

Please Note: 1) These people have a very short attention span. Usually, you can't expect more than a few minutes. 2) Most times the Narcissist is not interested in you as a person. Only what they can get out of you!

My Experience

I've known three of these people, who can have short spurts of interest to help you when they're feeling generous and their interest diverts quickly back to themselves – hence, you feel you've lost any ground you've gained.

Sometimes they can seem to “have it all together” and you can have a nice conversation with them – this is short lived – so if you're expecting more of this type of conversation next time, you usually end up disappointed.

They can actually be quite charming but mostly frustrating.

Person One: There's times when she can be irresistibly morish and we have a great conversation on something of mutual interest and I think “Oh, that was nice, she may be improving” OR “I could maybe have some phone calls with her and limit them. I shouldn't be so mean” (after deciding to avoid phone calls altogether because they were ill-affecting me). Then pretty much straight after, she is back to her tricks (the usual behavior I have learned to expect from her). She is given to exaggeration when sharing her problems (usually of her own making) and anything she is excited about. Her contact is sparse and very unstable – she cannot be counted on for anything – she goes strictly where her mood takes her, good or bad. The majority of the calls she makes are problem orientated (with merciless repetition) 1-3hrs at a time (if you let her) followed by several repeats of the same. And then she's off with the fairies with something that takes her interest, for some weeks or a few months (depends how long she can keep that interest. She usually moves on to something else very quickly). On rare occasions, she phones to tell you all about what she's doing in an extravagant way – she goes into raptures about whatever, and plasters your ears with it – you don't get a word in edgeways. From the minute you answer the phone, it starts with her and it ends with her. No “how are

you? What have you been up to?” That’s very rare! So much to the point, I felt used and abused – my energy spent.

Person Two: He is actually a very caring compassionate person who helps a lot of people (who look up to him and this somehow benefits his morale) but outside of that, his communication is very poor with family and friends. He likes to be the centre of attention when family or friends get together, telling us stories of where he’s been and what he’s been doing. Given to generosity, he will go out of his way to give you a lift to the airport, asking nothing towards fuel (for something like 4.5 hours out of his busy working day, when he has to drive all day afterwards). This is really good of him! In the car, the conversation starts with him and ends with him, and you consider yourself ungrateful if you feel worn-out or annoyed about this. Because the minute you go to share about anything – even thinking he may be interested – he quickly takes over and comes in on something he did, he does, he likes, whatever that overrides what you’re saying (along similar lines that appeals to his interest more) he really dominates the conversation from start to finish, just like the other person. He considers himself to be an authority on everything, no matter what the topic or how much (more) experienced you are – his words stand, he knows better. Often in recent years since he’s older and more set in his ways maybe, he finds the need to compete with so many things you say – his story has to be better – leaving you feeling like you shouldn’t have bothered opening your mouth (to be shut up so rudely). Total disregard! Someone said to me on one occasion, he always avoids going somewhere if he’s going to be there, reporting things like “he is a law to himself” I have found this so through the years. It is extremely difficult to have a healthy-conversation with him, yet his heart is in the right place on occasions. Whenever you capture his attention is very rare – I’ve had 3 nice conversations with him in total.

Person Three: I met this person through someone who was his only friend because being spoilt greatly as a favourite child when growing up, things must be his way – everything, my friend found. And he was pretty much “**the leader**” in a business venture they had – in every conversation they had and everything they did. Even though my friend had **a lot more experience**, this person was very stubborn and competed with everything when it came to the

way anything was done. This same person was very generous to help me on a few occasions when it came to starting a Website on a new Server I commenced some years ago. He came across as a person who would “take the shirt off his back” to help you, and that is true. But like the other two people I wrote about here, he has **very poor** listening skills – a very short attention span – and he will tell you what you want in his opinion and he will push it home to you the absolute best he can! Unreservedly without hesitation.

On two occasions, I tried having a relaxed conversation with him along the lines of mutual interest and he had **a mental disagreement** every so many minutes, which he verbally expressed – forcefully and repetitiously – and I could not even appeal for him to understand where I was coming from because “that was wrong” too. Yet he seemed such a **kind friendly person**. And believe me, he will do anything to help you, so to speak, time permitting. But after the first gracious words (the acceptance to help you) it has to be his way, strictly what he thinks best, regardless of your wishes.

As you can see, I run a number of Websites myself with multiple pages (using three Site-Builders) having absolutely no problem – my WebHosts consider me to be well-accomplished at this but I do find that WordPress does have it’s frustrations. For sure, there are a number of Auxiliaries you can add to it but for me, selections of good Templates (Website Designs) for WordPress are mostly pretty poor – somewhat plain or basic in my opinion, I have looked for nice ones numerous times, resulting in long tedious empty searches. Now this person uses WordPress for all his WebSites and he insists (blatantly agrees) that WordPress is the “Be All End All” in Website Builders – the **ONLY WAY** to GO and ALL the others are RUBBISH “absolute rubbish!” never mind whose website he sees or how good it is. He has an unadulterated passion for WordPress and WordPress IT IS whether you’re interested or not. And he will do his best to impose or inflict it on you against your wishes – reasons, experience and all – God help him, he spends so much energy on arguments when he does have the time (he works pretty much 12Hrs a day). I forgot to say, he loses his temper if I attempt to explain my words after he gets uptight when I don’t agree with him (not nasty though).

Believe it or not, I like him regardless, because he is a likable friendly guy – given an occasion or two of his belligerence, you may quickly change your mind:) Just recently, he wanted me to change 10+ Websites (5-6 of them with 50-80 pages) over to WordPress websites. That would take an astonishing amount of time! But he is like “a bull at a gate” when he thinks different about anything strong enough – he goes blindly for the target, in an effort to “Win you Over”. Honestly, my friend had to get him off my back (should I phone him again) telling him that I have a “Special Relationship” with my WebHosts, very uncommon and he should respect my wishes. My friend is not here now (he’s with Jesus) and in his absence, this person tried to tell me that my WebHosts are “Exploiting Me” **when I said no** to a pitch for WordPress yet again. I told him “_____ I have the royal carpet with my friends (WebHosts)” and that was his reception.

A Word of Advice: These people can utterly drain you if you let them. Things just build up over months or years of feeling really off after each interaction. Move on if you can because having too much interaction with some of these people can actually waste your life.

They can say words like they feel you’re making a victim of them if you try to correct their behaviour – they will place the guilt back on you because they’re more comfortable that way.
I find it’s true what I’ve read, that they can’t handle it.

They find the need to be in control all the time, yet they’re never around if you do want to relate with them – this is the way they live.

They can be **extremely rude**. When I sent a text to “Person One” and stated The boundaries I’m making and why, I did mention that I’m very tired of One Way Communication and endless excuses – not to mention lies – (so many of them, unreal) and how hurtful this was. She thought nothing of it and texted those familiar words “Sorry, I’ve been flat out” (he favourite gift of exaggeration and identical lame-excuse) because truth of the matter is she has too much time on her hands, but none for you if she doesn’t want something.

That's been my experience anyway. Can't count the times I've said in my thoughts "He/She is extremely Selfish – I can do without this!"
It's very sad.

So thankful I've discovered after all this time why their behaviour is like that. I kept saying on occasions "Their behaviour is **the same**. It would be so great not to hear another **I, ME and MINE** again. Really it would!"

Friends reading this, sorry to say, these people **can be endearing** but not given to reason, and will dominate conversation and transgress your wishes even at the risk of losing friends.

Good Psychologists have some results with them, if they will come to the realization they need help. Personally, as a Researcher with considerable interest in our Brain, I feel quite strongly that there isn't just some background like Upbringing or Trauma involved in this Disorder (behaviour patterns) but some Chemical Imbalance, blocking some pathway in the Brain or Synapses between Neurons or something, partly responsible for this.

That is **my gut-instinct** and I would like to research it if time permits, with websites to run and personal commitments. There has to be someone somewhere who has Pioneered such a discovery. Only just a few days ago I found a compassionate Paediatrician in my research, who discovered a mechanism involved in Autistic patients due to an acute deficiency they had, now corrected and these children are now normal – her patients from 2-12 years. There are **new discoveries** made every now and then!

I've had a build-up of frustration with all three people I've mentioned to you and can recall **saying to myself on numerous occasions** "Oh boy, all they're interested in is themselves, themselves and nothing but themselves!" feeling that my efforts to relate have been futile and that I really do need a break (extended). I've told the worst offender that "I will only take one short phone call or text a month." If that is transgressed, I can change that to three or six months! I'm thinking, she only phones when she wants to pin my ears down with bad news or exciting news (as the mood of the moment takes her) so

maybe if she has a set time of the month only to contact me, the “Urge of the Moment” won’t be there – she could lose interest (so to speak) with the boundaries I’ve put into place because she doesn’t phone me on other occasions. So far this is working. **Maybe this is a solution for some of you.**

I informed a family member of my discovery who has related with Person One for only 2.5 years and his response was “No condition with a label can account for all the rudeness I’ve endured” and wanted to quickly dismiss the subject and forget it came up. She has targeted him countless times for sympathy by the hour. He has given excellent counsel on several occasions but she kept repeating the same mistakes she was making and craved more sympathy. She thrives on it but that isn’t productive. And he is still recovering.

She has real wit and charm about her and is a very intelligent person. She “love bombs” us (as one person describes) when she wants attention, to get her foot in the door when we’ve pretty much exhausted our efforts. Yet if we’d like to hear from her, she repeatedly ignores phone calls and texts and occasionally sends a 3-4 word text when she feels like it.

Truth of the matter is, we’ve been excessively exposed to her repetitive behaviour patterns to the point it has killed our affections (desire to relate with her again) and now have to consider our emotional well-being.

ALL THE BEST TO EACH ONE OF YOU. THERE IS HELP FROM PROFESSIONALS ON THIS WEBSITE FROM PROFESSIONAL PSYCHOLOGISTS FROM THE **PSYCHOLOGY TODAY** WEBSITE IN **PDFs** AND ALSO SOME GOOD **MP3s** I’M MAKING AVAILABLE FROM YOUTUBE VIDEOS I’VE CONVERTED TO AUDIO FORMAT FOR YOU. ALL THE BEST TO YOU IF YOU ARE RELATED TO SOMEONE WITH THIS DISORDER, I AM TO “PERSON ONE” IN THIS ARTICLE.

AND IF YOU ARE AFFECTED WITH THIS DISORDER, PLEASE GET SOME HELP BEFORE YOU GO ON LIVING THIS WAY. ALL THREE PEOPLE I WROTE ABOUT HERE ARE NICE PEOPLE – LET **YOUR BEST SIDE WIN** AND DO SOMETHING ABOUT IT WHILE YOU CAN, LATER YOU MAY CHANGE YOUR MIND. SPARE YOURSELF ALL THAT ENERGY AND FEELING AWFUL. SPARE YOUR FRIENDS AND FAMILY WHO HAVE BEEN SO PATIENT. ASK GOD TO HELP YOU TOO, THAT’S OFTEN WHEN THINGS CHANGE **FOR THE BETTER.**