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Is It More Common For Narcissists To Have Addictions?

BY LOUISVILLE ADDICTION TREATMENT CENTER

Many people who struggle with addictions have narcissistic personality traits. These people have inflated senses of self-worth, putting themselves before others at all times. Additionally, they will go to great lengths to defend their fragile self-perceptions by creating a following that they can rely on. However, narcissists always need a way to escape their pain and emotional anxiety, so they quickly turn to drugs or alcohol. That said, is it more common for narcissists to have addictions? It is critical to understand how narcissism contributes to addiction since this may help you or your loved one receive the necessary help in time.

What Is A Narcissist?

Individuals with Narcissistic Personality Disorder fundamentally struggle with an exaggerated sense of self-importance. Narcissists focus on their wants at all times, without regard for others' needs. They are also inherently not empathetic, leading to various struggles in their interpersonal relationships. The average narcissist also fantasizes about success, intelligence, power, and beauty, with a constant need for attention and praise. Finally, narcissists handle criticism poorly and respond with humiliation, shame, or rage.

Narcissism And Addiction

Narcissism and addiction share a similar cycle; the addiction cycle involves cravings, increasing tolerance, and withdrawal. Similarly, narcissists want to feel superior and are always seeking better triumphs that will yield greater rewards. The narcissist then exhibits significant distress when they don't get the admiration they crave.

Drugs and alcohol are often the first things narcissists use to cope when they don't get the attention and praise they desire. However, drugs and alcohol only provide temporary relief, causing them to continue using. Eventually, the narcissist becomes fully hooked but will even be reluctant to admit that they have a problem, for starters. They will do all they can to prove that they can handle the substances, further trapping them in the addiction cycle.

It is easily noticeable that addicts and narcissists seek to fill an internal void with something external. Both individuals also struggle with shame, denial, self-medication, emotional avoidance, rage, and controlling behavior.

Treatment Options

An individual struggling with addiction and narcissism is battling a co-occurring disorder that is best treated simultaneously. This way, they can recover from both and enjoy a better chance of being sober for the long term. You can opt for an intensive outpatient and outpatient treatment plan to put you or your loved one on a sustainable path to long-term recovery. The outpatient plan differs slightly from the intensive outpatient option because it is less rigorous but equally effective.

Also, you can choose a telemedicine treatment plan to receive high-quality care from the comfort of your home. This option is a much better alternative if you cannot receive in-person treatment for one reason or another, including not having enough money for transportation, living too far away, and being tied down by work or family.

Finally, multiple pathways treatment may be best for you since this approach combines several therapies like CBT and medical detox to treat your addiction.

Addiction Recovery Through The Impact Outpatient Program

Our admissions team is on standby at all times to help patients find the best treatment based on their unique needs. Also, all our treatment approaches are evidence-based, individualized, and judgment-free. Reach out to us today to get started.

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