

The Narcissist



Rosie Philomena

**A word that was frequently mentioned
Was something I'd heard of before
About the narcissist and their behaviour
On these courses I'd learn so much more**

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When you meet them they're ever so charming

And in love you fall head over heels

You feel loved right at last, unaware of their past

Whilst the wolf in sheep's clothing's concealed

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**'Love bombing' will start, in pursuit of your heart
Many love notes or letters and verse
Enjoying the fuss, believing promises of 'us'
Unaware that you're being coerced**

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You don't know it's a mask they are wearing

They despise their true selves through and through

So to fill the black hole in their dark empty soul

They'll require a host - that is you

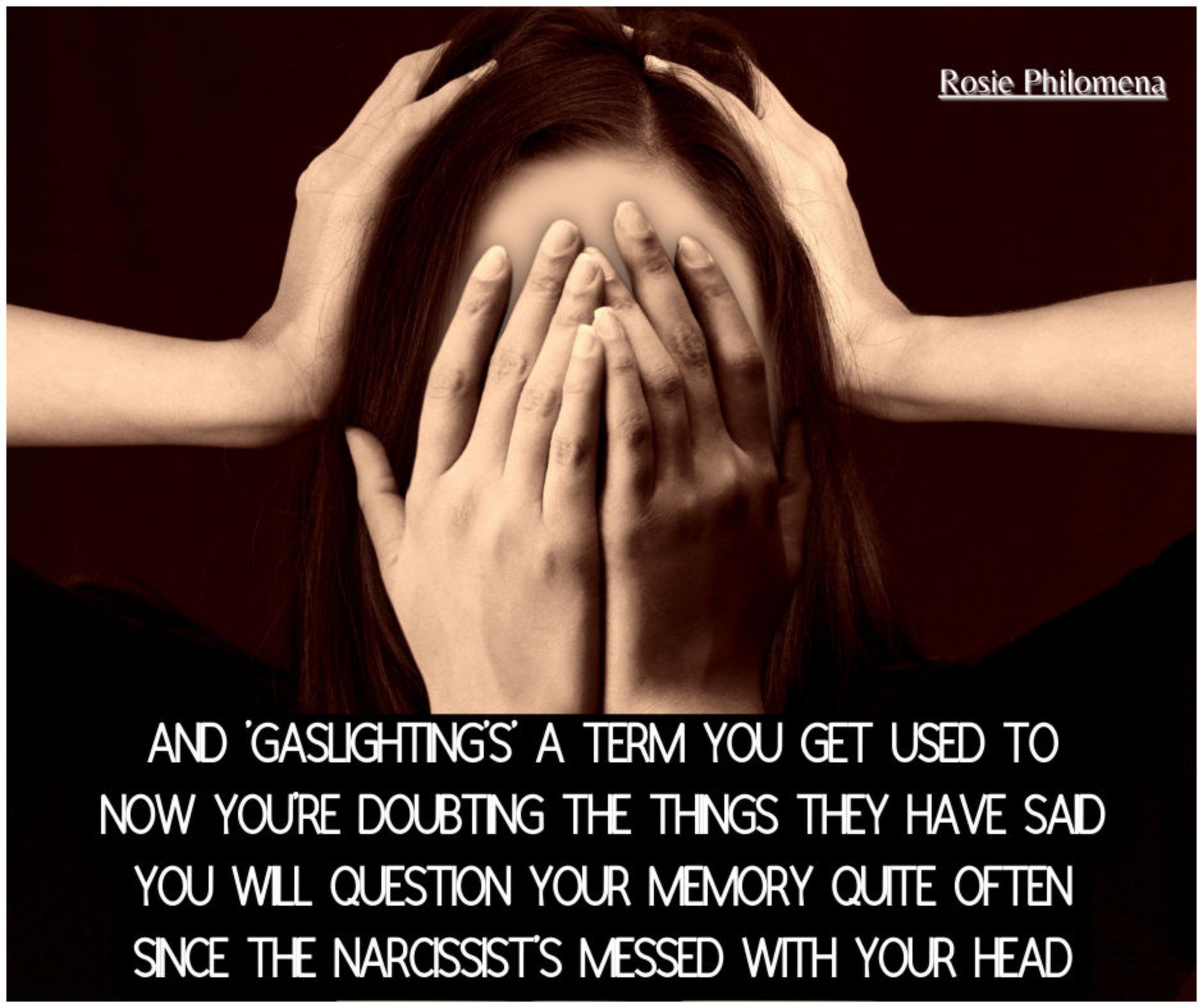


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YOU'RE CONFUSED BY THE WAY THEY ARE ACTING
YOU KNOW LOVE SHOULDN'T TAKE THIS MUCH WORK
BUT THEN YOU'RE UNNERVED BY A LOOK ON THEIR FACE
AND YOU WATCH AS THE NARCISSIST SMIRKS



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AND 'GASLIGHTING'S' A TERM YOU GET USED TO
NOW YOU'RE DOUBTING THE THINGS THEY HAVE SAID
YOU WILL QUESTION YOUR MEMORY QUITE OFTEN
SINCE THE NARCISSIST'S MESSED WITH YOUR HEAD

With 'gaslighting' you think you've gone crazy

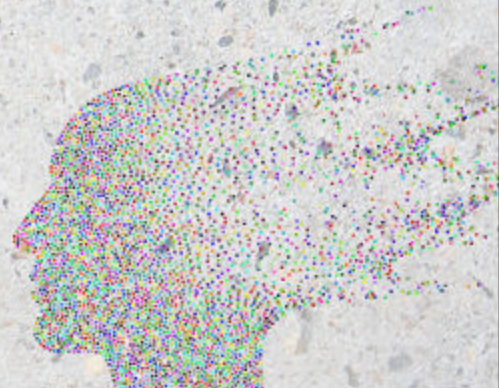
Sheer despair and confusion it brings

You're starting to question, "Am I going mad?"

Whilst they're busy now moving your things



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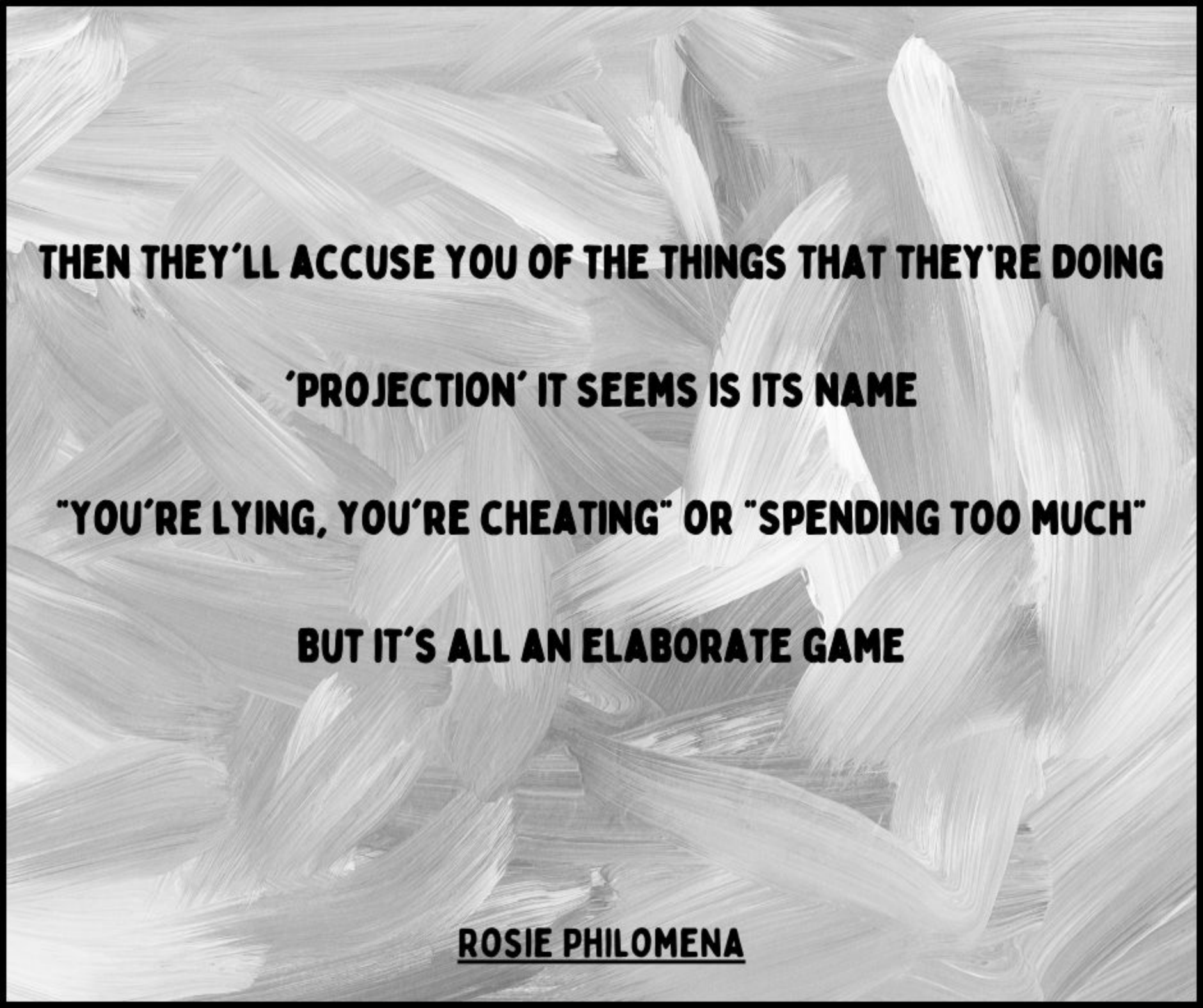
'Devaluing' you is the next thing they do

Never sure if you're in or you're out

They're slowly erasing the essence of you

Leaving you with much fear and self-doubt

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THEN THEY'LL ACCUSE YOU OF THE THINGS THAT THEY'RE DOING

'PROJECTION' IT SEEMS IS ITS NAME

"YOU'RE LYING, YOU'RE CHEATING" OR "SPENDING TOO MUCH"

BUT IT'S ALL AN ELABORATE GAME

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For some time you've been walking on egg shells

And attempting to cope with their moods

You're confused and completely bewildered

As discontentment they start to exude

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Now you're starting to watch what you're saying

And attempting to censor each word

They'll be twisted and cruelly distorted

Which results in you not being heard

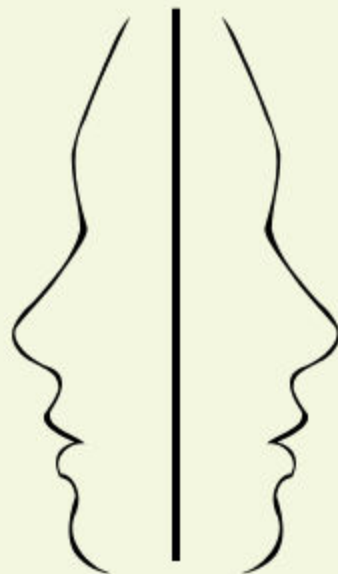
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They're two people in one it's confusing

Never knowing with which you reside

Catching brief glimpses of the horror beneath

Unaware if they're Jekyll or Hyde



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And by now you have changed your behaviour

It seems they're not the person you knew

But the sad truth's they never existed

Their whole outlook on life's become skewed

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And you must give them all your attention

They're so wonderful, why would you not?

If you don't they get ever so jealous

And against you they'll stage a boycott

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You will pay for ignoring their presence
And the backlash can be quite severe
So you try even harder to please them
As you wonder, "How did I get here?"

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You'll soon notice a pattern repeating

They're enjoying it when you're upset

Now this is just one of the narcissist's traits

And they'll show not one ounce of regret

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Don't expect them to care when you're poorly

Grieving or facing a mountain of debt

For these are the times when they care least of all

And they'll show not one ounce of regret

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THEY WILL RUIN YOUR SPECIAL OCCASIONS

AND MANY OTHER IMPORTANT EVENTS

CHRISTMAS, YOUR BIRTHDAY, A PROMOTION OR BIRTH

REVEALING THEY'RE SAD MALCONTENTS

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At home jobs are rarely completed

Most half done, then they're on to the next

Leaving a trail of destruction behind

They then wonder why you're feeling vexed!

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