021**

**Quara Digest**  
**22 Temmuz 2021**

*Not:*

*1/*

*What do Narcissists think of strong, resilient & educated Empaths?*

*That you're special and worthy of good things, because you're kind, generous, compassionate, sweet, caring, strong, resilient, highly intelligent and empathetic.*

*You're very important to the narcissist.*

*Now, smile, be pretty, say yes to everything and reflect back to the narcissist only the good.*

*Be a good mirror, not a bad mirror, okay?*

*Christina V. Horst Clinically Diagnosed BPD w/ASPD*

*Answered*

*April 1, 2021*

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*What is a narcissistic defense mechanism?*

*Narcissists (those with narcissistic personality disorder) live by core beliefs which include viewing themselves as Victims, mistreated and misunderstood by others.*

*Extremely entitled.*

*Not to blame for anything.*

*Their defense mechanisms involve ways to reinforce their core beliefs.*

*For example, if you accuse a narcissist of something, because they cannot accept blame for anything, they might simply deny the thing happened, or forget that it happened, or they might change the subject, or they might just be silent, or they might blame you for what they did, or they might say something like "That's your perspective" as if the thing you're accusing them of wasn't something that could objectively happen or not, but was subject to interpretation, or they say utter nonsense to confuse you. These are a few things, listed in order:*

*Denial*

*Selective amnesia*

*Avoidance*

*Silent Treatment*

*Blame shifting*

*Gaslighting*

*Word salad*

*They can cycle through these quickly one after another until they find one that works.*

*Ton Ewall*

*Korona başladığı günlerde, ürküntüyle farklı bilgi okumak ihtiyacıyla üye olduğum bu "Quara Digest" bir tür 'forum'.*

*Yukardaki yazılar bugünkü*

*-22 Temmuz 2021- gönderiminde vardı.*

*(Aynı gönderide*

*"What do the French think of Turks?" başlıklı bir konuda görüşlere açılmıştı 😊)*

*Empati (diğerkamlık) eksikliği bana göre bugün geldiğimiz yerde belki de en çok payı olan duygu.*

*Dünyayı avucuna almış yöneten çok büyük -insafsız-kuruluşların profesyonellerinde - hakkaniyeti (hakikati) görmezden gelebilmekten sonra- belki de en çok aradığı özellik budur. Freud'a göre, 'empati yapamamak' (insanın hayatına yön verebilecek bir duygudan büyük bir yoksunluk), durumu kişilik bozukluğuna varmış narsist insanlarda da, onları tanımak için en temel özellik. Bunu onlardan beklemek yanlısına bir kez düşenler, selam verip borçlu çıkmış kişiler gibi olur, saldırıya uğrar, hayatlarından bezebilirler.*

*Oysa, bir yerlere yazmıştım:*

*“İnsanın hayatı kendi için değil başkaları için yapabildikleriyle değişir.” Bu laf bile çileden çıkarmaya yeter kimilerini.*

*“İnsanlığı bugünkü uçuruma getiren insanın yapısal bozuklukları”*

*gibi bir üst başlık altında çeşitli yerlerde rastladığım yazıları kümeleştirmeyi geçiriyordum bazen aklımdan.*

*Bu ilki olsun.*

*Temmuz 2021*