

## What is a Narcissist and Narcissistic Supply?

Narcissist – a person who deceives others in order to take, deplete, and consume their life energy (“soul”) because the Narcissist lacks it.

1. The Narcissist lacks life energy.

A Narcissist requires continual “Narcissistic supply” from other people. This energy comes in visible forms such as time, attention, effort, money, and sex. The use of porn, sexual abuse masked as a passionate connection, and not limited to, alcohol or other drugs in the grooming process is possible. What I do know is that your body is not receiving the care it needs and deserves. Alcohol is a drug used to compromise the target’s ability to reason and make sound decisions thus allowing the Narcissist to manipulate, start fights, gaslight, and before you know it you are apologizing for something you did not do AND you will pay (\$\$) by making it up to the Narcissist as part of your “apology” (i.e., trips, dinners, hotels, flights, requests for money, and/or clothes.) Nothing is off limits for the Narcissist.

In other words, a Narcissist is dependent on other people for a form of energy that they have (and can give) but the Narcissist lacks. Thus, the Narcissist needs one or more human targets as sources of supply. The Narcissist juggles multiple targets simultaneously. You are one of many in the Narcissistic web of deception. Without this energetic “supply,” the Narcissist experiences such emotions as boredom, irritability, panic, and/or rage. These resemble withdrawal symptoms, so it seems that Narcissism can be compared to an addiction—a dependency on energy received from other people.

What is this energy?

“Narcissistic supply” is another form of energy, one which can be exchanged between people and used in the process of human living. It can also be used up, hence the Narcissist’s continual demands for it. It’s a “life energy.”

2. Life energy is “soul.”

Non-Narcissists don’t require this energy from others because we produce it within ourselves and use it for ourselves, sort of like having rechargeable batteries. We use this “life energy” to live and thrive as human beings. We also use the excess of it, beyond what we need for ourselves, as a sort of fuel to sustain our relationships. If we run low on life energy, we have to replenish it by resting or “recharging” in some way. This is called “taking care of you.” We all need life energy just as we need food, and also like food, we don’t have an unlimited supply of it.

If we don’t have enough of this energy to give, our relationships suffer. When we continually give life energy to a Narcissist (or anyone else) who continually demands it, the giving of it drains us. Our supply becomes the Narcissist’s supply. Eventually, our relationships and even our health can fail because our life energy, our vitality, is drained along with the bank account(s). **This is how Narcissistic abuse weakens the target, invisibly, from the inside out.**

What is this “life energy” that is not electricity or food? It can take the form of time, attention, effort, money, or sex. It can be depleted in the process of sustaining human life, health, and relationships and can be shared or exchanged with others. Basically, it’s emotional energy. Emotion or feeling is a function of the heart—not the physical muscle, but the non-physical inner “feeling part” of a human being’s psyche. The heart, on a deeper level, is connected to the soul. Many people who have been targets of Narcissistic abuse describe the experience as “soul-crushing” or “soul-destroying.” Some have said that the Narcissist “has no soul.” This is because of the Narcissist’s continual demands for emotional energy from others, depleting their life energy, their vitality, their “soul.”

On the other hand, recharging our life energy—our emotions, our heart, our vitality—makes us FEEL good and strong on the inside; it's "good for the soul." **Narcissistic abuse is an assault on the heart and soul of a target.** Ultimately, it's an inner struggle between the target and the Narcissist, which is why other people do not recognize or understand it. The Narcissist presents a façade appearing to be emotionally intelligent and charismatic "hooking" their target into believing their false identity. A false self that is nothing more than mirroring behaviors of others. The Narcissist is a decorated vessel on the outside and empty on the inside. Hence, the reason they need to suck the life energy from their target.

3. A Narcissist takes, depletes, and consumes other people's life energy ("soul").

Let's look at Narcissistic abuse from the other side, from the point of view of the Narcissist's target of abuse (his or her source of supply).

In "normal" or healthy human relationships, people give of themselves to each other with some form of mutual understanding or reciprocity. What we give can be in the form of time, attention, effort, or sex—and we tend to receive these forms of energy from others in return. In other words, "normal" or psychologically healthy people respect each other and experience reciprocity. When we freely give other people our energy and expect no gift in return, we call this "love". Love is how we share our life energy with our children. It's also how a (grownup) Narcissist expects and demands to receive it from others.

**A Narcissist wants to receive other people's life energy freely, without having to give anything in return.** But the never-ending Narcissistic demand for supply is not love. It's the opposite of love. Love gives freely. Narcissism demands...for free. However, unbeknownst to the target who is willing to give freely to the Narcissist, there will be no end to the giving, nor to the demands for it.

Children will eventually grow out of their normal "narcissistic" developmental stage and stop demanding supply, becoming adults who can produce their own supply. Adult Narcissists will not, because they are stuck in the "narcissistic" stage of childhood growth forever. **A Narcissist does not (and cannot) respect his or her target—because the Narcissist is not psychologically healthy.** For whatever reason, the Narcissist doesn't have enough life energy to give to others, or the ability to produce or even sustain it. But the Narcissist can be quite good even masterful at faking it. Indeed, pretending may be the Narcissist's only strategy for survival. Included in that pretending can be the use of music (love songs), "pet" names (Boo, Wifey, Lovey, Baby) unfortunately, all part of the grooming and deception to maintain supply.

4. The Narcissist deceives others.

Ideally, a person has enough life energy to fulfill his or her own needs and share some with others in respectful, loving relationships. A Narcissist, lacking this life energy in his or her own cup seeks it from others but, having none to give in return, the Narcissist (like a child) can only take it. But the Narcissist's "cup" never seems to stay filled and always demands more, more, endlessly MORE. No amount of giving to a Narcissist ever seems to be enough. A human being's life energy is not unlimited. Most people do not wish to endlessly pour their own life energy into another person's "cup" on demand and deplete their own until (and beyond) the point of self-harm. Psychologically healthy people may be willing to sacrifice their soul for love, but they don't wish to sacrifice it for nothing. However, since this is exactly what a Narcissist requires, he or she must, therefore, deceive other people into giving their life energy freely to the Narcissist.

**Deception is the Narcissist's primary (and also the easiest) way to get his or her "fix" of supply.** The ways in which this plays out in a close relationship is all-too-familiar to the target of Narcissistic abuse. **The Narcissist lies. The Narcissist cheats. The Narcissist makes "future" promises. The Narcissist swears to God, on the children's lives, on his or her own life. The Narcissist betrays. The Narcissist leaves...and then comes back.**

No one likes to be lied to. When the target has had (given) enough, and the "fix" of supply is threatened, the Narcissist lashes out at the target. The Narcissist belittles. The Narcissist blames. The Narcissist

threatens. The Narcissist attacks, goes for the throat, desecrates the soul. The Narcissist abuses. Why? It's simple. The target of abuse is the source of supply. Abuse is how the Narcissist keeps supply flowing. This doesn't make sense. How does it work?

For a young child who demands attention ("supply" or emotional energy) from the parent, even negative attention is better than none at all. Likewise, a Narcissist thrives on other people's emotional responses to the Narcissist, whether positive or negative. Sometimes this requires that the Narcissist provoke a negative emotional response. If this is successful the Narcissist gets supply, and the target stays in the relationship. The Narcissist has "won" and is assured that the supply will continue. And so, deception leads to quite the powerful source of supply. If the Narcissist has chosen well and the target proves his or her willingness to stay with the Narcissist by enduring the Narcissist's disrespect, lies, and abuse which transfer the target's vitality to the Narcissist as merely a temporary "fix" of supply and ruins the target's relationships, health and perhaps even damages his or her soul all so that the Narcissist can continue to be a Narcissist. A Narcissist does not deserve to spend time with you. Read this again.

5. The Narcissist is a person.

Maybe a Narcissist is a broken person. Maybe a Narcissist is a hurt child, forever trapped in an adult's body. Maybe a Narcissist is an extremely spoiled and abusive grownup. Maybe a Narcissist is an unfortunate soul, possessed by a demon. Maybe a Narcissist is a human being who has no soul. Maybe a Narcissist is a real-life vampire who feeds on other people's life energy instead of blood. I don't know. **What I do know is that, for the purpose of dealing with a Narcissist, it doesn't matter who or what the Narcissist is or how he or she got that way.**

**A Narcissist is a predator, like a tiger or a crocodile—not someone to "heal", or help, or be more patient with, or give the benefit of a doubt "this time" or (yet) "another chance" (to consume you).**

Once you are away from the Narcissist, your life energy can begin to recharge, your vitality can start to return, your cup can start to fill again, and your soul can begin to heal. Only then can you be any good to anyone else, because only then will you have enough energy to take care of yourself AND share with those who both need and deserve it.

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(Excerpts from kimsaaed.com)