



NARCISSISTIC PERSONALITY DISORDER (NPD) & CONTROLLING BEHAVIOURS

What is Narcissistic Personality Disorder (NPD)?

Narcissistic Personality Disorder (NPD) is a mental health condition characterised by:

- An inflated sense of self-importance
- A deep need for excessive attention and admiration
- A lack of empathy for others
- A strong sense of entitlement

NPD affects approximately **1% of the population** and is more commonly diagnosed in men. People with NPD may also experience depression, substance abuse, and other personality disorders.

Signs of Narcissistic & Controlling Behaviours

Individuals with NPD often engage in **manipulative and controlling tactics** to maintain power over others. These include:

- **Gaslighting:** Causing someone to doubt their own thoughts, feelings, or memories, making them question their reality.
- **Isolation:** Separating individuals from friends and family to increase dependence and reduce outside support.
- **Projection:** Blaming others for the very behaviours or feelings they themselves exhibit.
- **Triangulation:** Using a third party (e.g., another person, social media) to manipulate or control the primary target.
- **Love-Bombing & Devaluation:** Overwhelming someone with attention and affection at first, only to withdraw it later to manipulate and control.
- **Silent Treatment:** Refusing to communicate as a form of punishment or control.
- **Blame-Shifting:** Never accepting responsibility and always blaming others for problems.
- **Hoovering:** Attempting to pull someone back into a toxic relationship after they have tried to leave.

The Impact of Narcissistic Abuse

Being in a relationship (romantic, family, or workplace) with a narcissist can lead to:

- Anxiety and depression
- Low self-esteem and self-doubt
- Emotional exhaustion
- Difficulty trusting others

Breaking Free from a Narcissistic Relationship

If you suspect you are in a toxic relationship, consider these steps:

- **Recognise the patterns** – Trust your instincts and acknowledge the red flags.
- **Set clear boundaries** – Limit or cut off contact if possible.
- **Seek support** – Talk to trusted friends, family, or a professional.
- **Prioritise self-care** – Engage in activities that restore your well-being.
- **Educate yourself** – Knowledge is power when dealing with manipulative behaviours.

UK Domestic Abuse Statistics (2024)

- In the year ending March 2024, **5.7% of adults** (16+) experienced domestic abuse.
- **1,350,428 domestic abuse-related incidents** were recorded by police.
- Domestic abuse accounts for **1 in 5** homicides in the UK.
- Many perpetrators display traits of **Narcissistic Personality Disorder (NPD)**.
(Source: Office for National Statistics, 2024)

Need Support?

If you or someone you know is experiencing abuse, help is available:

- **National Domestic Abuse Helpline** (UK) – 0808 2000 247
- **Women's Aid** – www.womensaid.org.uk

 *You are not alone. Support is available.* 