

Why do narcissists keep lying? A neurological explanation. A narcissistic level disorder is a state of stress. It's an insecure state, which blocks access to executive functions and leaves a person operating out of their more primitive state. So, like the seven vices: pride, greed, wrath, envy, gluttony, sloth, lust... vs. humility, diligence, kindness, temperance, patience, charity - which are actually satisfying states. When we connect on prosocial levels we stimulate the happy chemicals - that isn't a state the narcissist is achieving. So the thing is that lying to you and/or fooling you? It releases dopamine - which is a happy chemical. Unfortunately, it's battling the stress chemicals and tied to the reward center, so it's also an insatiable state - they need to keep lying. Plus, the need to lie escalates. In order to achieve the same "high", the narcissist needs to do something "new". This is why they get worse and worse over time. This is why the greatest gift you can give a narcissist is to go no contact and ignore them - that is rock bottom for them. It's hard for an addict to change when they keep getting a supply for their addiction.

State Of Blebed Gluttony

Wolfgang Guggemos



State Of Blebed Gluttony:

Ignite the flame of optimism with its motivational masterpiece, Find Positivity in **State Of Blebed Gluttony** . In a downloadable PDF format (*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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