



Free Gift

Persuading [narcissistic traits](#) away in a loved one is sometimes possible. So share the riddle below as ice-breaker, to gently expose and discourage this behavior. With the [Story Symbolism](#) the [Fun Facts](#), and the [Moral](#) you can facilitate a meaningful discussion that every Empath certainly deserves.



The Unsuspecting Suspect

On the escape from illuminating lights and sirens, a suspect outruns his shadow to an office building and locks himself inside. Armed and dangerous, he takes the bystanders within hostage on the top floor. And media helicopters eavesdrop on their newest crime star now pacing back and forth, hugging his guilt, just wondering how he got here. And suddenly electricity is lost, the gas shuts off, and the phone begins to ring.

On the other line of that phone is a negotiator. And in a soft voice, this peacemaker begins to calmly bargain with the suspect deal by deal, hostage by hostage.

“Hey...” The suspect insists, “turn the electricity back on!”

“Gimme a hostage.” The negotiator counter-demands.

“Alright... w-What about the gas?”

“What about releasing another hostage?”

“Uh...Okay.” “As long as the door’s opening, are you hungry?”

“Yeah.”

“Is your appetite worth two more hostages?”

“Yes.”

It's a slow crime scene rhythm they move to. But its non-political speed couldn't be faster if they tried! So negotiations continue to achieve as the suspect enjoys the homegrown fruits delivered inside. In fact, the suspect gets so distracted with the success of this give-and-take formula, that he doesn't even realize he's out of hostages until the sound of mysterious footsteps get louder and louder towards him.

Surprisingly, there's a knock on the door. And, as the suspect prepares to surrender to police, it's actually the negotiator who walks inside completely unarmed. And sitting beside the suspect, the negotiator declares, “Now that you're all alone, I want you to finally realize that you were the *real* hostage all along!”

Glancing at his weapon, the suspect replies, “Whatd-ya mean? I've been in control from the very beginning!”

Leaning in closer to the confused suspect, he explains, “A good chess player makes the other feel in control, creating a false sense of security, which becomes a smokescreen and



ultimately a checkmate. My friend, these so-called hostages ‘already inside’ were trespassers! And true wisdom sees that you unknowingly held onto them for your safety, while they held onto you for theirs! As a matter of fact, you were never even the one the law was after!”

“Well,” the suspect challenges, “I must have *some* power... or you wouldn’t have been negotiating with *me* for all those releases!”

The negotiator smiles and nods at this reasoning replying, “All of the ignorance, all of the bad habits, and all the ego you once harbored inside: these are the things you just let go of, and allowed to leave you!”

The End

*Definitions and examples of the following [*Psychological Terms*](#) can be found inside [*Book 1*](#) in the [*Dictionary of Terms*](#) section.

Story Symbolism

- Lights & Sirens = [*Narcissistic Injury*](#)
- Suspect = Narcissist
- Building = [*False Self*](#)
- Top Floor = Mentality
- Media Helicopters = [*Positive Supply*](#)
- Standoff = Inner Struggle
- Gas = [*Gaslighting*](#)
- Electricity = Power
- Negotiator = [*Empath*](#)
- Fruits = Success (from give-and-take)
- Police = [*Negative Supply*](#)
- Weapon = Tactics & Defense Mechanisms
- Trespassers = Toxic Behavior

Moral (To the Narcissist)

A fragile ego is a hostage-taking-hostage that only you can release from you. So stand up to *yourself*. It’s a psychological shortcut to progress and emotional health for everyone.

Fun Facts

Continued on next page.



Fun Facts (for Effective Communication)

- The suspect was never pronounced a criminal (to symbolize both their deniability and the lower level from being a sociopath).
- The locked building (or narcissistic mentality) was never damaged or burglarized. Don't sink to their level. Strategy and awareness wins.
- The Negotiator never claimed any affiliation with the police (Negative Supply). This only arouses narcissistic people to convert your efforts into attention and *Narcissistic Supply*.
- The Negotiator did not come inside (mentality) until The Suspect was isolated and showing signs of adjustment. 'Off the pages,' this moment rarely ever happens. Don't waste your time with a manipulative person who seems comfortable in their ways.
- Notice the so-called hostages were silent, and never put up a fight against The Suspect's authority during his cooperation with The Negotiator. Changing bad habits is truly within anyone who truly wants to. The Suspect was not wrong as he argued, "I've been in control from the very beginning."

So, I thank you for your time. Find 'peace from the puzzle' everyone!

Narcissist

A person, allergic to accountability (by choice), who lives out an overly-committed lifestyle of Narcissistic traits.

DSM IV recognizes Narcissistic Personality Disorder as:

A pervasive pattern of grandiosity (in fantasy or behavior), need for admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

- has a grandiose sense of self-importance (e.g., exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements)
- is preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love
- believes that he or she is "special" and unique and can only be understood by, or should associate with, other special or high-status people (or institutions)
- requires excessive admiration
- has a sense of entitlement, i.e., unreasonable expectations of especially favorable treatment or automatic compliance with his or her expectations
- is interpersonally exploitative, i.e., takes advantage of others to achieve his or her own ends
- lacks empathy: is unwilling to recognize or identify with the feelings and needs of others
- is often envious of others or believes that others are envious of him or her
- shows arrogant, haughty behaviors or attitudes

Another Freebie?

What's a Narcissist's worse nightmare? Download & print out [The Challenge \(PDF\)](#)