



The Destructive Narcissistic Pattern

Nina W. Brown

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The destructive narcissistic pattern (DNP) is a term used to describe a constellation of characteristics generally associated with pathological narcissism, but which are fewer and less severe. Nonetheless, these characteristics negatively impact relationships. The destructive narcissist's typical interaction produces negative reactions in others. For example, the individual devalues others, lacks empathy, has a sense of entitlement, and is emotionally shallow. He may function very well and be successful economically, but is unable to form and maintain stable relationships, as evidenced by numerous partners or marriages. The DNP, Brown asserts, is often unrecognized. Although others may find him frustrating and difficult, the individual with DNP can be charming when charm is perceived to be to his benefit.

In addition to identifying destructive narcissism, Brown provides strategies to help the reader moderate or eliminate the impact of these destructive narcissistic behaviors, feelings, and attitudes. Attention is given to understanding projection, projective identification, and identification as well as how those processes trigger reactions. This book will be an important tool for counselors, psychologists, clinical social workers, and other mental health professionals, and students in these fields.

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