



The Flying Monkey Newsletter

Combating Mental Health Ignorance and
Mental Health Complicity with Child Abuse

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Understanding Trauma Pathology:

Narcissistic/Borderline Personalities Lie

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A pathogen is an agent that causes pathology.

The pathogen creating attachment-related pathology surrounding divorce is a set of damaged information structures in the attachment networks of the brain, damaged information structures in the love-and-bonding system of the brain.

Narcissistic and borderline personality pathology is created in childhood attachment trauma.

This set of damaged information structures were created in childhood trauma. The impact of the damaged information structures creates narcissistic and borderline personality pathology.

Narcissistic and borderline personality structures are created in childhood trauma.

The attachment system is a key brain system involved in the regulation of emotion, particularly the capacity to organize and soothe negative emotional states (anxiety and sadness; emotional distress). When negative emotions erupt in the narcissistic/borderline personality, these emotions overwhelm the psychological organization of the person.

Since the narcissistic and borderline personalities cannot organize negative emotions (because of damaged information structures in the attachment system; the love and bonding system of the brain), the narcissistic and borderline personality structure must alter truth and reality to alter the negative emotions. They change their perception of truth and reality to match their emotional state rather than matching actual truth and actual reality.

Their emotions overwhelm and take over their cognitive reasoning and their capacity to perceive actual truth and actual reality, allowing them to alter their perception and assertion of "reality" as needed to regulate their negative emotions.

This creates a characteristic feature of the narcissistic and borderline personality... they lie.

They lie a lot. They lie with absolute abandon. They lie when it's obvious they're lying.



Narcissist and Borderline Personality Pathology Lies – A Lot

At the core of their lies is a dissociative process. If we are ever able to stay on track with a lie and expose it, the narcissistic and borderline personality simply fogs out in a dissociative non-recognition of the falsehood.

Typically, however, we're never able to fully track the lie and expose it, because long before we are able to expose the one lie, the narcissistic/borderline personality has made five additional lies, typically involving inflammatory allegations that require us to respond, and that then overwhelms the ability to track and keep up with the myriad of lies and the hyperbolic and inflammatory false allegations.

This is characteristic of the pathology, of the pathogenic information structures in the attachment system. The pathogen lies. It lies a lot. Distortion of reality is a characteristic symptom of the narcissistic and borderline personality pathology.

“Free to wander in their private world of fiction, narcissists may lose touch with reality” (Millon, 2011, p. 415).

Funny thing is though, the narcissistic and borderline personality doesn't actually realize they are lying. For the narcissistic and borderline personalities, “Truth and reality is whatever I assert them to be.”

When truth and reality are whatever I assert them to be, then I'm not lying – it's reality that's not true. The world is whatever I assert it to be.

This becomes psychotic. The term “borderline” to describe the personality pathology is because early investigators placed this personality organization on the “borderline” between neurotic and psychotic. In clinical psychology, the borderline personality is said to have a psychotic core.

All of this is standard knowledge in professional psychology. Why don't the assessing, diagnosing, and treating psychologists recognize this? Because they're ignorant. Simple as that.

From Millon: “Narcissists are neither disposed to stick to objective facts or to restrict their actions within the boundaries of social custom or cooperative living... Free to wander in their private world of fiction, narcissists may lose touch with reality, lose their sense of proportion, and begin to think along peculiar and deviant lines.” (Millon, 2011, p. 415)

Truth and reality are not relevant to the narcissistic and borderline personality. They lie with regularity and with abandon.

The problem becomes when we don't recognize the narcissistic and borderline personality pathology. We then think that these people share the same reality as we do. They don't.



Narcissist and Borderline Personality Pathology Lies – A Lot

They lie. A lot. They distort reality. A lot. They make false inflammatory allegations that are unsupported by truth and reality. A lot.

For the rest of us, we constrain ourselves within reality and we expect other people to act in a similar way. We don't expect delusions.

However, mental health professionals should absolutely be suspicious of possible delusional pathology. Our profession is the recognition of pathology. That's our job.

The narcissist and borderline personality just makes stuff up, whatever seems appropriate and needed in the moment. In a clinical interview, it is not uncommon to obtain three or four examples of clear contradictions in the statements made by the narcissistic/borderline personality within the course of the interview. They will assert one thing in one context, but when the clinical interviewer alters the context, the narcissistic and borderline personality makes an entirely contradictory assertion because it fits the needs of that new moment.

And the truly fascinating thing is that they don't register the lie. When, "Truth and reality are whatever I assert them to be," then they can't lie because reality for them is their assertion of what reality is, not actual reality.

It is a psychotic pathology. As a clinical psychologist, I am appalled that my professional colleagues are absolutely missing the identification of a psychotic pathology sitting right in front of them. A clinical psychologist should be able to identify psychosis – delusional psychotic thinking – when it's sitting in front of them.

The narcissistic and borderline personality lies. All the time. With abandon, and without self-awareness. Whenever they experience a negative emotion – sadness, anxiety, or distress – they simply lie to change reality, typically blaming other people for being excessively evil and malevolent (called "splitting").

"I never said that." --- Yes, you did.

"I never did that." --- That's not true. Yes, you did.

"That never happened." --- Yes, it did.

"This event happened." --- No, it didn't. That's not true. That never happened.

There is an actual truth. The narcissistic and borderline personality simply ignores truth and reality. They are "free to wander in their private world of fiction" - Millon, 2011, page 415.

It is the role of professional psychology to recognize and diagnose pathology.



Quotes from Professional Psychology

Theodore Millon:

From Wikipedia: **Theodore Millon** (August 18, 1928 – January 29, 2014) was an American psychologist known for his work on personality disorders. In 2008, Millon was awarded the Gold Medal Award for Life Achievement in the Application of Psychology by the American Psychological Association. Millon has written numerous popular works on personality, developed diagnostic questionnaire tools such as the Millon Clinical Multiaxial Inventory, and contributed to the development of earlier versions of the Diagnostic and Statistical Manual of Mental Disorders.

From Millon, T. (2011). Disorders of personality: introducing a DSM/ICD spectrum from normal to abnormal. Hoboken: Wiley.

“Under conditions of unrelieved adversity and failure, narcissists may decompensate into **paranoid** disorders. Owing to their excessive use of fantasy mechanisms, they are disposed to misinterpret events and to construct **delusional** beliefs. Unwilling to accept constraints on their independence and unable to accept the viewpoints of others, narcissists may isolate themselves from the corrective effects of shared thinking. Alone, they may ruminate and weave their beliefs into a network of fanciful and totally **invalid suspicions**. Among narcissists, delusions often take form after a serious challenge or setback has upset their image of superiority and omnipotence. They tend to exhibit compensatory grandiosity and jealousy **delusions** in which they **reconstruct reality** to match the image they are unable or unwilling to give up. **Delusional** systems may also develop as a result of having felt betrayed and humiliated. Here we may see the rapid unfolding of persecutory **delusions** and an arrogant grandiosity characterized by verbal attacks and bombast.” (Millon, 2011, pp. 407-408).

“Were narcissists able to respect others, allow themselves to value others’ opinions, or see the world through others’ eyes, their tendency toward **illusion** and **unreality** might be checked or curtailed. Unfortunately, narcissists have learned to devalue others, not to trust their judgments, and to think of them as naïve and simpleminded. Thus, rather than question the correctness of their own beliefs they assume that the views of others are at fault. Hence, the more disagreement they have with others, the more convinced they are of their own superiority and the more isolated and alienated they are likely to become.” (Millon, 2011, p. 415)

“Deficient in social controls and self-discipline, the tendency of CEN narcissists to fantasize and distort may speed up. The air of grandiosity may become more flagrant. They may find hidden and deprecatory meanings in the incidental behavior of others, becoming convinced of others malicious motives, claims upon them, and attempts to undo them. As their behaviors and thoughts **transgress the line of reality**, their alienation will mount, and they may seek to protect their phantom image of superiority more vigorously and vigilantly than ever... **No longer in touch with reality**, they begin to accuse others and hold them responsible for their own shame and failures. They may build a “logic” based on irrelevant and entirely circumstantial evidence and ultimately construct a **delusion** system to protect themselves from unbearable reality.” (Millon, 2011, p. 415)