

# How to Recognize Narcissistic Parasitism

## by Pedro Lima

*A practical discernment teaching*

Narcissistic parasitism is not recognized by words, charm, or surface behavior. It is recognized by **patterns of energy extraction, accountability avoidance, and boundary violation**.

### 1. They Require a Host

Parasitic dynamics cannot exist without access.

They need your **attention, emotional reaction, validation, compliance, or labor**.  
When you stop supplying energy, they escalate, provoke, or play victim.  
Calm non-engagement triggers disproportionate reactions.

#### **Discernment check:**

If your nervous system feels drained after interaction, even without conflict you are being fed on.

### 2. Accountability Is the Threat

Parasitic egos avoid responsibility at all costs.

Harm is minimized, justified, or reframed.  
You are blamed for their behavior or reaction.  
Conversations loop with no resolution.

#### **Discernment check:**

If accountability is always “too much,” “unfair,” or “misunderstood,” the issue is not communication, it’s avoidance.

### 3. Boundaries Trigger Hostility

Clear, calm boundaries are interpreted as rebellion.

They label you “difficult,” “cold,” or “changed.”  
Respect is conditional on obedience.  
Your “no” is treated as a personal attack.

#### **Discernment check:**

Healthy people respect boundaries. Parasitic ones try to punish you for having them.

### 4. Drama Is Their Fuel

Parasitic dynamics thrive on emotional chaos.

They bait debates, provoke reactions, or manufacture crises.  
Peace threatens their sense of control.  
Silence destabilizes them more than confrontation.

**Discernment check:**

If disengagement angers them more than disagreement, they were never seeking resolution, only access.

**5. Status Without Substance**

Parasitic egos hide behind titles, roles, or perceived authority.  
Image matters more than integrity.  
Hierarchy is used to control and dominate, not to lead.  
Their inflated curated identities collapse when their status is questioned.

**Discernment check:**

False power demands submission.

**6. They Collapse When Access Is Removed**

The most revealing moment is withdrawal.  
Lies unravel.  
Stories change.  
Smear campaigns replace connection.

**Discernment check:**

When you stop feeding the dynamic and the chaos, you were never the problem, you were just the supply.

**Sovereign Response (Practical)**

Do not explain your boundaries.  
Do not debate your reality.  
Do not seek closure from someone who avoids accountability.  
Withdraw access calmly and consistently.

**Sovereignty is not loud. It is raw, grounded, unapologetically authentic.**

Parasitic dynamics do not end through confrontation. They end when we **set sacred energetic boundaries, when we deny permission to energetic enmeshment, when we do not allow ourselves to be the host.**

Quote:

***“Narcissistic parasitic illusion survives on permission; Sovereignty in Authenticity denies access to parasitism. No access. No host. No illusion.” - Pedro***