

0

[Music]

00:12

you

00:22

you know what an earworm is an earworm

00:26

is when you can get a song or a jingle

00:28

in your mind and then once it's finished

00:30

it doesn't go away inside your mind you

00:33

just keep with it over and over and over

00:35

and it just continues to play to the

00:38

point where it almost drives you crazy

00:39

and we've all had that happen at some

00:41

time or another but eventually something

00:43

kind of takes you and jogs out of it and

00:45

you get distracted with something else

00:46

when you move on well if you will we can

00:50

say that a narcissist can put some

00:52

serious types of ear worms in you in the

00:55

sense that they have their pet phrases

00:58

or ideas or notions that they want to

01:00

put on the inside of your mind and they

01:03

want to reinforce that over and over and

01:05

so as time passes whether it's a week or

01:08

a month or years or even decades those

01:11

kinds of messages can reverberate in

01:13

your mind for example they may just have

01:16

a simple message that says there's

01:18

something very wrong about you

01:20

or you just need to shut up or you're

01:25

unstable or I wish that people knew you

01:28

the same way I know you because I know

01:30

they would all be disappointed or you're

01:33

not a likeable person or if I become

01:36

angry it's because you keep doing things

01:39

that mess up relationships you don't

01:41

know how to do relationships well and

01:44

you can have those kinds of messages and

01:46

inside your mind it's like well I know

01:49

that's not exactly the way I need to be

01:51

thinking I wish I could get it out of my

01:53

mind but it just stays on the inside but

01:56

unlike an earworm these kinds of

01:58

messages will actually have a great

02:00

impact on the way that you do life with

02:02

many people beyond just that

02:04

narcissistic person and it can lead you

02:07

down a path towards ineffectiveness now

02:09

one of the ways we know that these

02:11

earworms are these repetitive thoughts

02:13

remain on the inside of us by the way

02:16

you respond to it for example if you

02:18

find yourself being repeatedly

02:20

argumentative towards that narcissist it

02:23

implies you're still in the game it's

02:25

like but I've got to get in I've got to

02:26

convince you to think differently and

02:28

then I'll be able to be okay and then I

02:30

can dislodge the thought and they're

02:32

never going to cooperate with that where

02:34

it may be in a

02:35

being that you feel the need to justify

02:37

yourself over and over and over how many

02:40

times have you thought well I hate

02:42

having to explain myself but they just

02:44

don't understand me and so you just kind

02:45

of jump in there and the next

02:47

explanation is not likely to be the one

02:49

that breaks through so that's a wasted

02:52

effort

02:52

perhaps you withdraw socially you may go

02:57

into a shutdown mode and start living

03:00

with a lot of passive aggressiveness

03:01

that's a part of your life it could be

03:04

that you just allow yourself to live

03:06

with an extra amount of shame and guilt

03:09

that that narcissistic put on the inside

03:11

of you and certainly that's not

03:13

something you need to do now I want you

03:16

to understand a couple of things about

03:17

where the narcissist is coming from and

03:19

then I want to see if we can take a look

03:21

at your resolve as you respond to

03:23

something like this what does it tell us

03:25

about a person and I'm thinking about

03:27

the narcissist who feels a very strong

03:31

need to continue to send belittling and

03:35

condescending messages to someone else

03:39

in order to elevate themselves what does

03:41

that tell us about them and it tells me

03:45

a person feels very weak on the inside

03:47

they don't have any of their own natural

03:50

sense of well-being to draw upon their

03:53

well-being has to come by finding you to

03:56

be beneath them we call this

03:58

narcissistic supply it's kind of like

03:59

you become food to their emotional

04:02

well-being in their emotional sense of

04:05

steadiness they have to have you in a

04:08

down position really yeah when you look

04:12

at that it's like that's no way to build

04:14

your own approach toward life it's no

04:16

way to elevate yourself so that you can

04:18

walk away saying yeah I like the way I

04:20

do things around here

04:21

I belittle people and then that makes me

04:24

feel really good about life but that's

04:25

what they do and I want you to see

04:27

that's a demented way of thinking and

04:30

then even more so I want you to

04:33

understand something that's rather

04:35

pitiabile if it weren't such a

04:37

mean-spirited kind of a thought and that

04:39

is narcissists like humiliating you

04:44

that's a pretty sad thought I would let

04:47

that soak in the dark

04:48

this likes to humiliate you now the best

04:51

way I can get you to see this is it may

04:54

have been that in some of the the media

04:56

kinds of things we have in front of us

04:58

and you know I've spoken about this and

05:01

some of my other videos whether it's

05:02

movies or television programs or video

05:04

games things like that there's a lot of

05:07

humiliation that goes on you know even

05:09

the good guys so to speak will humiliate

05:12

the bad guys and you the viewer can say

05:15

yeah that's the way it ought to be and

05:16

you cheer them on whoa whoa whoa whoa

05:18

wait a minute I don't feel like cheering

05:21

when I see anyone humiliating someone

05:23

else but we're we're taught that you

05:26

need to be the victor and you need to

05:28

just vanquish that other individual you

05:31

see that's how the narcissist thinks

05:33

toward you if they say something that's

05:36

harsh or rejecting and they notice that

05:39

you slumped down and it really gets to

05:41

you it's like oh I feel so good with

05:43

that I just want a victory that's that's

05:47

a sad way to live and and I I certainly

05:50

as a recipient of those kind of messages

05:53

from someone would think you know if

05:55

that's how you get your jollies thanks

05:58

but no thanks I'm not in that so what I

06:01

want to do is I want you to begin

06:03

thinking in terms of your response to

06:06

that narcissist and that earworm that

06:08

they want to put on the inside of you

06:10

and let's see if we can shift and go

06:12

into a different way of thinking let's

06:14

keep in mind a narcissist

06:17

criticism does not have to break you a

06:22

narcissist

06:23

anger does not have to break you a

06:26

narcissist hatred contempt does not have

06:30

to break you the narcissus lack of

06:33

understanding does not have to break you

06:37

the narcissist misguided

06:39

haughtiness does not have to break you a

06:42

narcissist use of shame does not have to

06:45

break you all of those things that I'm

06:47

mentioning right now tell us much much

06:50

more about what's going on inside that

06:52

person then it says anything about who

06:55

you are keep in mind when that person

06:58

feels the need to keep putting those

06:59

kinds of men

07:00

is in the inside they're trying to

07:02

elevate themselves and you're not

07:05

required to sing their song if you will

07:08

and let it just remain on the inside of

07:10

your brain over and over and over you

07:13

see there's another question that I want

07:15

you to ponder as we consider how to

07:18

respond to that voice that they keep on

07:21

the inside of your mind and that

07:23

question is what do you think about you

07:28

say that's the better question the

07:31

narcissist as I've just mentioned that

07:33

they have a very strong self

07:35

self-serving motive in the way that they

07:37

keep you in a demeaned kind of way but

07:40

what do you believe about you now

07:42

there's some quarter beliefs some basic

07:44

guiding thoughts that I'm hoping that

07:46

you can anchor down in and these are

07:48

thoughts that I hold dearly and I want

07:51

you to be able to hold dearly and I'm

07:53

hoping that they can speak into you in a

07:55

way so that you respond to that

07:57

narcissistic voice in a much different

07:59

kind of way now the first thought I want

08:03

you to know and hear me fully on this

08:05

one you are lovable you were made to

08:12

give and receive love on the first day

08:15

of life you you are already loveable

08:19

then and you needed to have people that

08:21

through the years would train you to

08:23

know that and understand that now

08:25

therein lies part of the problem because

08:27

sometimes people don't do a very good

08:28

job in saying yes I know that you have a

08:30

lovable nature on the inside and let me

08:32

help you out there are times when people

08:34

will do a poor job of that but let's go

08:37

back to the basic you are lovable and I

08:41

hope that you can learn to love yourself

08:43

and learn to love the fact that you have

08:45

that internal Worth and value that goes

08:48

right along with it now a second thought

08:52

and that is you're not required to earn

08:56

someone else's approval if you already

09:00

know that you're lovable and you have an

09:02

name worth and value and then someone

09:05

comes like a trainer in the zoo sticks a

09:09

hoop in front even says here jump

09:11

through that and maybe we'll talk about

09:13

acceptance know you're not an animal in

09:16

the zoo you don't have to jump through

09:18

anyone's hoop so that you can gain their

09:20

acceptance or a third thought and that

09:24

is even when you air you can still

09:28

err (make mistake)

upright yourself and grow one of the

09:31

things that narcissists love to do is to

09:34

take your mistakes or your blunders or

09:36

your miscalculations and like that

09:39

earworm they're gonna Park on it and

09:41

just keep going back to that over and

09:43

over and over yeah but look at this and

09:45

remember how you did that wrong and

09:48

don't you know that that's something you

09:49

don't want anybody else to know about

09:51

those kind of things well even as you

09:54

have erred and who among us has not we

09:57

all make mistakes

09:58

you can still upright yourself and grow

10:00

and in fact I'll even double down on

10:02

that and say you typically grow even

10:04

more so after you have had your mistakes

10:06

and you can look at it for what it is

10:08

and then a fourth thought and this is

10:11

huge again your life has meaning and the

10:15

meaning goes beyond just being in this

10:17

competitive way of thinking that the

10:19

narcissist wants to pull you into your

10:22

meaning comes from knowing that you are

10:24

a lovable person and that you can speak

10:26

goodness and decency into other

10:29

individuals you know my other channel

10:31

that I have the the darker less card

10:33

I've I've got a little notation in there

10:35

dr c dr. C stands for dignity respect

10:38

civility that's something that you

10:40

deserve in your life and I hope that you

10:42

can become a giver of that in the lives

10:44

of others and then how about this last

10:48

one **no one and let me underscore no one**

10:52

has the right to take your Worth and

10:56

value away from you I hope that that

11:01

one's soaks into the narcissist they

11:03

want to get inside your mind with all of

11:05

these negative messages and they want to

11:07

stay with that negative message until it

11:10

just gets drilled inside your mind you

11:13

know what that's all

11:15

them that tells me that that person is

11:17

coming from a very trouble place you

11:19

don't have to be their narcissistic

11:21

supply I want you to learn how to think

11:23

differently and in a healthy way

11:25

separate and distinct from them and in

11:27

doing so that's how you get that voice

11:30

that that earworm out of your mind and

11:32

see it for what it is and what it is is

11:36

it's the message of someone who's a

11:37

troubled soul and that's not something

11:40

you're required to have to anchor down

11:41

on now I do hope that you find value and

11:46

videos such as this these these videos

11:49

that I'm doing their passion for me

11:51

because all my career I've been working

11:54

with people who have a need to make

11:56

adjustments in their own personal life

11:58

and and you know I'm in a growth mode

12:00

myself I can't help somebody else grow

12:03

if I'm not growing and so I'm hoping

12:05

that these videos are an assistance with

12:08

you as you're in your growth mode we're

12:09

all interconnected we're all in this

12:11

together now beneath the video you're

12:14

gonna see a subscribe button I want you

12:16

to hit that if you have them already and

12:17

we'll keep you apprised when more videos

12:19

come up and but also beneath the video

12:21

you'll see some some links to some

12:24

online workshops and books and online

12:26

counseling and if you need to avail

12:27

yourself to those kinds of things I

12:29

would encourage you to do so just know

12:31

that I'm honored that you would have me

12:33

along on your journey now having said

12:36

all of that I shall see you next time

12:43

[Music]