

## Definitions of Words, Terms and Expressions

The terminology ('jargon') used when discussing emotional (narcissistic) abuse has been divided into different sections to help you understand specific words used, for example, when talking about general words, or when discussing pensions.

### GENERAL

#### *Emotions and Psychology*

##### *Anxiety*

Being afraid of what is unknown.

##### *Cognitive (or conscious)*

Thinking or thought. The brain's ability to rationalise and interpret information and put it into context. A cognitive response may be, 'That shadow on the wall is only a coat hanging up.'

##### *Dependence/Addiction (substance or behaviour)*

The need to take a substance or engage in a behaviour to experience a euphoric or psychological effect, such as feeling good. Dependence shows when failure to consume the substance or engage in the behaviour results in discomfort or other undesirable physiological and/or psychological effects.

##### *Dependence (relationship)*

Psychological reliance on another person or group of people. Positive would be a carer-patient relationship. Negative would be abuse or manipulation to dominate another.

##### *Empathy*

Understanding another's feelings or experiences by imagining what it would be like in that person's situation.

##### *Fear*

Being afraid of what is known or thought to be known.

##### *Grey Rock*

Avoiding interaction or keeping unavoidable interaction short, factual and unemotional. The other party loses interest and stops antagonism.

##### *Guilt*

Recognising a mistake or event for what it is and modifying future behaviour.

### *No Contact*

Severing all ties, links and contact with an abuser.

### *Shame*

Personalising an event. When something I have done, 'I have made a mistake' becomes something I am, 'I am a mistake!'

### *Sub-Conscious*

Happens without thinking. A response is generated before the message reaches the thinking parts of our brain. A sub-conscious response may be, 'The shadow on the wall is an intruder.' Sometimes called, 'gut feeling.'

### *Trigger*

Anything causing an intense reaction or response.

### *Tolerance*

The desired effect of a substance or behaviour can no longer be achieved without increasing its amount or frequency.

### *Withdrawal*

Physical, mental and emotional responses to reducing or stopping a rewarding or addictive behaviour or substance on which the user depends.

## *Abuse and Behaviour*

### *Boundaries*

Rules or limits to protect our security and wellbeing when with others. To decide how other people can behave around us so that we feel safe.

### *Coercive Behaviour*

Physical, emotional or psychological acts used to harm, punish or frighten a victim into being compliant.

### *Controlling behaviour*

Acts designed to make a person subordinate and/or dependent, such as restricting everyday needs and behaviour.

### *Domestic Abuse*

An incident, or pattern, of controlling, coercive, threatening, degrading or violent behaviour by a partner, ex-partner, family member or carer.

## NARCISSIST

### *Covert, Closet or Hidden Narcissist*

Introverted, depressed, easily hurt by criticism. Need lots of support. Low self-esteem, but still expect special treatment.

### *Narcissist*

Person with excessive interest in, or admiration of, themselves. Psychiatric term describing traits and behaviours of a personality disorder characterised by exclusive focus on self (ego) and lack of empathy. Narcissistic behaviours are disruptive, destructive and profoundly controlling or manipulative.

### *Malignant, Toxic or Sadistic Narcissist*

Fixated on fantasies about beauty, brilliance, success, and power. Cannot handle criticism, lash out when feel slighted, blame or hurt others with no remorse for their bad behaviour. Take advantage of anyone to get what they want. Deserve the best. Mistreat those perceived as inferior. Highly insecure.

### *Overt, Grandiose, Exhibitionist Narcissist*

Extrovert. Easily noticed. Bold, ambitious, driven, charming, loud, arrogant and insensitive to the needs of others. Thick-skinned. Thirsty for praise.

### *Supply (Narcissism)*

Any external input needed to boost fragile ego and self-esteem, including money, possessions, sex, status, power and emotions.

## *Behaviour and Traits*

### *Devaluing*

Unprovoked destruction of self-confidence, self-esteem or reality in a victim by a narcissist.

### *Discarding*

Narcissists financially, emotionally or personally bankrupt their victim and reject them. Dazed victims then relentlessly pursue those discarding them.

### *Gaslighting*

Psychological manipulation where denial, misdirection, contradiction and disinformation covertly cause doubt in others. Victims lose confidence and self-esteem and feel as if they are going mad, becoming more dependent on their abuser(s) for emotional support and validation.

### *Ghosting*

Ignoring, belittling and devaluing others, playing on their fear of being alone. Also totally ignoring another, denying their existence.

### *Hoovering*

A narcissist's attempt to bring someone back into their life using threats of self harm or suicide when messages are ignored. Frequently happens when victims go 'no-contact' with their abuser.

### *Love Bombing*

Showering a love interest with gifts, bonding statements like, 'We were made for each other' and compliments to buy their love. Softens-up and profiles victims for future abuse. Also leaves them feeling indebted.

### *Narcissistic Collapse*

When narcissistic rage ends in depression, suicidal thoughts, self-harming and isolation. Addiction and destructive behaviours increase, as do fleeting promiscuous encounters with strangers.

### *Projection*

Accusing others of our own emotions, traits, behaviours, shame and pain to feel better about ourselves.

### *Triangulation*

Belittling victims by introducing other(s) into a relationship, so that victims compete harder for the narcissist's attention.

## *Narcissist Supporters*

### *Flying Monkeys*

Anyone who believes the narcissist's story and attack or damage victims. Flying monkeys make narcissists feel important and detached, 'better than' those caught up in the drama.

## VICTIM

### *Empath*

Individuals who sense the thoughts, feelings and pain of others, taking them on as if they are their own and may lack self-confidence. Perfect narcissistic target.

### *Victim*

Someone hurt, damaged, killed or suffering through the actions of another, especially emotional or physical abuse.

## COURT AND LEGAL PROCESS

### *Case Law*

Other legal cases which are similar and give valuable insight or precedence.

### *Court*

Where legal trials take place and judgements are made. May also describe the legal system.

### *Filing*

Lodging relevant documents with the court.

### *Form*

Legally approved methods for collecting data in relation to specific areas of the case, supported by attached (appended) documents, like bank account statements. Originally paper but now completed online. Central to family law.

### *Litigate*

Bringing disagreements to a court of law for a decision, but not always right.

### *Order*

An instruction by, or command of, a court.

### *Sealed*

Putting the court's mark on documents to authenticate them and make them legally binding.

### *Serving (service)*

Giving legal papers to the other party in a case.

### *Without Prejudice*

The document cannot be used as evidence that a contract or agreement exists. Used to encourage out-of-court settlement.

## *Legal Personnel*

### *Barrister*

Stand in court, pleading the case on behalf of clients, in front of a judge. Distinguished from solicitors by wearing a wig and gown in court. Work at higher levels of court than solicitors, acting as advocates in legal hearings.

### *Legal Professional*

A qualified person who studies, develops and applies law. A career in law usually requires a law degree or other legal education.

### *Solicitor*

A lawyer providing legal advice who can represent clients in court. Works in all areas of law.

## *Divorce Stages*

### *Applicant/Petitioner*

The person who files for divorce at the courts.

### *Clean Break*

A financial settlement between a party and their former spouse, sealed by the court, severing financial ties. Stops claims against future assets being acquired.

### *Conditional Order*

Provisional court order that a marriage should be dissolved (replaces *decree nisi*).

### *Decree*

An order by a court.

### *Decree Absolute*

The final court order ending a marriage (replaced by the *Final Order*).

### *Decree Nisi*

Provisional court order that a marriage should be dissolved (replaced by the *Conditional Order*).

### *Dissolution*

Legal term for formally ending civil partnerships. Application for a dissolution order must be made more than a year after the date of the civil partnership.

### *Final Order*

The final court order ending a marriage (replaces *decree absolute*).

### *Financial Dispute Resolution (FDR)*

The process of resolving financial disputes using negotiation. May include a 'without prejudice' hearing where a family judge helps, as mediator, indicating what may be ordered at a final hearing. Any judge at FDR cannot be involved at final hearing.

### *Mediation*

Process of resolving differences between parties, using an independent party, the *Mediator*. Often required before cases can go before court. Dubious value with narcissists.

### *Mediator*

Usually, a fully qualified family law solicitor who advises on legal aspects of proposed agreements, but without legal power.

### *Respondent*

The spouse against whom the divorce petition is served.

## *Property and Assets*

### *Asset*

Anything with a financial value.

### *Estate*

Everything a person owns at their death.

### *Liquid Asset*

Can easily, securely and quickly be exchanged for legal tender (cash).

### *Non-Liquid (illiquid) Asset*

Cannot be quickly converted to cash. Must be transferred to obtain its value. Includes property, vehicles, art, collectables.

## *Pensions*

### *Actuary*

An expert in assets and liabilities. Pension actuaries calculate how pensions can be divided to meet specific outcomes. Critical for narcissistic divorces.

### *Pension Offset*

Upon division of assets, one party keeps the pension whilst the other receives assets of the same or similar value. This is a one-time payment.

### *Pension Sharing*

Division of a pension fund, at source, to meet the income needs of the non-pension holder until death.