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The Creation of a Narcissist

The development of narcissistic personality disorder is complex and can be influenced by a combination of genetic, environmental, and social factors. Here are a few key factors that can contribute to the creation of a narcissist:

1. **Childhood experiences:** Narcissism can stem from early experiences of neglect, abuse, or trauma. If a child is not given enough love, attention, or validation, they may develop a deep-seated need to seek out admiration and attention from others as adults. Traumatic events in childhood are often labelled as one of the key triggers for narcissistic personality disorder.
2. **Genetics:** Some studies have suggested that there may be a genetic component to narcissistic personality disorder. However, the exact genes involved are not yet fully understood.
3. **Parenting style:** Children who are raised by overly critical or controlling parents may develop a need to constantly seek out validation and approval from others as adults. Conversely, children who are overly pampered or praised may develop an inflated sense of self-worth and entitlement.
4. **Cultural and societal influences:** Our culture often values traits such as ambition, confidence, and success, which can contribute to the development of narcissistic tendencies. Additionally, social media and the constant need for validation and attention can exacerbate these tendencies.

It's important to note that not all individuals who experience these factors will develop narcissistic personality disorder. However, they may be at a higher risk for developing these tendencies. It is also important to remember that narcissism is broad, and it depends where one person appears on the spectrum.

It is quite different to state that an individual has narcissistic traits to a person being diagnosed with narcissistic personality disorder.

Our experiences with an individual that displays narcissistic, personality disorder can be quite different.