

## **Appendix for Audible readers**

Butterfly Killer, How to Identify and Manage a Narcissist  
(With tips for the EMDR clinician on healing narcissistic trauma)  
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### **Links to Resources**

ACEs (Adverse Childhood Experiences study) questionnaire:

<https://aceawareness.org/aces-questionnaires/>

Alcoholics anonymous big book (4th ed.) (2002) (Pg. 62), Alcoholics Anonymous World Services: <https://www.amazon.com/Alcoholics-Big-Book>

Assertive communication worksheets:

<https://www.therapistaid.com/worksheets/assertive-communication.pdf>

The Body Keeps the Score, book by Bessel Van der Kolk, MD:

<https://www.amazon.com/Body-Keeps-Score-Healing-Trauma>

Boundaries podcast: <https://beyondbitchy.com/>

Brene Brown Ted Talk on vulnerability:

[https://www.ted.com/talks/brene\\_brown\\_the\\_power\\_of\\_vulnerability](https://www.ted.com/talks/brene_brown_the_power_of_vulnerability)

Dr. Ramini, psychologist on narcissism:

<https://www.youtube.com/user/DoctorRamanDurvasula>

Facebook Groups: Co-Parenting with a Narcissist, NPD Survivors (for survivors of narcissistic abuse), Steps to Healing after Narcissistic Abuse, Narcissistic Abuse Support Group.

Five Love Languages test: <https://www.5lovelanguages.com/quizzes/> to improve couples communication.

Jay Early's book Self-Therapy on Internal Family Systems/parts work:

<https://www.amazon.com/Self-Therapy>

Living from My Centered Self, 4 IFS Journal, by Elaine Casquarelli, Ph.D. and Karen Lubin, Ed.D.: <https://www.amazon.com/Living-My-Centered-Self>

Little Shaman, podcasts from a life coach on narcissism: [www.littleshaman.org](http://www.littleshaman.org)

Narcissist self-test link: <https://www.mind-diagnostics.org/narcissism-test> (If you may need to prove to yourself that you are not a narcissist.)

The Narcissistic Epidemic, book by Jean Twenge, Ph.D. and W. Keith Campbell, Ph.D. : <https://www.amazon.com/Narcissism-Epidemic-Living-Age-Entitlement>

Narcissistic Fathers, book by Pee Beretta: [https://www.audible.com/pd/narcissistic - Fathers-Coping-with-the-Self-Absorbed](https://www.audible.com/pd/narcissistic-Fathers-Coping-with-the-Self-Absorbed)

Penhollow TM, Young M, Nnaka T, Am J Health Behav, 2017 Jan, [Alcohol Use, Hooking-Up, Condom Use: Is There a Sexual Double Standard?](#)

Power and Control Wheel: <https://www.thehotline.org/identify-abuse/power-and-control/>

Stop Walking on Eggshells, book by Paul Mason, MS: <https://www.amazon.com/Stop-Walking-Eggshells>

The meaning of work: <https://www.npr.org/programs/ted-radio-hour/443411154/the-meaning-of-work>

TikTok (some people I follow on the subject): @ Matthew Phifer MEd, @ask.courtney, Kelley @lovely\_lady\_love, and Lee Hammock (who has been diagnosed with NPD) @ mentalhealness

“Will I ever be good enough?”, book by Dr. Karly McBride: <https://www.amazon.com/Will-Ever-Good-Enough>

## **Definitions:**

**Acceptance and Accommodation:** The process of accepting things for what they are and people for who they are and acting accordingly in response to the reality of the situation.

**Assertive Communication:** Assertive communication is defined as “the ability to speak and interact in a manner that considers and respects the rights and opinions of others while also standing up for your rights, needs, and personal boundaries” (Pipas and Jaradat, 2010, p. 649).

**Attunement:** How reactive a person is to another's emotional needs and moods. A person who is well attuned will respond with appropriate language and behaviors based on another person's emotional state.

**Blame-shifting:** The act of avoiding responsibility for an act of wrongdoing by claiming that the act would not have occurred but for the actions of someone else (or something else, such as alcohol, youth, stress, or other external factor). <https://fairytale Shadows.com>

**Broken record boundary statement:** Instead of engaging in manipulative conversation, repeat your refusal calmly up to 3 times. Make it short and easily repeatable. After 3 times remove yourself before you give in.

**Codependency:** Term used to describe a relationship in which, by being caring, highly functional, and helpful, one person is said to support, perpetuate, or “enable” a loved one’s irresponsible or destructive behavior.

<https://www.psychologytoday.com/us/basics/codependency>

**Covert narcissist:** Term used to describe a person who has Narcissistic Personality Disorder (NPD) but does not display the grandiose sense of self-importance typically associated with the condition. They may appear shy or modest. Other names for covert narcissism include closeted, introverted, vulnerable, or helpful narcissist. People with this subtype of NPD appear to lack self-confidence.

<https://www.medicalnewstoday.com/articles/covert-narcissist>

**Drug of choice:** The behavior or drug of choice becomes a necessary ritual and takes over as the primary method of relieving strong feelings. Repetition can become so ingrained that the original situation that triggered the addiction is no longer necessary to engage in a binge or relapse. <https://www.12keysrehab.com/psychology-of-addiction/>

**Empath:** An empath, or a hyper-empathic person, is someone who is extremely sensitive to the emotions and energy of people, animals, and to elements in the environment. They are acutely aware of feeling tones, nuance, subtexts and energy in their surroundings. [www.eggshelltherapy.com](http://www.eggshelltherapy.com)

**Enmeshment:** Enmeshment describes a relationship with unclear and permeable boundaries which is often categorized as a family dynamic disorder. This is generally characterized by emotional connections which blur individuality. For instance, a mother treats her child as an adult and shares worries which she should not share. In turn, the child feels the mother’s anxiety and the mother also further feels her child’s apprehensions. This codependent relationship should be differentiated from having a close bond since an enmeshment relationship makes the individuals unable to healthily separate their feelings from each other.

<https://www.alleydog.com/glossary/definition.php?term=Enmeshment>

**Family Narrative:** Repeatedly hearing a story throughout your children (and into adulthood) that defines your family and their experiences, even if the stories are not accurate.

**Fawning:** Fawning is a strategy we unconsciously learn to get ourselves out of trouble, as a result of interacting with a difficult person who's likely a toxic personality type. It's bending over backward to please someone, not to be nice or considerate but rather as a response rooted in trauma. [www.mindbodygreen.com](http://www.mindbodygreen.com)

**Flying Monkeys:** Like the flying monkeys who served the Wicked Witch of the West in *The Wizard of Oz*, flying monkeys in the narcissistic family are enablers who help with the narcissist’s dirty work, often to avoid being targeted themselves and/or to benefit from a certain level of bestowed privilege. The most manipulable types make the best

flying monkeys. They may be children or other relatives.

<https://narcissistfamilyfiles.com/>

**Future Rehearsal: (Definition for EMDR Clinicians)** An adaptation of the Future Template when the past and present prongs have not been completely cleared. This adapts the reprocessing Future Template to a **resource** that can be installed at any stage of treatment. Future Rehearsal is an EMDR resource that instills hope and provides the opportunity to practice adaptive behavioral changes via visualization paired with slow Bilateral Stimulation (BLS). Brainstorm adaptive ways to optimally handle a future situation (which support the Positive Cognition) and then install the information as they run the movie with slow BLS. As challenges arise, brainstorm adaptive resolutions and have them edit the movie with the challenge and the adaptive resolutions. Rerun the edited movie with slow BLS. Repeat for any challenges that may arise.

**Gaslighting:** A form of psychological abuse in which narcissists systematically undermine other people's mental state by leading them to question their perceptions of reality. narcissists use lies and false information to erode their victims' belief in their own judgment and, ultimately, their sanity. Common gaslighting techniques come in the form of denying and projecting: After an abusive incident, narcissists refuse responsibility, blame the abused, or outright deny that the abuse took place. They may say things like, "You're too sensitive." "You're crazy." "That's not what happened." "Why can't you let anything go?" or "You made me do it." The term gaslighting comes from the 1944 Hollywood film *Gaslight*, a classic depiction of this kind of brainwashing.

<https://narcissistfamilyfiles.com/>

**Golden Child** A child singled out for favoritism and special privileges including more attention, high regard, exemption from discipline, and exemption from certain chores and responsibilities. Such favoritism is typically at the direct expense of a disfavored **scapegoated** child. <https://narcissistfamilyfiles.com/>

**Gray Rock:** A term used to describe one's behavior when trying to end interaction with a narcissist. The aim is to be utterly boring so that the narcissist no longer sees their target as good supply and subsequently moves on. <https://themindsjournal.com/>

**Grooming:** The predatory act of maneuvering another individual into a position that makes them more isolated, dependent, likely to trust, and more vulnerable to abusive behavior. <https://outofthefog.website/top-100-trait-blog>

**Hoovering:** Since narcissists are by nature pathologically self-centered and often stunningly cruel, they ultimately make those around them unhappy, if not miserable, and eventually drive many people away. If people pull away or try to go no contact, narcissists may attempt to Hoover (as in vacuum suck) them back within their realm of control. They try to Hoover through a variety of means, from promising to reform their behavior, to acting unusually solicitous, to dangling carrots such as gifts or money. However, if they find replacement sources of supply they may simply walk away from old ones. <https://narcissistfamilyfiles.com/>

**Love Bombing:** An attempt to influence a person by demonstrations of attention and affection. It happens when someone overwhelms the victim with loving words or physical actions with manipulative behaviors. It can be used in different ways and for either positive or negative purposes. Psychologists have identified love bombing as a possible part of a cycle of abuse and have warned against it. [en.wikipedia.org](https://en.wikipedia.org)

**Narcissistic Rage:** Narcissistic personalities often react with rage when their underlying feelings of vulnerability and shame are triggered. They tend to take even small slights, which most people would easily brush off, as intensely humiliating. When this happens, their fabricated “perfect” self and overblown feelings of entitlement are threatened, setting off a wild rage response. Narcissistic rage is terrifying, sometimes physically violent, and far beyond normal anger. It is emotionally and physically traumatizing for those on the receiving end, particularly children, who naturally blame themselves for adults’ reactions. <https://narcissistfamilyfiles.com/>

**Narcissistic Supply:** People with Narcissistic Personality Disorder depend emotionally on others to sustain their sense of identity and regulate their self-esteem. They get their narcissistic supply either by idealizing and emulating others or by devaluing and asserting their superiority over others. Anyone they can manipulate—a partner, child, friend, or colleague—is a potential source of supply. Without suppliers, narcissists are empty husks. If a source of supply pulls away, they may attempt to Hoover them back and/or look for other sources. <https://narcissistfamilyfiles.com/>

**Personal Boundaries:** Guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. [https://en.wikipedia.org/wiki/Personal\\_boundaries](https://en.wikipedia.org/wiki/Personal_boundaries)

**Projection:** The process of displacing one’s feelings onto a different person, animal, or object. The term is most commonly used to describe defensive projection—attributing one’s own unacceptable urges to another. For example, if someone continuously bullies and ridicules a peer about his insecurities, the bully might be projecting his own struggle with self-esteem onto the other person. <https://www.psychologytoday.com/us/basics/projection>

**Scapegoat** A child (or children) singled out unfairly for disfavored treatment in the narcissistic family. Scapegoats are typically blamed for family problems, disciplined or punished disproportionately, burdened with excessive chores and responsibilities, and subjected to unmerited negative treatment. <https://narcissistfamilyfiles.com/>

**Yellow Rock:** To engage with positive comments or compliments when trying to placate, cope with (especially motivated when co-parenting with a narcissist) or reward a narcissist for being “Nice”. Some survivors of narcissistic abuse use this counter-manipulation skill as one way to manage the relationship.

**And just for fun, The Safety Dance:** <https://www.youtube.com/watch?v=AjPau5QYtYs>

