

Narcissistic Scapegoating: The Collective Attempt to Escape from Inner Accountability

by Pedro Lima

Individuals with a fragile, externally dependent sense of self become emotionally shaped by the validation, approval, status, expectations, and opinions of others.

In the pursuit of belonging, security, or social acceptance, the majority gradually disconnect from their authentic nature, abandoning self-trust and reliance on their inner intuitive compass to conform to people and systems, expectations, and narratives that reward obedience and subservience over self-discernment, self-sufficiency, and self-sovereignty.

Within these distorted narcissistic societal frameworks, fear, shame, guilt, comparison, competition, and insecurity are currencies frequently used to influence behavior and maintain psychological dependency.

External false authority becomes glorified while inner authority is neglected. People are conditioned to categorize and measure their worth through status, hierarchy, productivity, performance, appearance, intimidating by seeing who speaks louder to be right and control the narratives that benefit and profit from, with individuals being subjugated to social herd mentality stamp of approval, and competing amongst themselves for proximity to positions of power and authority over others, rather than from a place of authentic sovereign integrity, honor, dignity, self-awareness, compassion, and inner alignment.

In these hollow dynamics, the curated performance of superiority conceals inner fragmentation, driven by their insecure egos' obsessive need to prove and preserve fragmented curated identity constructs meant to sustain control, comparison, measuring itself to others, exploiting, dominating, manipulating, or diminishing others, reflecting deep-rooted unresolved fear, emptiness, pain, suffering, trauma, insecurity, and disconnection within the self.

Grandiosity becomes a coping compensation mechanism for self-preservation. Power becomes attached to an identity, a title. Validation becomes the currency of survival. But beneath the curated, performative hollow self-image remains a deeply conditioned fear of insignificance, irrelevance, vulnerability avoidance, and exposure.

A spiritually impoverished society by choice, built on egoic survival conditioning, normalizes projection, scapegoating, over self-reflection, and self-accountability.

Rather than confronting unresolved wounds, emotional pain-based attachment patterns, fears, or internal contradictions, they externalize their pain, blaming, scapegoating, shaming, judging, categorizing, comparing, commodifying, competing, and projecting onto others to avoid accountability for their own inner world state.

In doing so, suffering becomes cyclical and self-perpetuating. The individual remains bound to reactive patterns, victimized curated identities, powerlessness, scarcity,

and inherited conditioning because turning inward requires honesty, integrity, awareness, discernment, responsibility, humility, and the courage to dissolve the false self-constructed identity stories curated around fear.

Self-liberation begins when an individual stops feeding the narratives that require self-betrayal to survive.

The moment one chooses conscious self-reflection over projection, accountability over blame, discernment over conformity, and authentic embodiment over egoic curated performance, the cycle begins to break.

What was once projected outward becomes integrated inward, and the fragmented self gradually returns to wholeness through awareness, presence, forgiveness, patience, humility, compassion, and radical inner honesty and integrity.