

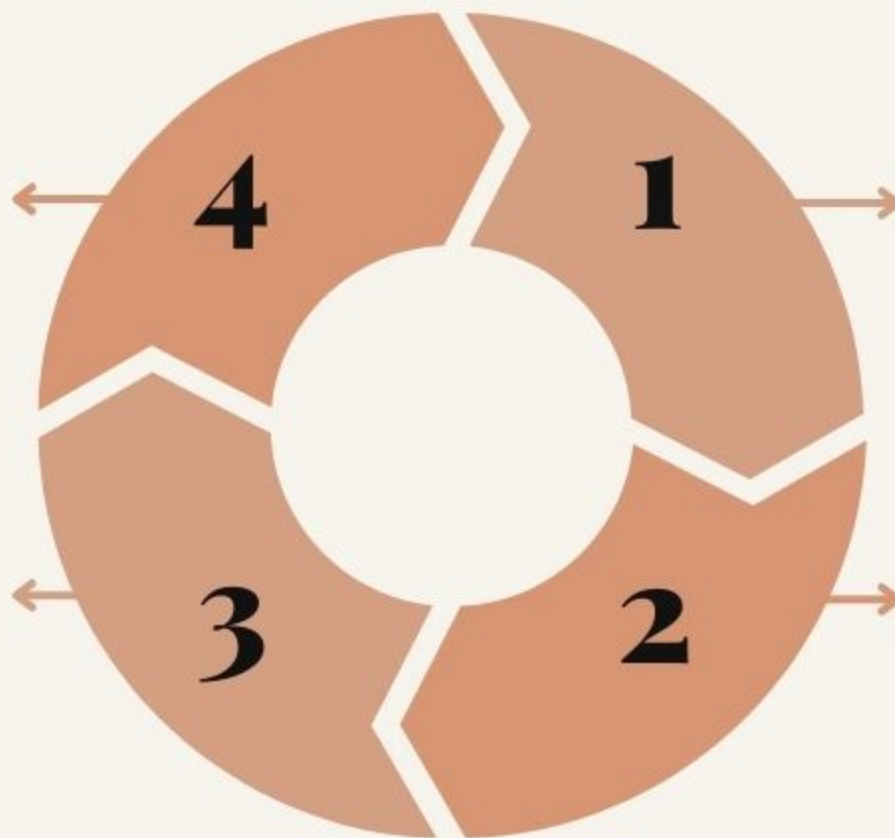
CYCLE OF COVERT NARCISSISTIC ABUSE

BLAMESHIFT

Immediately after denial, narcissist claims to be offended that the victim could blame them for anything, all while knowing the victim was right in their original confrontation.

DENY

The narcissist denies having done anything wrong and tries to convince the victim that they would never do anything to make them feel bad.



OFFEND

The narcissist offends the victim with narcissistic behavior done underhandedly or in a way that they can avoid taking responsibility for.

CONFRONT

The victim confronts the narcissist, usually meekly, to make things right.