

The Narcissist

(Part two)



Rosie Philomena

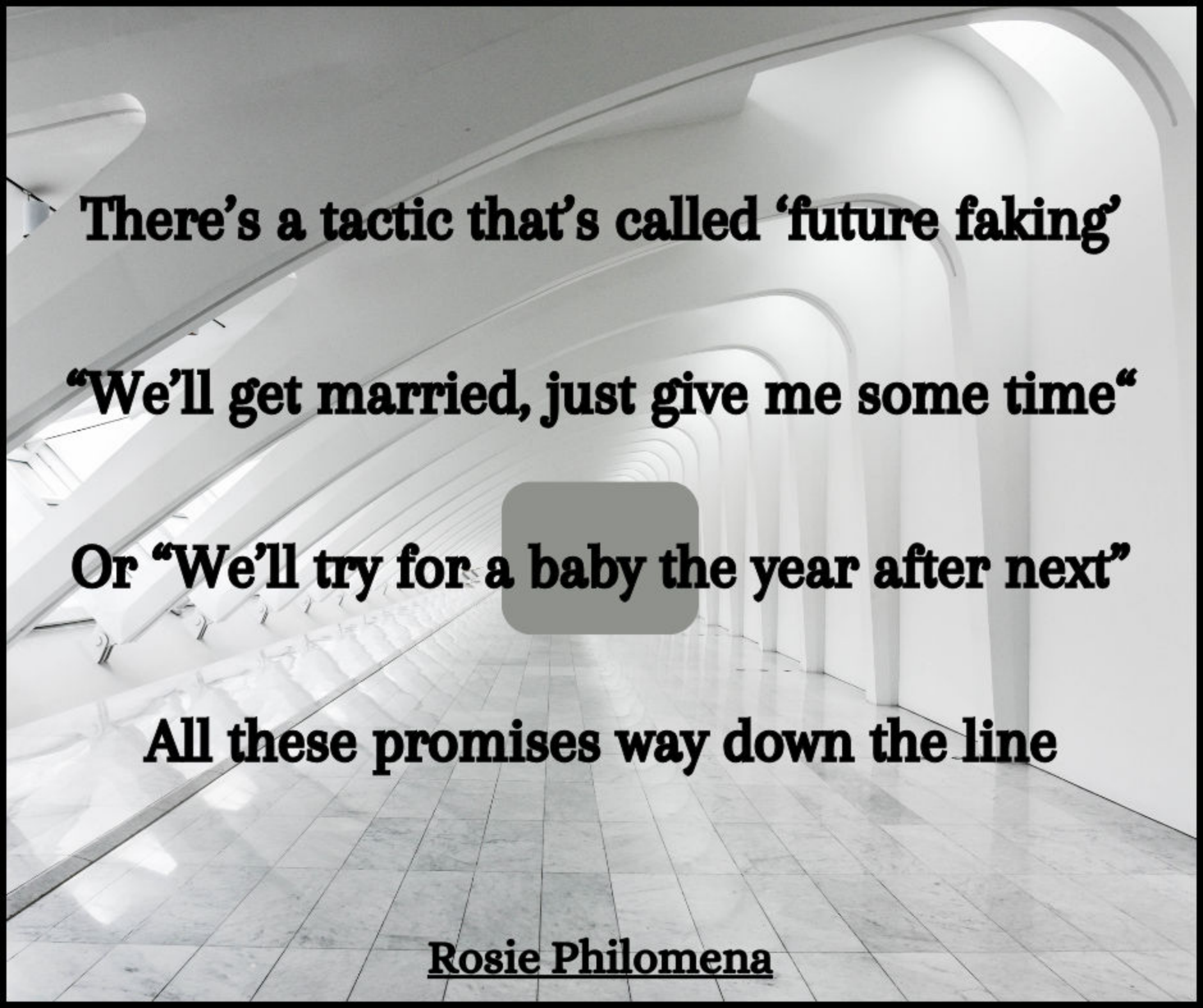
There's something that they never told you

This relationship to them is a game

There are rules but they're constantly changing

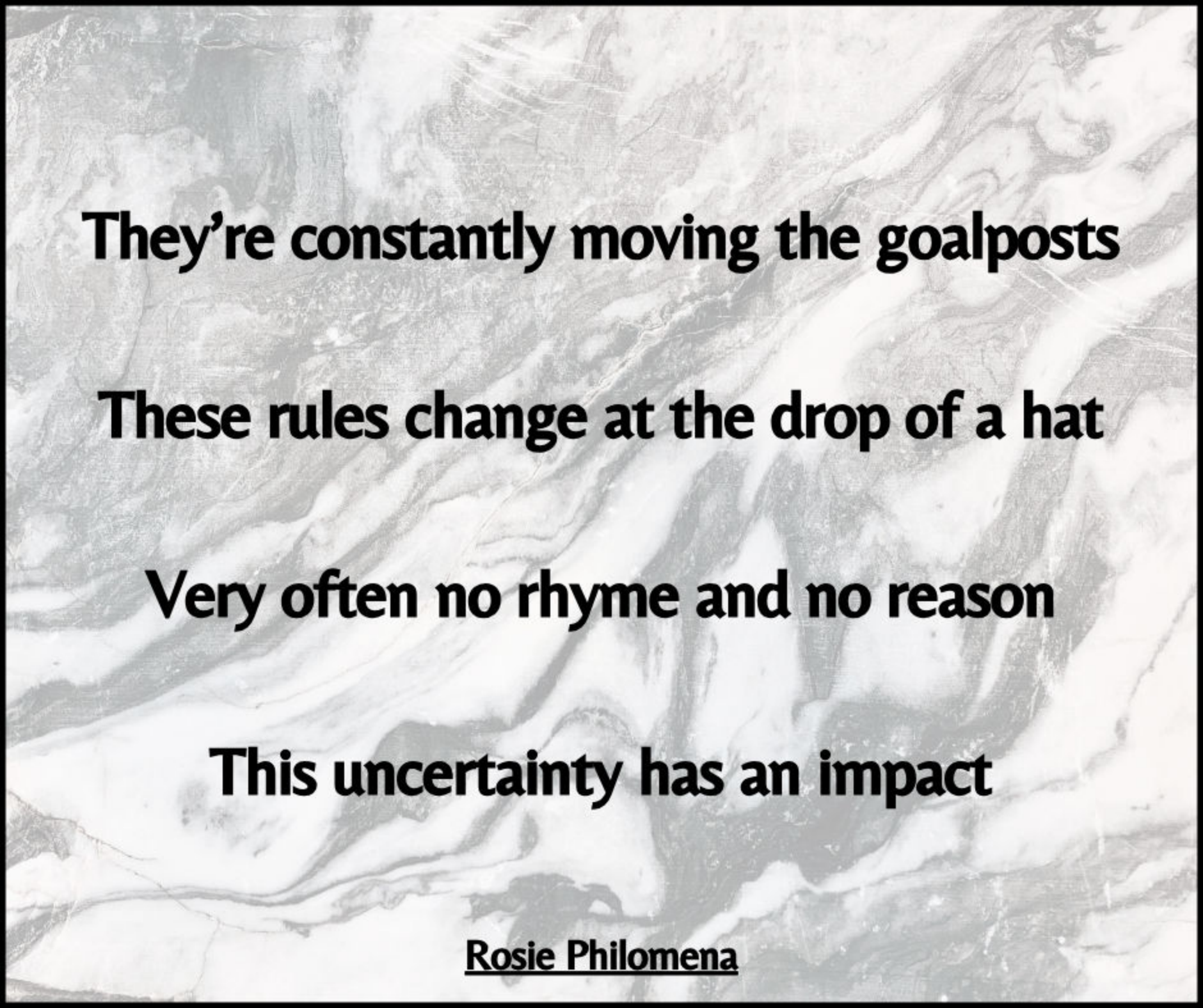
Trying to win though, will drive you insane

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There's a tactic that's called 'future faking'
"We'll get married, just give me some time"
Or "We'll try for a baby the year after next"
All these promises way down the line

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The background of the entire image is a grayscale marbled pattern, resembling stone or marble, with swirling veins of light and dark gray.

They're constantly moving the goalposts

These rules change at the drop of a hat

Very often no rhyme and no reason

This uncertainty has an impact

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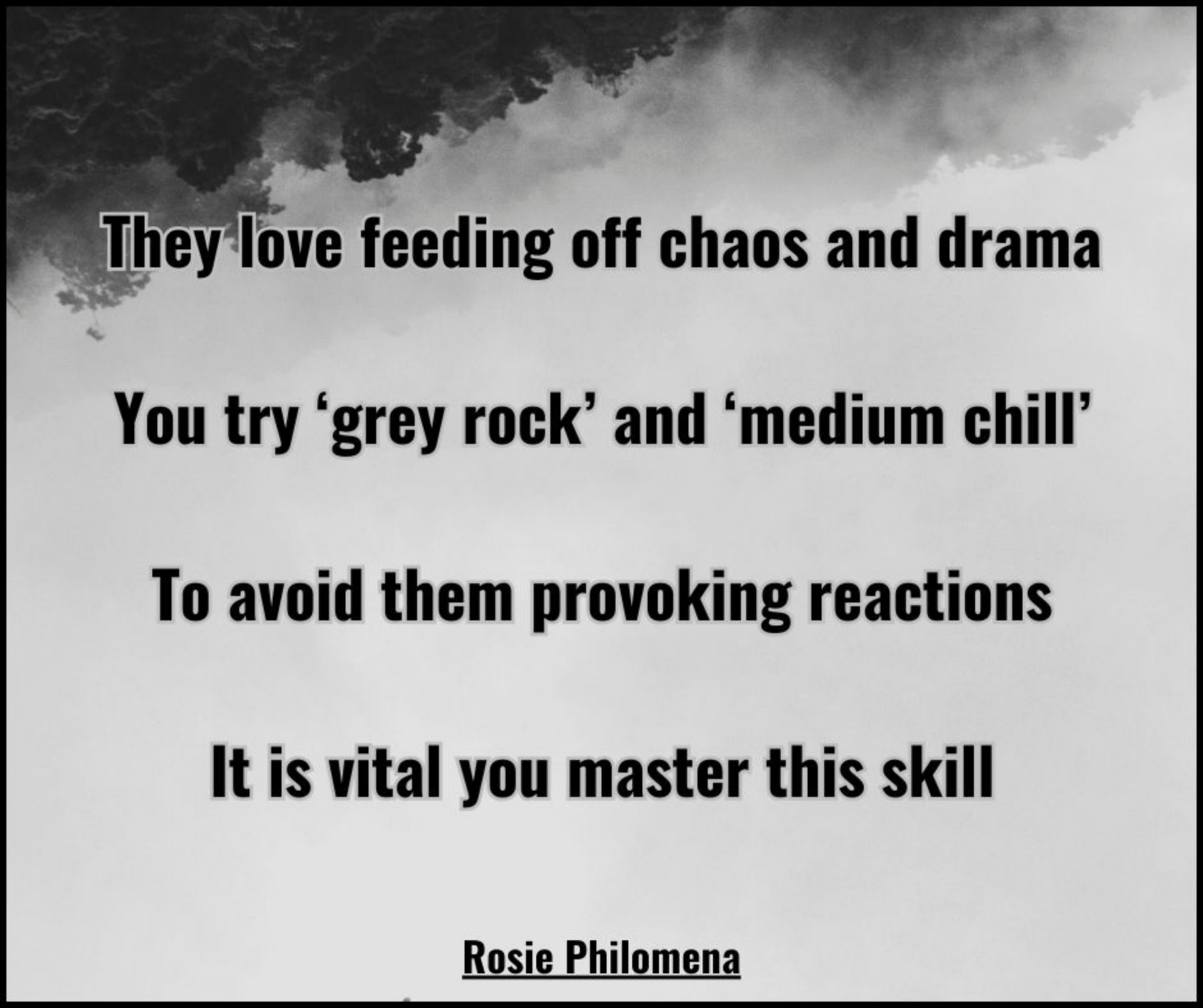
They will act like emotional vampires

And their need is for power and control

You've already lost all of your sparkle

If you stay, you risk losing your soul

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They love feeding off chaos and drama

You try 'grey rock' and 'medium chill'

To avoid them provoking reactions

It is vital you master this skill

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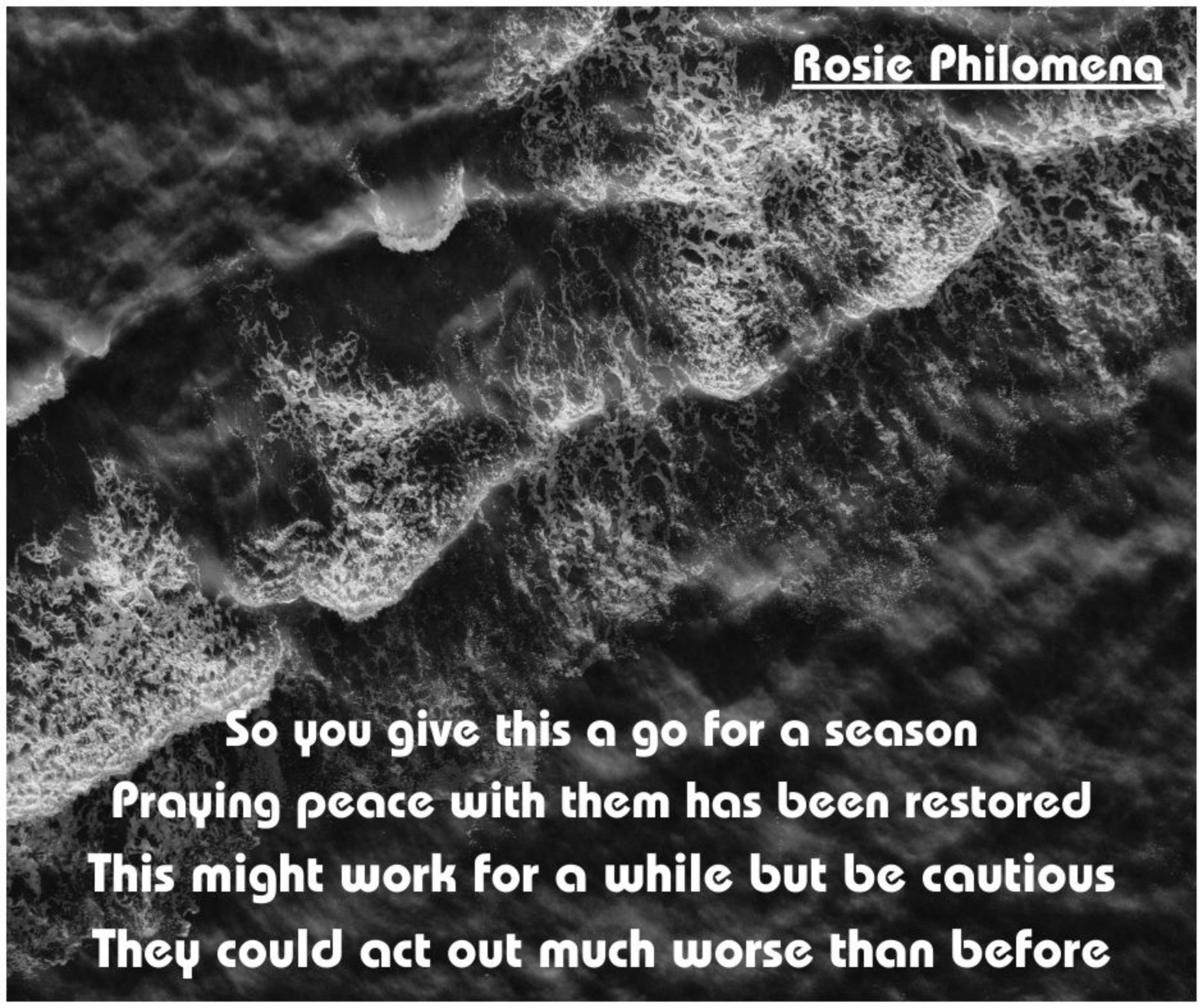
Now they want you to get cross and angry

So they'll push you until you erupt

But if you can stay calm and collected

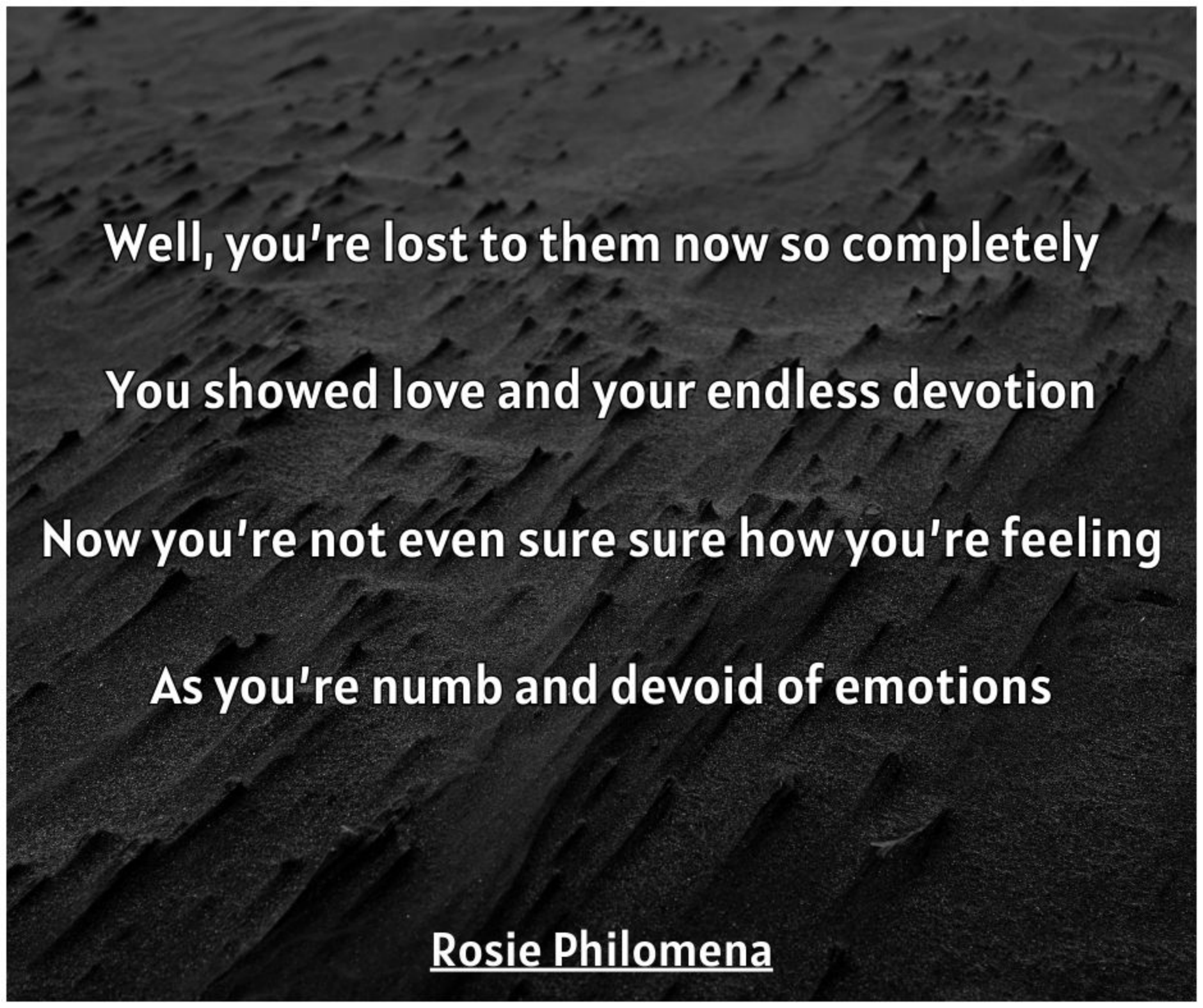
You will find your head's not so messed up

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**So you give this a go for a season
Praying peace with them has been restored
This might work for a while but be cautious
They could act out much worse than before**



Well, you're lost to them now so completely
You showed love and your endless devotion
Now you're not even sure sure how you're feeling
As you're numb and devoid of emotions

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You stayed though because you were waiting

For the person you love to return

You're conditioned to think this is normal

'Trauma bonding' you're starting to learn

So now that you're so trauma bonded

Inconsistent behaviour you'll find

They'll be cruel with their words and their actions

Then revert to being loving and kind

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Their behaviour will keep you off balance

Is the ride really worth the high cost?

From this rollercoaster of emotions

Now you're desperately trying to jump off

You'll be told you're the one with the problem

You're confused so expect less and less

This addiction you have to the good times

Will ensure to this life you're enmeshed

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They will throw you a handful of breadcrumbs

Keep you sweet for a very short time

But quite soon they'll ignore or upset you

And then act as if things are just fine

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Another term used was 'word salad'

You'll engage in another mad game

Conversations will just keep repeating

And you feel like you're going insane

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They'll confuse you with what they are saying
Random words you find don't make much sense
But they say them with such great conviction
You're left baffled, but daren't take offence

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“They love me, I don’t think they like me”

‘Cognitive dissonance’ is what this is named

Where two thoughts in your head are conflicting

When this happens, you think you’re to blame

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**On the outside they're funny and charming
And you feel like you've struck gold with them
But you know it's for show and you're thinking
It will change, but you're not quite sure when**

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You've spent so long believing excuses

Stress at work makes them act out this way

It's their childhood, could even be something you said

And the reasons could change every day

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It could even result in them ‘ghosting’

They’ll ignore you and then disappear

Now this phase can be very confusing

Then without warning they deign to appear

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Now another tactic is called 'hoovering'
You might leave, get you life back on track
And then they'll deploy a variety of schemes
With the intention of luring you back

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They will promise the earth to get round you

Agree to therapy, counselling and more

Mediation or perhaps marriage guidance

But be wary, you've heard this before

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They can also use 'triangulation'

And invite someone else into the game

With the intention of making you jealous

Which produces a feeling of shame

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Your reputation could also be tarnished

As they attempt to destroy your good name

In a bid to control others' opinions of you

This is known as the 'smear campaign'

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When the narcissist can no longer control you

They control how other people treat you

And these 'flying monkeys' you thought were your friends

Now believe all their scandalous untruths

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They will follow the pattern of 'DARVO'

At this process they're now quite rehearsed

Deny, Attack, Reverse, Victim/Offender

The whole process now works in reverse

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And then there's the cruel 'final discard'

It will come like a bolt from the blue

And this phase will reveal all their scheming

When they claim the abuser is you!

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They announce to the world you're the bully

When you attempt to stick up for yourself

This 'blame-shifting' or so called 'reactive abuse'

Will wreak havoc with your mental health

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If you can, once you leave, go 'no contact'

This will give you much needed headspace

By removing yourself from the drama

All that chaos with peace is replaced

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At first, you don't know how this happened

Once you're out though, you see you've been groomed

This slow process of manipulation

Has ensured that the whole thing was doomed

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They'll require new supply once they've drained you

Once they've given their final encore

The cycle repeats in the stages we've seen

As they tell their sob story once more

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