

BASED ON 20 YEARS OF PROFESSIONAL COACHING EXPERIENCE

# A Practical Guide for Narcissists to Change Towards the Higher Self



PRESTON NI  
COMMUNICATION COACHING

Also by Preston C. Ni

*How to Successfully Handle Narcissists*

*How to Communicate Effectively and Handle Difficult People, 2<sup>nd</sup> Edition*

*How to Successfully Handle Passive-Aggressive People*

*Seven Keys to Long-Term Relationship Success*

*How to Let Go of Negative Thoughts and Emotions*

*How to Successfully Handle Manipulative People*

*Communication Success with Four Personality Types*

*How to Get Over a Breakup – Keys to Healing and Happiness Again*

For more information or to purchase, visit [www.nipreston.com/publications](http://www.nipreston.com/publications).

Preston Ni is available as a presenter, workshop instructor, course designer, and private coach. For more information, write to [commsuccess@nipreston.com](mailto:commsuccess@nipreston.com), or visit [www.nipreston.com](http://www.nipreston.com).

Copyright © 2015 Preston C. Ni. All rights reserved worldwide.

No part of this document shall be reproduced in any form whatsoever, stored in a retrieval system, broadcasted, transmitted, or translated into any kind of language, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the express prior written permission from the author.

No responsibility for the loss occasioned to any person acting or refraining from action as a result of the material in this publication can be accepted by the author or publisher.

No patent liability is assumed with respect to the use of the information contained herein. The author and publisher assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of information contained herein.

# *Table of Contents*

<b>Introduction</b>	<b>4</b>
<b>Six Keys for Narcissists to Change Towards the Higher Self</b>	<b>5</b>
<b>Becoming Aware of Narcissistic Traits</b>	<b>13</b>
<b>Four Major Communication Mistakes to Avoid</b>	<b>20</b>
<b>Four Keys to Excellent People Skills</b>	<b>27</b>
<b>Seven Keys to Long-Term Relationship Success</b>	<b>36</b>
<b>Changing the Fear of Rejection</b>	<b>52</b>
<b>Changing Rumination About the Past and Self-Blame</b>	<b>54</b>
<b>Eight Keys to Life Hardiness and Resiliency</b>	<b>56</b>
<b>Select Bibliography</b>	<b>64</b>

## *Introduction*

Psychologist Stephen Johnson writes that the narcissist is someone who has “buried his true self-expression in response to early injuries and replaced it with a highly developed, compensatory false self.” This alternate persona to the real self often comes across as grandiose, “above others,” and self-absorbed.

Many chronic narcissists lose their way, and suffer significant personal and/or professional setbacks during the course of their lives.

However, to the few who are self-aware, there is the unique opportunity to evolve toward the Higher Self, signified by greater self-acceptance, substantive success, and the capacity to engage in truly healthy, loving, and lasting relationships.

Nobel laureate Anwar Sadat reminds us: “If you don’t have the capacity to change yourself and your own attitudes, then nothing around you can be changed.” To leave the narcissistic facade behind and become one’s better self is to truly practice wisdom. The strategies and skills offered in this book will show you how.

## **Six Keys for Narcissists to Change Towards the Higher Self**

*“Once you are Real you can't become unreal again. It lasts for always.”*

— Margery Williams, *The Velveteen Rabbit*

The Mayo Clinic research group defines narcissistic personality disorder as “a mental disorder in which people have an inflated sense of their own importance and a deep need for admiration. Those with narcissistic personality disorder believe that they're superior to others and have little regard for other people's feelings. But behind this mask of ultra-confidence lies a fragile self-esteem, vulnerable to the slightest criticism.”

The causes of pathological narcissism are complex and deep-seated. Many narcissists are oblivious to their negative and often self-destructive behavioral patterns, which typically result in them experiencing life lessons the hard way. Negative consequences as the result of chronic narcissism may include some of the following:

- Loneliness and isolation. Few healthy, close, and lasting relationships.
- Family estrangement.
- Divorce.
- Relationship cut-offs from others feeling let down, disappointed, lied to, used, manipulated, violated, exploited, betrayed, ripped-off, demeaned, invalidated, or ignored.
- Missed opportunities from a lack of true substance and/or connectedness.
- Financial, career, or legal trouble from rule breaking, gross irresponsibility, careless indulgence, or other indiscretions.
- Damaged personal and/or professional reputation.

However, for narcissists who have a degree of self-awareness, there are ways to liberate oneself from the illusion of falsehood, begin the process of inner healing, and progressively move toward manifesting the real, Higher Self.

For the purpose of this writing, elements of realizing the Higher Self include self-acceptance, substantive success, and the capacity to feel and engage in truly healthy, loving, and lasting relationships.

Below are six keys for narcissists to progressively attain towards the Higher Self:

There's more to this excerpt!

Get the entire book at **[www.nipreston.com](http://www.nipreston.com)**.

Boost your communication success at **[www.nipreston.com](http://www.nipreston.com)** with information on:

- Free resources, articles, and tips
- Private coaching and organizational training
- College courses
- Public workshops
- Information on other books, DVDs, and publications by Preston Ni

Questions and comments? E-mail **[commsuccess@nipreston.com](mailto:commsuccess@nipreston.com)**



**PRESTON NI**  
COMMUNICATION COACHING