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## | RESEARCH ARTICLE

### Joe Starks as a Narcissist in Zora Neale Hurston's *Their Eyes were Watching God* (1937)

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## | ABSTRACT

Narcissism is a common term nowadays. According to psychologists, narcissism is a disorder that makes a person more self-centered (Lavner et al., 2016, p. 2). This research examines narcissism in Zora Neale Hurston's novel "Their Eyes Were Watching God." The researcher analyzes the character of Joe Starks in the light of narcissism. The research aims to prove that Joe Starks is a narcissist. The study is divided into Introduction, literature review, methodology, Joe Starks as a narcissist, and a conclusion.

## | KEYWORDS

Narcissism, narcissist, personality, self-centered, disorder

## | ARTICLE INFORMATION

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### 1. Introduction

Narcissism is a disorder in human behavior that leads to excessive self-centeredness, arrogance, haughtiness, and showiness. The narcissist believes that he/she deserves the praise and admiration. He/she doesn't care about those around him/her. He/she doesn't show any empathy to them and even goes to harm them in order to satisfy his ego (ibid.).

The term narcissism goes back to the myth of Narcissus, a young Greek hunter who was known for his beauty. He was punished by the goddess of love because he broke a nymph's heart by rejecting her love and mocking her. The goddess led him to a deep and clear lake, where he saw his own reflection in the water for the first time. Narcissus fell in love with his own image, thinking she was a beautiful woman. He began to think about this woman day and night. One day, he decided to catch her before she escaped, but he fell into the water and died sinking. There grew a beautiful flower, which is called Narcissus. He became a symbol of a person who loves himself to the extent that he forgets to love others and ends up in isolation or death. (Lone, Z., 2019).

According to psychologists, narcissism begins in early childhood. Professor Darwin Freud says that narcissism originates from childhood. It depends on the way parents 'raise their children. Some parents pamper the child and give him/her priority among his/her siblings. This creates a selfishness within him/her, which turns later on into narcissism. Conversely, sometimes the parents obsess over the child and abuse him/her by hitting or humiliation, which creates spiritual wounds driving him/her into isolation and repression. Later on, this repression explodes in the form of narcissism. When he/she becomes older, he/she tries to control and take revenge on all those around him/her (**Ayachi, J., 2015**). Some psychologists state that not all those children become narcissists when they grow older. They believe that narcissism clearly appears in teenagers and is often manifested in their aggressive behavior and continues into adulthood. "Narcissism in adolescence is often measured as part of the Dark Triad, including three dimensions: Machiavellianism, psychopathy, and Narcissism. There are similarities between these traits and those of adolescence, such as hypersensitivity to rejection or criticism, a lack of empathy, and manipulation of others' feelings. Aggressive behavior in adolescents stems from psychopathology and Machiavellianism (**Schunck L. et al 2025, p. 2**). The Swiss psychologist Carl Jung defined narcissism as a mental illness (a split personality) arising from a neurotic disorder resulting from underlying psychological complexes. He disagreed with Freud that narcissism is linked to pleasure or that introverted people are narcissistic. For him, a narcissist can succeed or fail. A narcissist's self-confidence and constant ambition may make him a leader, but as a result

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of their greed, vanity, and aversion to advice and counsel, they fail, and history is full of examples of narcissistic leaders. Jung says that narcissism appears when a person tries to hide his/her shadow, which represents the dark side of his/her psyche. Human beings are a mixture of positive and negative emotions, but naturally, individuals often try to hide the negative side for fear of societal judgment. These feelings remain suppressed and unexpressed until a time comes when these negative emotions erupt and overwhelm the personality. In other words, if an individual were to try to release and express these emotions, they would become a psychologically healthy person. Recognizing, acknowledging, and attempting to control and express these negative feelings in positive ways will eliminate the dark side, allowing the individual to grow and develop (Katarina, K. & Valentini, MA, 2019). Karen Horney (1939) posits that narcissism lies between an individual's normal self-esteem and a pathological condition (self-obsessive love). She argues that conflicts and problems in an individual's life give rise to narcissistic tendencies; these tendencies do not originate from internal factors but rather from environmental ones. Once these problems are resolved, the individual returns to a normal state. From her perspective, individuals are influenced by their surroundings, and therefore, they must grow up in a healthy, supportive, and warm environment with sound social relationships to achieve self-realization. Conversely, they will engage in behaviors that weaken their self-confidence, seeking methods they believe will bolster it (Nickerson, 2024). Anyway, narcissism has a great effect on social relationships and causes many problems. Nowadays we often find a narcissistic mother who controls her sons' future or a suppressive husband who destroys his wife's life. Consequently, there are several narcissists: a father, a mother, a husband, a wife, or even a friend. The researcher addresses the personality of Joe Starks as a narcissistic man and a husband.

## **2. Literature review**

**a. Narcissistic Personality Disorder In The Novel Best Day Ever By Kaira Rouda** It is an analytical study that is conducted on the main character in Kayra Rhoda's novel *The Best Day Ever* (2017) from a narcissistic perspective. The researcher aims to prove that the character (Paul Strom) is narcissistic by matching nine characteristics of narcissism to the main character, such as selfishness, self-love, delusions of superiority, a sense of importance, a need for admiration, a love of power, and manipulating the feelings of others or empathizing with them. The researchers tend to establish a basic step for further studies in this field. (Warham et al, 2024).

### **b. Narcissists and Jane Austen's Novels.**

The study deals with Jane Austen's novels. The researcher talks about narcissism and the forms of narcissism, then mentions eight signs of narcissist personality. He examines different characters in three novels: *Pride and Prejudice* (1813), *Emma* (1815) and *Persuasion* (1818). The researcher depends on the author's speech about narcissism. She admits that her novels deal with this problem (Thomas, T., 2025).

### **c. Narcissism in the novel of Herman Melville.**

The researcher explores the theme of narcissism in the 20th century through Herman Melville's novel *Moby-Dick* (1851), drawing on the theories of Sigmund Freud and Hans Kohut and focusing on the concept of the ideal ego and the struggle between life and death. The researcher examines the character of Captain Ahab's conflict between his ambition and his existential limitations as a human being. The study explores how narcissism drives the character to ambitions that transcend human nature, as his vanity and self-love lead him to defy the forces of nature, which are represented by a white whale, and seek revenge for cutting his leg, which ultimately results in his and his crew's demise (Dyer, S.K., 1994).

## **3. Methodology**

The researcher uses an analytical research strategy that involves critical analysis of Joe Stark's character in *Their Eyes Were Watching God*. The data is collected from the internet. The procedures are a close qualitative reading of the chosen character. The study is centered on Joe Starks's character, seeking the narcissistic features in his personality.

## **4. Analysis of Joe Starks's character**

*Their Eyes Were Watching God* (1937) is written by the American author Zora Neale Hurston (1891-1960). It talks about a colored woman (Janie) who has gotten married three times. Joe Starks is her second husband. Joe is an ambitious man with playful words. He persuades Jenny to go with him to Eatonville, appearing as a civilized man who values and respects women and promises her a luxurious life filled with happiness and love. Joe's dream is to be a big voice. Upon arriving in the city, Joe expands it, purchasing good land and attracting new citizens. After building a large store and a post office, he amasses considerable wealth and gains a prominent voice when the people elect him to be their mayor and ask him to choose a name for their city. However, later on, Janie discovers Joe's true nature. He is a narcissistic and selfish individual who loves only himself, cares nothing for the feelings of others, and considers himself superior to everyone else. (Hurston, (no date))

The researcher explores the narcissistic traits of Joe Starks' personality, which are the followings:

**a. Need for Excessive Admiration**

Joe boasted about his accomplishments and aggrandized himself with his bombastic speeches and the achievements he would bring to the city. He gives a speech on every occasion, for example, the occasion of lighting the street. He held a feast, invited people from the neighboring town, lit the lamp himself, and gave a speech with rhetorical words:

By five o'clock the town was full of every kind of a vehicle and swarming with people. They wanted to see that lamp lit at dusk. Near the time, Joe assembled everybody in the street before the store and made a speech:

"Folkses, de sun is goin' down[...]And when Ah touch de match tuh dat lampwick let de light penetrate inside of yuh, and let it shine, let it shine, let it shine. Brother Davis, lead us in a word uh prayer. Ask uh blessin' on dis town in uh most particular manner." (pp. 80-81)

Narcissists are characterized by boasting about their achievements to bolster their fragile self-esteem. Because the narcissist is obsessed with himself, he resorts to boasting and presenting himself as wise and intelligent. This is a form of self-promotion, portraying himself as successful through grand speeches and displays of wealth and possessions: a high social standing, a large house, an expensive car, an attractive and beautiful wife, and a pretense of a happy married life, even though the reality is quite the opposite.

**b. Ambition and self-love**

Joe Stark is over ambition. From when he sees Janie till his death, he never gives up his goals. He convinces people to believe in his dreams, accept his management style, and win their loyalty. Joe didn't marry Jenny for love but for her beauty. A man like him deserves a beautiful wife like her. He craved power, positions, control, and property. So he needs means to achieve his dreams or to create the ideal image he longed to attain. Jenny was a charming addition to the aura he had woven around himself. Joe has big dreams to get more money, charisma, power, and a beautiful wife. He has succeeded in building a town that no one tried or thought to develop, but Joe dares to speak with the white landowner and gains a deed to 200 acres.

he heard all about 'em makin' a town all outa colored folks, he knowed dat was de place he wanted to be. He had always wanted to be a big voice, but de white folks had all de sayso where he come from and everywhere else, exceptin' dis place dat colored folks was buildin' theirselves. Dat was right too. De man dat built things oughta boss it. Let colored folks build things too if dey wants to crow over somethin'. He was glad he had his money all saved up. He meant to git dere whilst de town wuz yet a baby. He meant to buy in big. It had always been his wish and desire to be a big voice and he had to live nearly thirty years to find a chance (p. 60).

The narcissist is characterized by self-love; they love themselves more than anyone else and see themselves as the center of the universe. The narcissist is dominated by thoughts that he is an important and successful person, always believing that he deserves special things and treatment, and cannot tolerate any criticism or defeat. Therefore, they have unlimited demands for money, power, and possessions that are unique and special. Their ambition drives them to seek power, recognition, and admiration for their achievements. They don't pursue this ambition for personal success but rather rely on exploiting and surpassing others, influenced by fantasies of glorification and superiority, believing they deserve what they get. The narcissist believes that he is special and should get anything special to be unique. (Arabi, Sh., 2022, p. 34).

**c. Controlling and Authority**

Having won the hearts of the townspeople with his words and his wife's beauty, the townspeople choose him as a mayor: "Brothers and sisters, since us can't never expect tuh better our choice, Ah move dat we make Brother Starks our Mayor until we kin see further" (p. 78). Then he builds a store at the crossroads and establishes a U.S. government post office. He could convince new citizens to live in his town. He also began to act like a white man, speak like him, and look down on the townspeople. Furthermore, he forbids his wife (the mayor's wife) to speak with an ordinary woman or make any friendship. Everyone in the village feared Judy, not because of his physical appearance, but because of the awe he inspired. He was completely different from them: his manner of speaking, his house, and his wealth. They obeyed him in everything and listened to his every word:

There was something about Joe Starks that cowed the town. It was not because of physical fear. He was no fist fighter. His bulk was not even imposing as men go. Neither was it because he was more literate than the rest. Something else made men give way before him. He had a bow-down command in his face, and every step he took made the thing more tangible. [.....]. It was bad enough for white people, but when one of your own color could be so different it put you on a wonder (pp. 82-83).

And so he began to exercise his authority on his wife as a husband and on the people as a mayor. For him, authority represents a power. The narcissist loves power as a primary tool to feed their sense of grandeur, gain constant admiration, and control others to avoid revealing their underlying inadequacy or shame. Power enables them to impose their opinions, ignore criticism, and treat people as subservient. It also serves as a shield protecting them from any feelings of weakness or inferiority, reinforcing their sense of entitlement to superiority and distinction (*Defining Characteristics of Narcissists*, 2013, p.5).

#### **d. Love Bombing**

When Joe first saw Jenny on the road, he was captivated by her striking beauty and felt she was the perfect person to help him achieve his goals and ambitions. Her beauty was truly eye-catching, making her a target for him. He took advantage of her need for love because she is married to an old man who is cruel with her and forces her to do hard work. Starks showers Janie with praise and words of love and gives her a handkerchief to wipe her face. This represents a kind of concern for a lady looking for love. Usually any man she met on the road might have a short talk and then move on, but Starks waits for two weeks to be able to convince Janie to run away with him. He tells her that she deserves a better life than this. On the train, Joe treats her like his lovable baby and buys her a sweet. He convinces her that she is like a beautiful doll and should be respected and pampered so as not to be utilized like a plow in the field:

[Joe to Janie:] "You behind a plow! You ain't got no mo' business wid uh plow than uh hog is got wid uh holiday! You ain't got no business cuttin' up no seed p'taters neither. A pretty doll-baby lak you is made to sit on de front porch and rock and fan yo'self and eat p'taters dat other folks plant just special for you." ( p. 61)

In fact, Joe does not see women as very important as much as he sees them as valuable objects that must be preserved.

Love bombing is the first stage that a narcissist resorts to when getting to know their partner. To attract and control a partner, a narcissist uses love bombardment. This is a tactic employed to manipulate the victim at the beginning of a relationship. He is characterized by charm and attraction, such that he turns the relationship into a wonderful fairy tale, showering the partner with sweet words of love, flattery, and excessive attention, making the victim feel special and convincing her that they are unique even though they are met for a short time. He pretends to be the perfect, tolerant person or superhero. This victim's attachment fuels the narcissist's self-confidence, reinforcing their belief that they are attractive and ( Arabi, Sh., 2022, p. 34).

#### **e. Selfishness and Lack of Empathy**

Joe was incredibly stubborn; he never changed his mind or opinions. He used to humiliate Janie and criticize her at any opportunity. Joe is jealous of his wife. Her enthusiasm, age, and spontaneity with others made him feel inadequate. This drove him to belittle and humiliate her in front of others to isolate her. She has no choice but to obey him. Joe begins to control his wife. He expects complete submission from her, never consulting her on any work-related matters. He belittles her whenever he has the chance in front of the townspeople because of her lack of knowledge about accounting at the store or post office. Not only that, but he forbids her from playing games. In his view, a woman's place is in her house, and he does not give her a chance to speak:

"Thank yuh fuh yo' compliments, but mah wife don't know nothin' 'bout no speech-makin'. Ah never married her for nothin' lak dat. She's uh woman and her place is in de home. Janie made her face laugh after a short pause, but it wasn't too easy. She had never thought of making a speech, and didn't know if she cared to make one at all. It must have been the way Joe spoke out without giving her a chance to say anything one way or another that took the bloom off of things. But anyway, she went down the road behind him that night feeling cold. He strode along invested with his new dignity, thought and planned out loud, unconscious of her thoughts (p. 78)

Joe, as a husband, initially showed Jenny his best side. He seemed cultured, attractive, and ambitious, treated her kindly, and persuaded her to elope with him, promising her a life different from her life with Lucas. But now he is different. She would be a sophisticated socialite. But all her hopes vanished when Jenny became involved with Joe. The dark side of his personality began to emerge. In reality, he is an arrogant and selfish man who doesn't care about her feelings as a human being; he sees her as part of his possessions and achievements. He doesn't allow her to act spontaneously or do the things she enjoys. She simply has to maintain a pleasing image as the mayor's wife, like a billboard. No more, no less. Jenny feels disappointed at a time when the women of the town envy her luxurious life as the wife of a wealthy man and the town's mayor. He is cruel not only with his wife but also with his townspeople. Despite his immense wealth, he doesn't pity the poor. On one occasion, Janie sees a poor woman begging him for a piece of meat. He gives her a small piece and bills her husband. He must help her without money. Those people worked with him and helped him to be a mayor. He is very cruel and believes it is a power, not cruelty.

This is the second stage of a narcissist's relationship with his partner, and it's called the psychological manipulation stage. Here, the narcissist begins to manipulate his partner's emotions and belittle them. Narcissists belittle others and underestimate their abilities, treating them with contempt and marginalization. The narcissist gradually isolates his partner from friends and

family, devalues them, and engages in inappropriate behavior. He often accuses his wife of being inferior to him in social and financial standing, and he also looks down upon their families. Psychologists have confirmed that individuals with narcissistic personality disorder generally refuse to accept any responsibility for anything they do that makes their wives unhappy or anyone else. A narcissist feels no empathy for others or their feelings. They feed their narcissism with cruelty and belittling them in front of others. For them, people are merely tools to achieve their goals and fulfill their needs. Narcissist men exploit their wives' energies to serve them and strive to meet their demands. They erase their wives' personalities without giving them the opportunity to express their feelings or assert their presence in life. They belittle them, frustrate them, and stand in their way (Stranieri, G., 2021, p. 36).

#### **f. Sensitivity to Criticism**

When Janie, for the first time, replied and belittled him in front of men, they laughed at him. He feels that Janie destroys his image in front of people. He loses his authority and glory. He thinks that no one will fear or respect him anymore. The image of happy marriage is vanishing. She hurts him firmly in the heart. He cannot control his anger and slaps her. Even though he was in the wrong, he accused Jenny of not being worthy of him.:

Then Joe Starks realized all the meanings and his vanity bled like a flood. Janie had robbed him of his illusion of irresistible maleness that all men cherish, which was terrible. The thing that Saul's daughter had done to David. But Janie had done worse, she had cast down his empty armor before men and they had laughed, would keep on laughing. When he paraded his possessions hereafter, they would not consider the two together. They'd look with envy at the things and pity the man that owned them. When he sat in judgment it would be the same (p. 120).

A narcissist is less concerned with his actions and the reactions that he receives than with his social standing and how to avoid scandals and embarrassments that would further enrage him. This drives him to more aggressive behavior, especially towards the person who insulted or exposed him (Navarro, M.A., 2024).

#### **g. Silent Treatment**

Joe left their bedroom and had his own separate room. He wants her to regret to feel guilty and apologize for him. He stops talking with her as a punishment for her behavior:

After that night Jody moved his things and slept in a room downstairs. He didn't really hate Janie, but he wanted her to think so. He had crawled off to lick his wounds. They didn't talk too much around the store either. Anybody that didn't know would have thought that things had blown over, it looked so quiet and peaceful around. But the stillness was the sleep of swords. So new thoughts had to be thought and new words said. She didn't want to live like that. Why must Joe be so mad with her for making him look small when he did it to her all the time? Had been doing it for years. Well, if she must eat out of a long-handled spoon, she must. Jody might get over his mad spell any time at all and begin to act like somebody towards her ( p. 121).

A narcissist's revenge is a common reaction when a narcissistic partner feels their self-image is threatened or humiliated. The narcissist never admits his mistakes and always makes others feel guilty, portraying himself as a victim of their irresponsible actions, and expects an apology from them. A narcissist is devastated when they lose the person who fueled their narcissism, whether through separation or by adapting to the situation and remaining silent. They use various methods, including punitive silence. This silence is the third stage of a narcissist's relationship with their partner. It is the stage in which the narcissist abandons their partner as a form of punishment. However, this way doesn't work if the victim discovers the narcissist's narcissism and chooses to distance themselves (Reid, J., 2022, p.1).

#### **h. The Narcissist's departure**

Joe and Janie are living in the same house, but they are spiritually departed. Janie resorted to silence to avoid further arguments and confrontations. She began a spiritual separation from her husband, Joe, to mend what remained of her dreams and heal from the past. She spent her days in the store, in her house, or occasionally meeting with her only friend, Pheoby. Furthermore, she performed her domestic duties as a wife with quiet composure. She discovers her husband now. He cannot deceive her anymore. His speech and showoff are fake. She has no need to pretend in front of people:

If he thought to deceive her, he was wrong. For the first time she could see a man's head naked of its skull. Saw the cunning thoughts race in and out through the caves and promontories of his mind long before they darted out of the tunnel of his mouth. She saw he was hurting inside so she let it pass without talking. She just measured out a little time for him and set it aside to wait (p. 117).

The narcissist withdraws from the relationship when the partner is no longer useful or feeds their ideal self-image, blaming the partner for the failure. Alternatively, it can be a reverse withdrawal, where the partner withdraws after repeated disappointments, and the narcissist plays the victim. The narcissist experiences a particular shock when he watches his partner beginning to recover after his true nature has been exposed. After a victim of a narcissist discovers his true nature, that he is a selfish, narcissistic individual who loves only himself (Ryan, E., 2016). As a result of the intense exhaustion she endures, she resorts to silence, the same weapon he uses, to protect herself from manipulation and emotional drain and to achieve psychological liberation from the narcissist's control. She realizes that arguing, debating, fighting, and apologizing are futile because the narcissist always distorts the truth and twists things to their advantage. This silence helps the victim gradually recover, and this recovery is a successful way to deprive the narcissist of the emotional fuel that sustains his control. Thus, the victim resorts to the only rational option: silence, which disarms the narcissist of their psychological weapons against them (Molinari Pazzi K., pp. 20-32).

**i. Envy and Jealousy:**

Joe feels jealousy from other men on Janie. He cannot endure her banter with them, or her listening to their stories. He asks her to cover her hair and never mingle with ordinary people on the pretext she is the mayor's wife. He began to shape her in everything. When he grew older and became ill, he still saw Jenny as young, which only intensified his pain, stubbornness, and jealousy. He constantly tried to make her seem old, even though she was still in her prime, unlike him, who was aging:

he began to talk about her age all the time, as if he didn't want her to stay young while he grew old. It was always "You oughta throw somethin' over yo' shoulders befo' you go outside. You ain't no young pullet no mo'. You'se uh ole hen now." One day he called her off the croquet grounds. "Dat's somethin' for de young folks, Janie, you out dere jumpin' round and won't be able tuh git out de bed tuh morrer (p. 117).

A narcissist experiences a range of emotions, beginning with envy and jealousy when their partner starts comparing them negatively to others. Fearing loss, their jealousy manifests as possessiveness, as they try to win back their partner by controlling their behavior and imposing rules on the relationship. The narcissist attempts to erase the partner's personality as a respectable individual, either through humiliation and undermining self-confidence or through neglect, thus turning the partner into a vessel for their negative emotions (McBride, K., 2024).

**j. The Narcissist's end:** He loses his authority and glory. He is an old, weak man in need of help and care. All his dreams are vanishing gradually. Janie, however, didn't abandon her responsibilities as his wife. She tried to care for him and even brought a doctor. She is now strong enough to control her emotions. But he preferred to see charlatans and quacks. Jenny couldn't save him by bringing in a doctor; his kidnSeys failed, and he died.

He was lying on his side facing the door like he was expecting somebody or something. A sort of changing look on his face. Weak looking but sharp-pointed about the eyes. Through the thin counterpane she could see what was left of his belly huddled before him on the bed like some helpless thing seeking shelter (p.125).

Although studies on narcissistic personality disorder primarily focus on older adults, they also highlight the effects of aging on the narcissist. Aging can cause a narcissistic wound, as the narcissist gradually loses power, self-promotion, self-admiration, competence, the ability to boast about achievements, responsibility, and independence. They become vulnerable and evoke pity from others. Their pride prevents them from accepting help from others. The narcissist becomes extremely vulnerable when they lose control over the person who fueled their narcissism. They then live the rest of their lives in isolation, having lost control over everyone around them—friends, relatives, or partners. This is what breaks the narcissist, who ends up either alone, isolated, or dead. A wife regaining her self-confidence and freeing herself from the orders and restrictions of her narcissistic husband, and discovering his narcissism, defeats the narcissist. After losing the wife from whom he derived his power and authority by weakening her personality, undermining her self-confidence, and maintaining control, the narcissistic husband suffers from psychological problems and disorders such as constant anxiety and depression, especially with the loss of his source of affection: attention, praise, and flattery. Often, the narcissist dies alone (Carter and Douglass, 2018).

## 5. Conclusion

After studying Joe Stark's personality according to the characteristics of narcissism, the researcher finds out several signs of narcissism in him. He is a selfish and self-loving person who uses others as a means to achieve his ambitions for

power and wealth. He persuades Janie with sweet talk and promises her to be his wife and convinces the townspeople to accept change and help him to build their town. Likewise, he appears as an ideal man, and so they elected him mayor. However, he is actually exploiting them to achieve his ambitions for power and money. After Joe has gotten what he wants, his hidden side appears. He begins to look down on the townspeople and acts classist towards them. He tells his wife not to mix with ordinary people because she represents a higher class than them. He also shows no empathy, compassion, or concern for his wife's feelings or the feelings of the townspeople, and he has never regretted any of his actions, instead blaming others. As he grows older and becomes ill, his circle of friends begins to disappear. Joe suffers greatly. It is the psychological pain after he lost control and power, especially over his wife, who discovers his true nature and behaves calmly to avoid problems and the illness for which his pride prevented his wife from bringing him a doctor, ultimately leading to his death alone. Thus, the researcher proved that Joe Stark is a narcissist.

## 6. Recommendations

If it happens and someone gets married to a narcissistic person, he/she should take some considerations:

- 1- The partner must have self-confidence and not allow the narcissist to undermine that confidence.
- 2- The partner must accept the narcissist's nature and try to deal with him/ her calmly, avoiding provoking him/her or dragging him/her into an argument that ends in physical violence.
- 3- The partner should not allow the narcissist to manipulate his/her emotions or obliterate his/her self-worth and should inform them of their own boundaries that should not be crossed.
- 4- The partner must find his/her own independent job or source of income in order to be able to raise the children and cover their expenses and will not be exploited or threatened financially by the narcissist.
- 5- If a narcissist's partner discovers that they are in a toxic relationship and that there is no point in continuing to let it turn their life into hell, he/she should withdraw calmly and quickly because they deserve a better life, and no one is worth destroying his/her life for.

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