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- Opposite to Love Bombing
- Defence mechanism
- Control mechanism
- Projects all that is flawed onto the other person
- Usually associated with BPD but is a quicker subconscious behaviour than with narcissism
- 30 Gaslighting
- Used to create confusion and self doubt
- Comes from the play/film 'gaslight'
- Psychologically crippling

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Recognize the Narcissist

Love Bombing Phase one of the cycle of narcissistic abuse This stage often involves constant communication and complements, and is designed to lure the victim into (or back into) the relationship Mirroring The behavior in which one person subconsciously imitates the gesture, speech pattern, beliefs or attitude of another They are becoming everything you ever wanted Over sexual Excessively

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