



Sacred Story Institute

Ignatian Spirituality for Third Millennium Evangelization

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During your daily activities, pay attention to sudden anger, anxiety, fear or grief that surfaces. Pray for graced insights how sudden anger, temptation, anxiety, fear or grief touch the deep spiritual, emotional and physical wounds and Original Sins in your life. For those events that seem to jump out at you, and capture your attention, consciously speak to Christ from your heart: Ask to not react but instead to be conscious of what you are reacting to.

THE AGGRESSIVE NARCISSIST

Self-identifies as a winner.

Is determined to have others notice how special he/she is by defeating all opponents.

Is cynical and excuses bad behavior by insisting it is justified because he/she has earned it.

Is vindictive when hurt, whether the hurt is real or imagined.

Threatens anyone who criticizes or opposes him/her.

Protects him/herself from being hurt again by eradicating vulnerabilities. If anything is too difficult or painful, he/she will act in a conqueror role and dominate others.

Wins by direct confrontation.

Is secretly attached to the power of defeating others.

Is terrified of surrendering control and being vulnerable, and has difficulty admitting it to him/herself.

From *Sacred Story* by William M. Watson, S.J.



The Narcissist Examen

It is spiritually valuable—exceedingly so—to understand what form of prideful narcissism your life circumstances have shaped in you. Both are equally difficult to admit and are equally problematic and destructive. Both forms of prideful narcissism displace God in our lives and serve to mask our wounded human nature—our heart’s grief at paradise lost.

THE PASSIVE NARCISSIST

Self-identifies as a victim.

Is determined to have others notice how special he/she is by pointing to his/her unfair suffering.

Is cynical and excuses bad behavior by insisting it is justified because of how much he/she has suffered.

Wallows in self-pity when hurt, whether the hurt is real or imagined.

Blames anyone who criticizes or opposes him/her.

Protects him/herself from being hurt again by keeping wounds as fresh as possible. If anything is too difficult or painful, he/she will retreat into those painful memories and turn inward, away from others.

Wins by emotional manipulation.

Is secretly attached to his/her own woundedness.

Is terrified of taking control and personal responsibility, and has difficulty admitting it to him/herself.