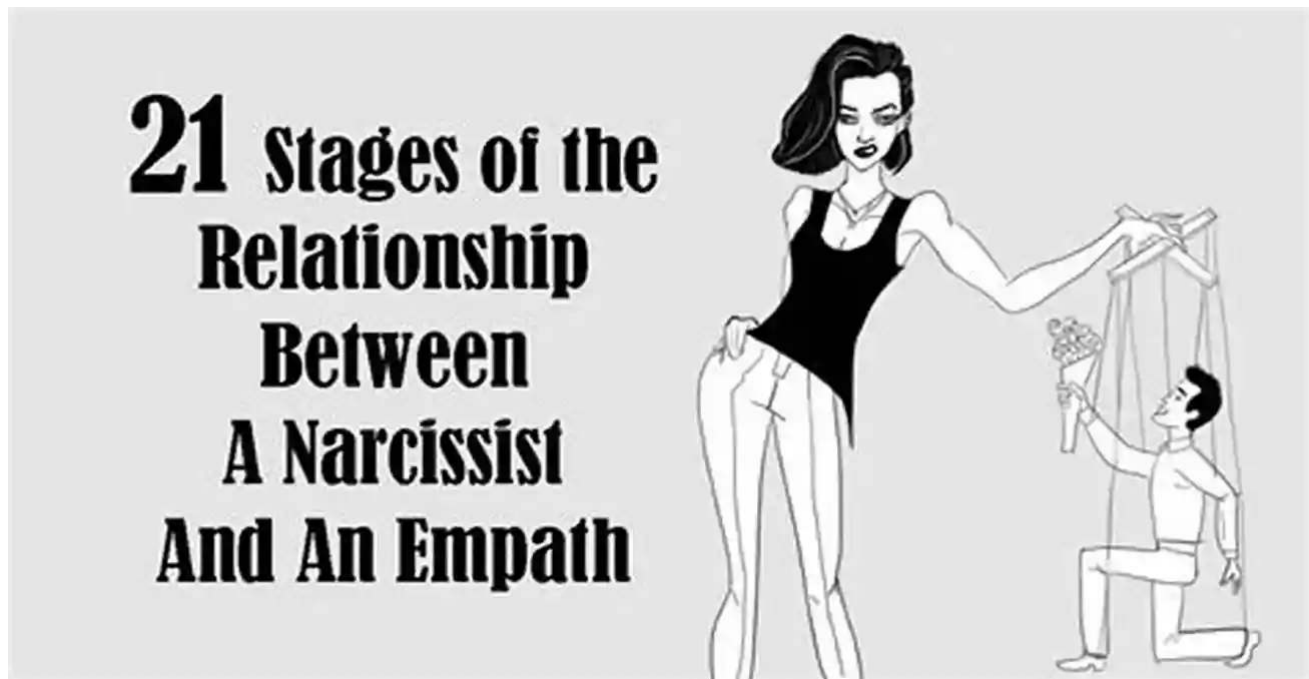
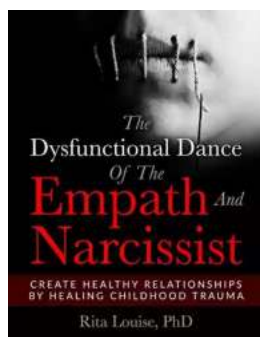


# The Dysfunctional Dance Of The Empath And Narcissist: Unraveling the Complex Relationship Dynamics



Have you ever wondered how some relationships seem like a never-ending cycle of chaos and pain? The dysfunctional dance between an empath and a narcissist is one such complex and often destructive dynamic.

Before delving into the intricacies of this relationship, it is essential to understand what an empath and a narcissist are.



## The Dysfunctional Dance Of The Empath And Narcissist: Create Healthy Relationships By Healing Childhood Trauma

by Rita Louise PhD(Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size	: 849 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 256 pages



## Understanding Empaths and Narcissists

An empath is an individual who is highly intuitive and emotionally sensitive. They have an uncanny ability to understand and absorb the emotions of others. Empaths are often compassionate, selfless, and nurturing individuals.

On the other hand, narcissists are individuals with an inflated sense of self-importance. They crave admiration and lack empathy for others. Narcissists often display manipulative and controlling tendencies.



## **The Empath-Narcissist Dynamic: An Unbalanced Exchange**

In the empath-narcissist relationship, the empath is often the giver, while the narcissist becomes the taker. Empaths have a deep need to help and heal others, often putting their own needs aside. Narcissists exploit this empathy for their benefit.

Empaths find themselves drawn to narcissists due to their nurturing nature and their belief in the inherent goodness of others. The narcissist, sensing this vulnerability, takes advantage of the empath's compassion, using it to meet their own emotional and psychological needs.

This unbalanced exchange can manifest in various ways. The empath may find themselves constantly giving, offering emotional support, and sacrificing their own well-being for the narcissist. Meanwhile, the narcissist thrives on the attention and validation provided by the empath.

## **The Cycle of Abuse: Idealization, Devaluation, and Discard**

The dysfunctional dance between an empath and a narcissist is characterized by a repetitive cycle of idealization, devaluation, and discard.

Initially, the narcissist idealizes the empath, showering them with attention, affection, and praise. This phase is often referred to as the love bombing stage. It creates a powerful bond between the two individuals.

However, over time, the narcissist's true colors begin to emerge. They start devaluing the empath, criticizing and belittling their efforts. This devaluation often leads to emotional and sometimes even physical abuse.

At the peak of the devaluation phase, the narcissist ultimately discards the empath, leaving them questioning their self-worth and searching for answers.

## **Breaking Free: Healing and Recovery**

Escaping the dysfunctional dance of the empath and narcissist can be an arduous journey. However, it is crucial for the empath's well-being and emotional recovery.

Recognition and understanding of the toxic relationship dynamics are the first steps towards healing. Empaths need to realize that they deserve better treatment and that their self-worth should not be dependent on the approval of a narcissist.

Seeking support from friends, family, or therapists can provide valuable guidance and assist in rebuilding self-esteem. Empaths also need to set firm boundaries, practice self-care, and learn to prioritize their own needs.

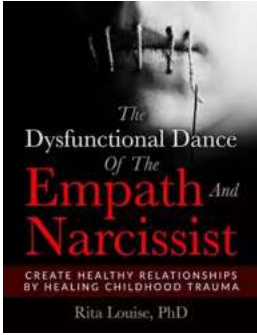
Recovering from the aftermath of a relationship with a narcissist may involve a process of self-discovery, introspection, and engaging in activities that promote personal growth.

The dysfunctional dance of the empath and narcissist is a complex relationship dynamic that often leads to emotional turmoil and devastation. Understanding the dynamics at play and taking decisive steps towards healing and recovery is essential for empaths to break free from this unhealthy cycle.

Remember, you are worthy of love and respect, and a healthy relationship should never leave you feeling drained or diminished.

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When people enter into a new relationship, they do not go looking for the rotten apple at the bottom of the barrel. However, countless individuals repeatedly find themselves in these hurtful situations and do not understand why.

A recent Facebook survey of people who self-identify as being empathic revealed a startling insight. Over 80% of the 1,300 respondents disclosed they had suffered from some form of abuse or neglect during their childhood.

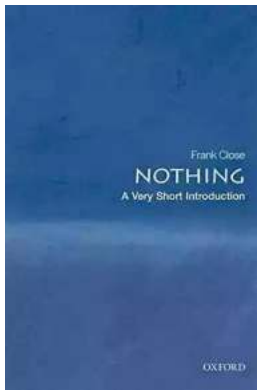
Organizations, such as the American Psychiatric Association, have also identified early childhood trauma as the cause for the development of severe narcissist tendencies.

An interesting dynamic often develops between the loving, compassionate, and often selfless empaths and those willing to take from them, the self-serving narcissists. Both look to heal their inner wounds in the arms of the other.

The Dysfunctional Dance Of The Empath And Narcissist takes an in-depth look at the unconscious patterns that keep individuals trapped in cycles of abusive relationships. It endeavors to raise people's awareness to the ingrained programming going on deep inside and help the reader understand how they keep getting into these situations in the first place.

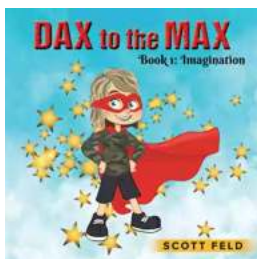
Regardless of what happened to a person when they were young, they have the power to redefine themselves and their life. It is possible to break free of these destructive, negative patterns and finally experience the loving, healthy relationship they have always desired.

A survivor of childhood abuse, herself, Dr. Rita Louise has emerged as a gifted empath and talented clairvoyant medical intuitive. She is a Naturopathic physician and the founder of the Institute Of Applied Energetics that trains students in the art of medical intuition, intuitive counseling, and energy medicine. She has authored six books and produced several feature-length and short films. Dr. Louise has appeared on radio, television and in movies and has lectured on health and healing, ghosts, intuition, ancient mysteries and the paranormal. Her books and articles have worldwide circulation.



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