

Fact Sheet: Narcissistic Behaviour and Domestic Abuse

Understanding Narcissistic Behaviour

Narcissistic Personality Disorder (NPD) is a mental condition characterised by a long-term pattern of abnormal behaviour that includes exaggerated feelings of self-importance, an excessive need for admiration, and a lack of empathy for others. While not all individuals who show narcissistic behaviour have NPD, these traits can significantly impact interpersonal relationships and may contribute to abusive dynamics.

Key Characteristics of Narcissistic Behaviour

- **Grandiosity:** A sense of superiority and an exaggerated sense of self-importance.
- **Manipulation:** Using others to extend their sense of self and to fulfil their needs and desires.
- **Lack of Empathy:** Inability to recognize or sympathize with others' feelings and needs.
- **Need for Admiration:** Constant requirement for attention, affirmation, and praise.
- **Entitlement:** Expectation of special treatment and compliance from others.

Narcissistic Behaviour in Domestic Abuse Contexts

Narcissists may use various tactics to control and dominate their partners within domestic settings:

- **Emotional and Psychological Abuse:** This can include verbal abuse, public humiliation, gaslighting, and the systematic dismantling of the partner's self-esteem.
- **Financial Abuse:** Controlling all household finances, withholding money, or preventing a partner from obtaining or maintaining employment.
- **Isolation:** Restricting the partner's ability to see family and friends to increase dependence on the abuser.
- **Physical Abuse:** While not exclusive to narcissistic abuse, physical violence may still occur, especially as a method of asserting control.

Signs of Narcissistic Domestic Abuse

- **Constant Criticism:** Persistent belittlement about appearance, abilities, or worth.
- **Gaslighting:** Manipulating someone into questioning their memories, feeling, or sanity.
- **Stonewalling:** Ignoring or withdrawing as a form of punishment.
- **Love Bombing:** Initial overwhelming affection and attention that suddenly shifts to devaluation.

Help for Victims

Victims of narcissistic domestic abuse often require specific support to escape and recover from the relationship due to the deeply entrenched control and manipulation by the narcissist.

Safety Planning

- **Emergency Contacts:** Keep a list of friends, family, and emergency service contacts.
- **Escape Plan:** Plan how to leave safely and quickly if needed. A FREE safety plan is available under the Domestic Abuse section of my website.
www.littlerocktrauma.co.uk

Support Resources

- **Domestic Abuse Hotlines:** Provide immediate support and advice.
- **Coaching and Counselling:** Professional help to recover from psychological trauma and rebuild self-esteem.
- **Legal Assistance:** Advice and support on legal matters, including restraining orders.

Support Services

1. National Domestic Abuse Helpline

- Phone: 0808 2000 247
- Website: [National Domestic Abuse Helpline](#)

2. Women's Aid

- Phone: 0808 2000 247
- Website: [Women's Aid](#)

3. Refuge

- Phone: 0808 2000 247
- Website: [Refuge](#)

4. Men's Advice Line

- Phone: 0808 801 0327

- Website: [Men's Advice Line](#)
5. **The UK Sufferers of Narcissistic Abuse Support Group (S.O.N.A.S)**
 - Website: [S.O.N.A.S](#)
 - Phone: 07971 769598
 6. **Healing from Hidden Abuse UK**
 - Website: [Healing from Hidden Abuse UK](#)
 - Phone: 07743 760920
 7. **Support Group for Victims of Narcissistic Abuse - UK**
 - Website: [Support Group for Victims of Narcissistic Abuse - UK](#)
 8. **Narcissist Support Group UK**
 - Website: [Narcissist Support Group UK](#)
 9. **Narcissistic Abuse Recovery and Support UK**
 - Website: [Narcissistic Abuse Recovery and Support UK](#)
 10. **Victim Support**
 - Phone: 0808 168 9111
 - Website: [Victim Support](#)

Understanding the specific challenges posed by narcissistic behaviour in domestic abuse contexts is crucial for providing effective support and intervention. Awareness and education can empower victims and professionals to recognise the signs and protect those at risk.