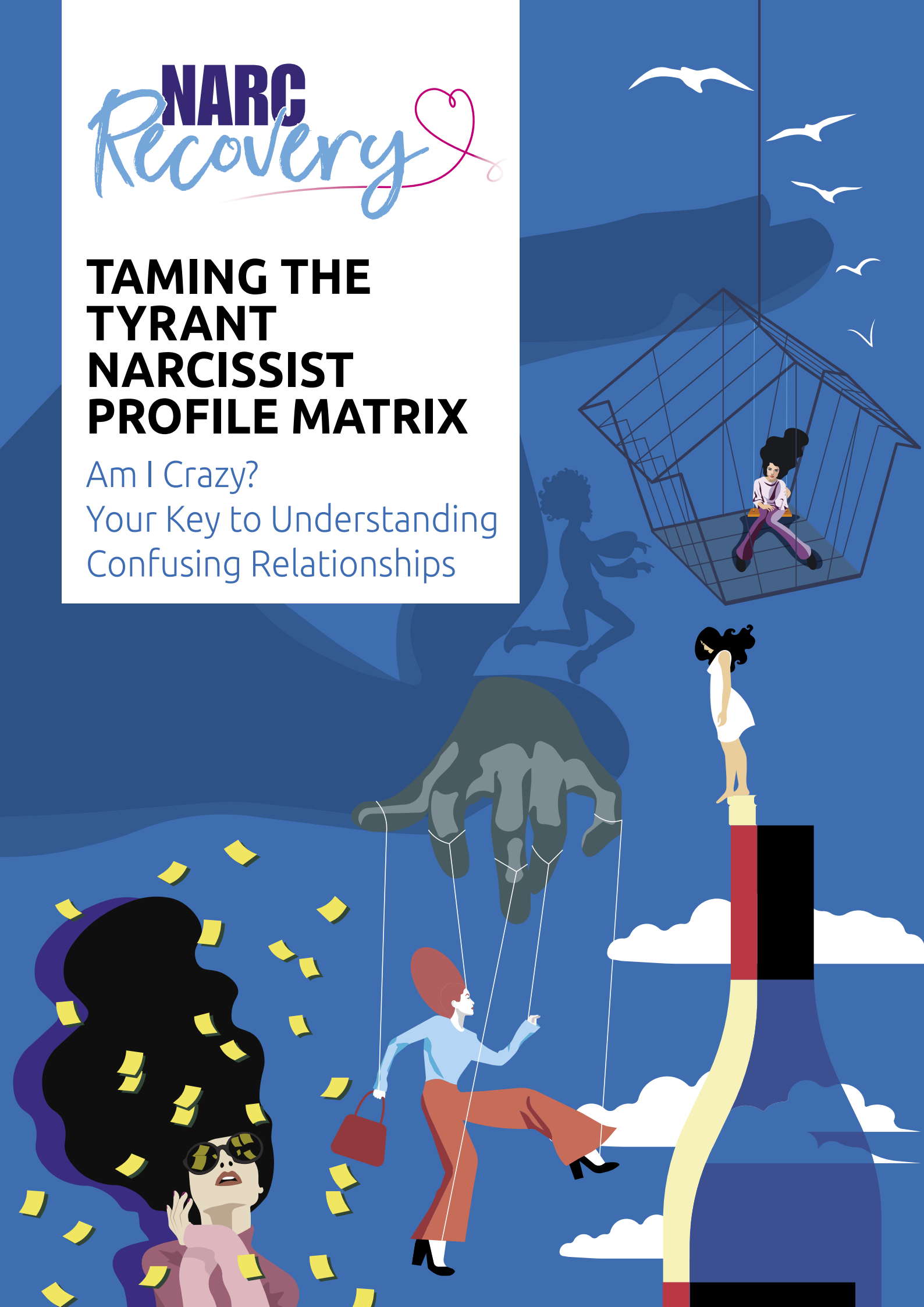
NARC Recovery

TAMING THE TYRANT NARCISSIST PROFILE MATRIX

Am I Crazy? Your Key to Understanding Confusing Relationships



THE HEIDI SAWYER GROUP

Who are we?

The Heidi Sawyer Group are worldwide leaders in helping Intuitive-Sensitive People tame the tyrant in their life and find freedom. We provide training for positive, forward-thinking people who have recently discovered a narcissist has been rampaging through their life causing a dip in their self-worth, wrecking their emotional stability and terrorising their harmony. We believe childhood unconscious emotional patterns passed through the generations contribute considerably to adult emotional cruelty. We seek to help those on the receiving end of such cruelty who want to explore their unconscious world, to unburden themselves of the patterns of their ancestors and the emotional savagery shown in others.



GLOBAL
Business

Since 1996 we've built our global business working with clients in 121 countries. 74,498+ connect with us worldwide and more than 1.5 million views on YouTube



1,500,000+
Views on YouTube

We have worked directly with more than 6,000 clients worldwide to help them recover their self-worth, self-belief and resolve difficult relationships. Our work is with forward-thinking self-evaluating individuals at every stage of the recovery journey from being on the receiving end of narcissistic abuse. We do what we do because we know what it feels like.



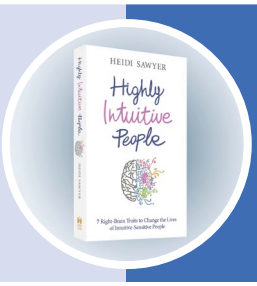
6000+
Clients

Our flagship mentorship programmes are overseen by Heidi Sawyer, one of the most respected authors on using intuition as a recovery tool. We provide services for forward-thinking people who want to use the power of the unconscious to fast-track their recovery from narcissistic abuse. Our programmes are delivered through our acclaimed online training and mentorship.



ONE
Uniquely Talented

Heidi Sawyer's book, **Highly Intuitive People** has consistently been in the top 0.05% of all books sold on Amazon.



TOP 0.05%
On Amazon

AM I CRAZY?

Your Key To Understanding Confusing Relationships

Do you have a co-worker who everyone thinks is great, but for you, after a while of working with them, you find yourself experiencing a lot of anxiety, you never feel good enough and you question your own sanity?

Are you in a romantic relationship or coming out of one that is incredibly confusing; blows hot and cold and makes you feel like you're going crazy?

Does your mother appear amazing to everyone else, but to you, there are snippy comments, you grew up feeling alone, found it hard to have your own identity and you still feel things are always your fault?

Do you attract 'in your face' friendships that burn bright for a while then go mysteriously cold on you?

Did you feel like you walked on eggshells growing up with your dad and you still find it hard to connect with him, but people have always found him fun, charming even?

Not all narcissists appear immediately self-absorbed, arrogant and completely over-the-top.

Some narcissists are quietly devaluing and undermining, picking away at your self-esteem slowly depleting you over a period of time. To others they appear great, often times amazingly helpful, they're considered the pillar of society or the centre of the family, so why do you never feel good enough around them?

Narcissists come in many different forms.

Some narcissists are multiple variations of the same thing which makes your relationship with them even more confusing.

They can be good listeners and appear to really care; you can feel really loved by them. However, they simultaneously make you feel worthless about yourself. Some may use cloaked tactics you don't see for YEARS.

This **Taming The Tyrant Narcissist Profile Matrix** however, allows you to identify the different narcissistic characters that may be operating in your life (or the life of a loved one), to help you move towards realising it's not you - it's them.

HOW TO USE THIS DOCUMENT

Step One



Read each description and put an initial in the boxes underneath that make you think of certain people in your life, past and present. If multiple descriptions sound like the same person, then just repeat their initials as many times as you feel it is relevant.

Use the dropdown box to help organise your thoughts. If you have more than one sibling for example or if the person you are thinking of doesn't fit one of the options in the dropdown box it is fine because **Step 1** is private and just for you.

When you have completed **Step 1** turn to page 17 and 18 to complete **Step 2** and **Step 3**.

Let yourself be honest with who fits each description, even if it's quite a shock to you, because we can't help you if you're not honest with yourself.

Go with your first instincts, no over-thinking. We provide this list in the drop down box to help you brainstorm everyone in your life: Mother, Father, Brother, Sister, Partner, Friend, Mother-in-law, Father-in-law, Brother-in-law, Sister-in-law, Boss or Colleague.

EXAMPLE OF PAGE RESULTS



UMPIRE

The Umpire subtly sees themselves as superior. You feel you're trying to please and perform around them. Judges you, never likes anything you do. Rolls their eyes, sighs heavily, scowls with disapproval at everything you do yet seems quietly jealous when you achieve things they don't have the courage or inclination to do.

Has a push / pull habit which means they push you away yet when you go away, they are pleasant enough to pull you back in. You're never sure where you stand.



1st			2nd			3rd		

GLOOMSTER

The Gloomster is always down in the dumps. They never seem to be happy but will perk up when they can be self-absorbed. They ask questions about your life but will never really listen to the answer. You feel uncomfortable telling them information because you feel you're in some kind of gloom competition where they need to make sure their gloom is more than yours.

They make every situation about them with 'ailments on demand' but when you offer a way to solve those ailments they avoid the help and never properly seek to sort it out. Your observation is they can't see anyone's needs above their own so behave in ways others find uncomfortable.



1st			2nd			3rd		

PLOTTER

The Plotter will want to see how you'll benefit them. They'll ask a lot of questions when you first meet them which gives the impression they're interested.

The questions though begin to feel uncomfortable because you soon realise they don't offer any information about themselves. When they hit upon something that will benefit them, their eyes light up and its full speed ahead.

The Plotter will manipulate to get what they want and will not hesitate to step on you in pursuit of the outcome they desire. If you have nothing they want, they'll cut you off and move to the next person.



1st			2nd			3rd		

INSTA

The Insta appears to be perfect and portray this perfection in places it can be seen such as social media.

If the perfect angle isn't working for them, then they'll use 'contrived imperfection' to gain media attention or sympathy. They are experts at the Instagram pose, holiday perfection, gushing declarations of love for their spouse and / or children online, yet will devalue or ignore them in private.

Generally appears perfect but is the true faker. You feel generally inadequate around them and have found yourself trying to over-please them or obsessing about them.



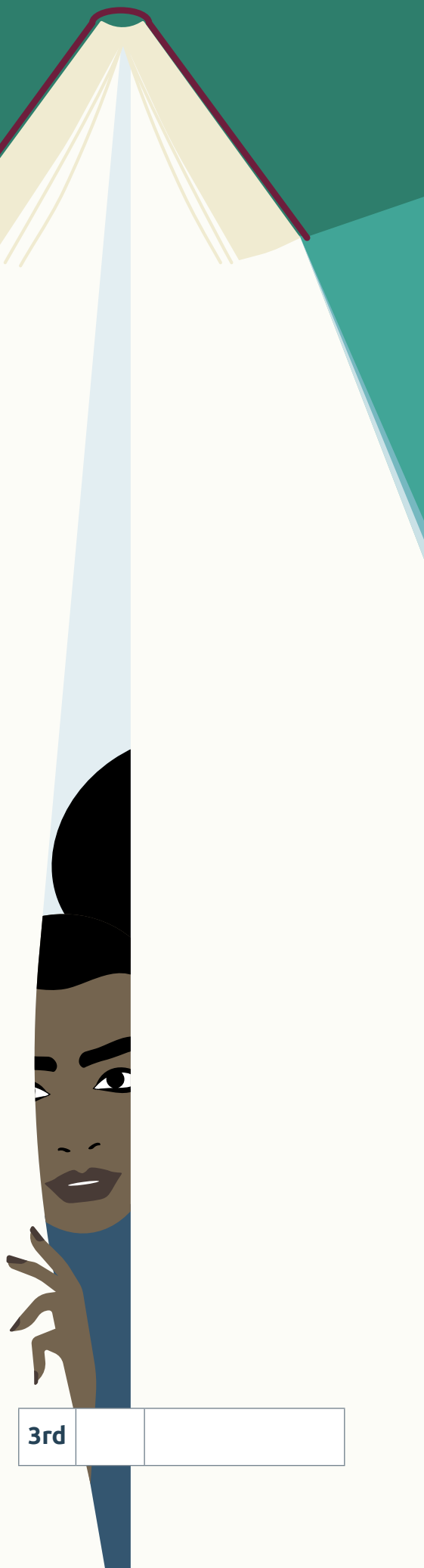
1st			2nd			3rd		

SCANDAL MONGER

The Scandal Monger will be talking to you about others, it means they are talking to others about you. They position their world around gossip and passing on snippets of information.

Often to be found at the school gates, they're the parents who gossip about someone else's child. They like to embellish the truth for dramatic effect so will turn a small piece of information into something bigger.

They like to keep an audience with gossip but will rarely or never give anything of themselves. If they do make the mistake of giving too much of themselves, they will quickly create gossip to steer the conversation back to a position they can control.



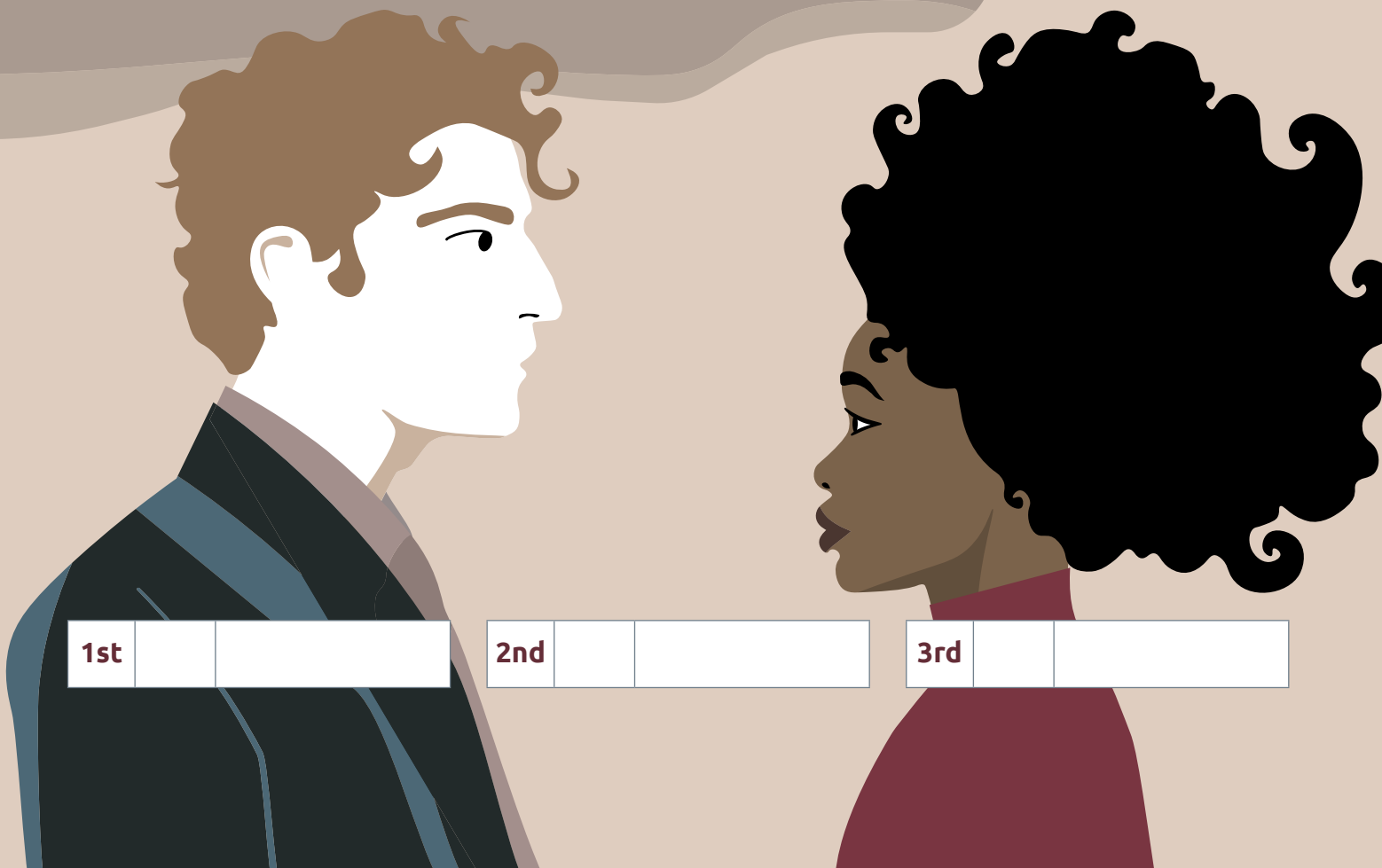
1st			2nd			3rd		

GIVE ME

The Give Me are the attention seekers who can switch from adult behaviour to a spoilt child and back again in the blink of an eye.

They want attention, all of it, everything that can be given and they will create a drama to get it. These show up for instance as the jealous partner who doesn't like their partner having friends outside of what they can control.

Alternatively, they'll love bomb you into believing you want ONLY to give them attention and you'll willingly sacrifice the rest of your life to this end. Expect late night phone calls of desperation if you've recently been distracted or enjoying life somewhere else.



1st			2nd			3rd		

JOKER

The Joker uses cruel humour as a way to deride you and humiliate. The jokes will be subtle in front of other people but always cutting.

If you mention how their jokes upset you, you're snarled at or called *"Too sensitive."* They're hard to get to know because their jokes are a way to deflect attention from them but something feels dark and brooding.

This leaves you with the feeling of a cross between wanting to run a mile from them and trying to patiently change them. If you do run a mile from them, they'll quietly try to prove to you they're trustworthy, lulling you back into a false sense of security.

It's easy to have fallen for one of these multiple times.



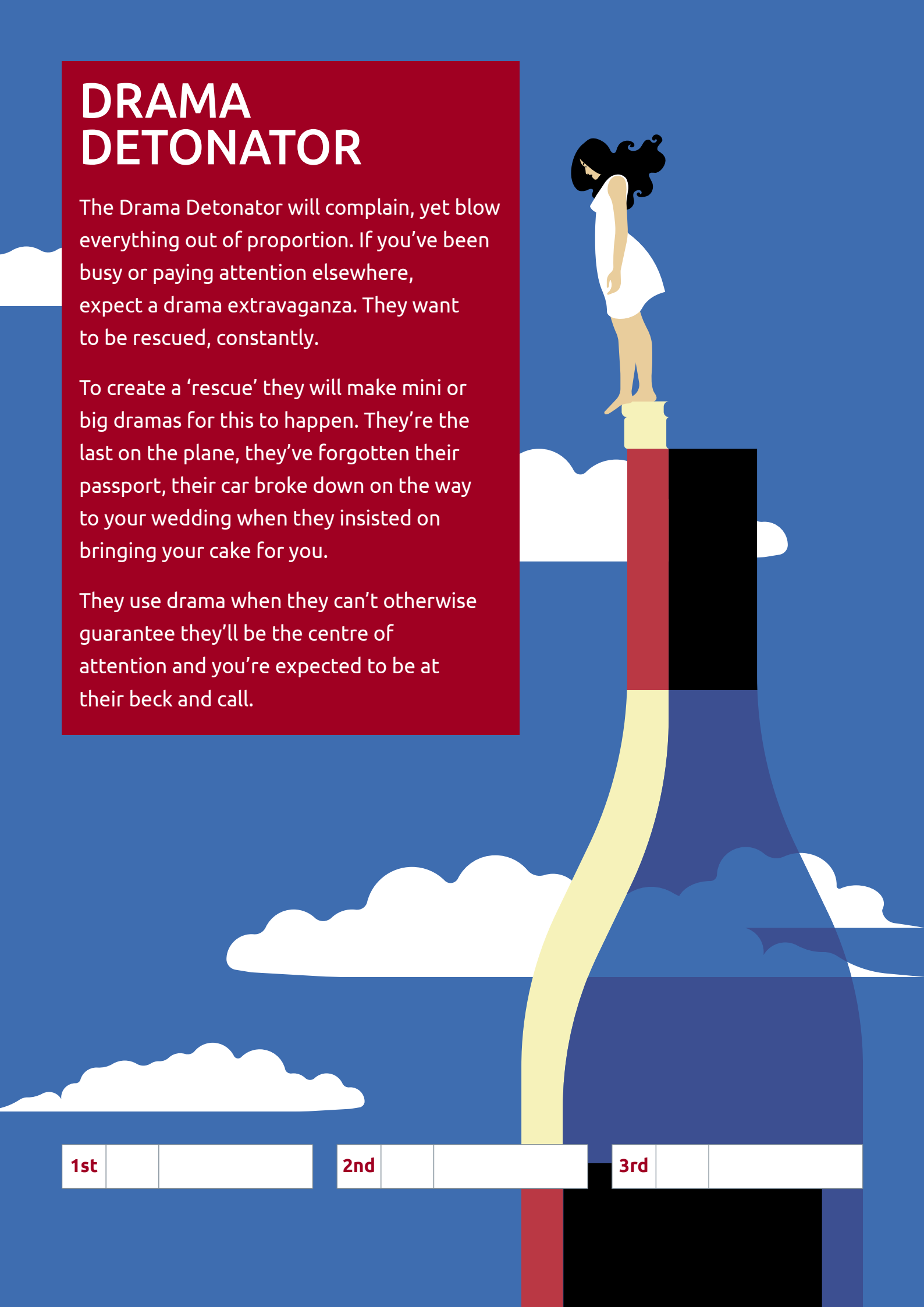
1st			2nd			3rd		

DRAMA DETONATOR

The Drama Detonator will complain, yet blow everything out of proportion. If you've been busy or paying attention elsewhere, expect a drama extravaganza. They want to be rescued, constantly.

To create a 'rescue' they will make mini or big dramas for this to happen. They're the last on the plane, they've forgotten their passport, their car broke down on the way to your wedding when they insisted on bringing your cake for you.

They use drama when they can't otherwise guarantee they'll be the centre of attention and you're expected to be at their beck and call.



1st			2nd			3rd		

COVERT DEVALUER

The Covert Devaluer will make you feel empty around them, yet you've tried hard from day one. They are the pillar of the community, the greatest boss, parent, spouse, but after a while you realised this is all for the benefit of other people and the image it creates.

They love bomb you in the beginning: it feels easy and exciting. They might have made grandiose promises such as promotion, or if a parent, financial help with a house deposit or car, or perhaps they're the spouse who says they'll support your career change.

The truth though has been these things haven't materialised or if they have, they had a lot of strings attached. In the past you've felt excited and so lucky, you've told others glowing stories of how they're helping you.

Trust is built and then the subtle devaluing begins. You tried to talk about it but no one knows what you're talking about because their experience of them has been great! You've got the message there is no one to confide in, or you thought you misread something and doubted your own mind and intuition.



1st			2nd			3rd		

SILENT AGGRESSOR

The Silent Aggressor will bring up ‘concerns’ they have about you especially when you confided something that highlights a vulnerability. They’ll say they’ve noticed your memory, for instance, hasn’t been great recently. They’ll pass their comments off as a joke when really it’s about devaluing you or minimising your confessed pain.

They don’t tell you about meetings you should have been at, in order to make you question your memory. They take credit for your ideas but do it in such a sneaky way you feel like an idiot if you bring it up.

They minimise your feelings and pain by doing hurtful things but when you have a natural reaction they act innocently or say they were only kidding.

You feel conflicted, they still appear like the person you first thought was great but at the same time, they make you feel awful about yourself.



1st			2nd			3rd		

SADIST

The Sadist makes you feel shocked, because they seem to take pleasure in your upset. You're mortified to discover their main motivation seems to be to hurt and humiliate. They relish hurting you in any way they can, their eyes widen in a secret excitement that you're wounded by their words or actions.

They use words, humour, judgements and positions of power to cause you the pain they so love to witness. To pull you in, they will have been generous at first - if they're your partner, perhaps they bought you expensive meals or gifts, apparently asking for nothing in return but then started criticising you in public, pointing out your shortcomings.

If you've confided in them, they'll have stored up any secrets to throw back at you later when you're at your most vulnerable. Hard to get away from, they bind you - don't underestimate their will to draw you back in.



1st			2nd			3rd		

POOR ME

The Poor Me are consistently helpless and require assistance. You're constantly helping and readily available. If you're not readily available you're full of guilt to the extent you'll make alternative arrangements for them when really they should do it.

If you think about it, you've never really heard a word of thanks. You've heard though a lot of how you haven't done something perfectly even though an expectation was never initially communicated. Whatever you do, it doesn't seem to be enough and they don't make any effort to find out what your needs are and you would feel uncomfortable communicating them in case of rejection.

They seem to enjoy the attention of hospital visits and medical appointments so therefore often have something wrong with them but if there is something up with you, don't expect any attention other than enough to get you back to serving their needs.



1st			2nd			3rd		

HOW TO USE THIS DOCUMENT

Step Two



Now it's time to find who your three 'key influencers' i.e. the tyrants, are and if they currently influence your life now.

EXAMPLE: The 1st tyrant **(JS)** below had six of the 12 profiles, **(PD)** had five and **(ZE)** had three. Two of the three are currently active. Interestingly the dominant energies in this example are ***Umpire*** and ***Sadist***.

Knowing this, places a laser focus on what exactly it is that will be required to free you from these confusing relationships going forward.

What Happens Next?

Now it is your turn…

Instructions: Use the template provided below to create your own matrix.

NARC TYPE	INITIALS		
EXAMPLE TABLE	1st JS	2nd PD	3rd ZE
Umpire	✔	✔	✔
Gloomster		✔	
Plotter	✔		
Insta		✔	
Scandal Monger			✔
Give Me	✔		
Joker			
Drama Detonator		✔	
Covert Devaluer	✔		
Silent Aggressor			
Sadist	✔	✔	✔
Poor Me	✔		
TOTAL	6	5	3
Active in life now?	YES	YES	NO

NARC TYPE	INITIALS		
YOUR NAME	1st	2nd	3rd
Umpire			
Gloomster			
Plotter			
Insta			
Scandal Monger			
Give Me			
Joker			
Drama Detonator			
Covert Devaluer			
Silent Aggressor			
Sadist			
Poor Me			
TOTAL			
Active in life now?			

HOW TO USE THIS DOCUMENT

Step Three



We now know the ***'Who'*** - next is the ***'How'***.

Have you already booked your ***T.T.T. Freedom Method Private Session?***

YES, we will be reviewing your Matrix on the call so please take a photo of your completed table above, then email it to:
Support@HeidiSawyer.com
... and be sure to read all of the stories on the next 4 pages.

NO, firstly watch the free webinar:

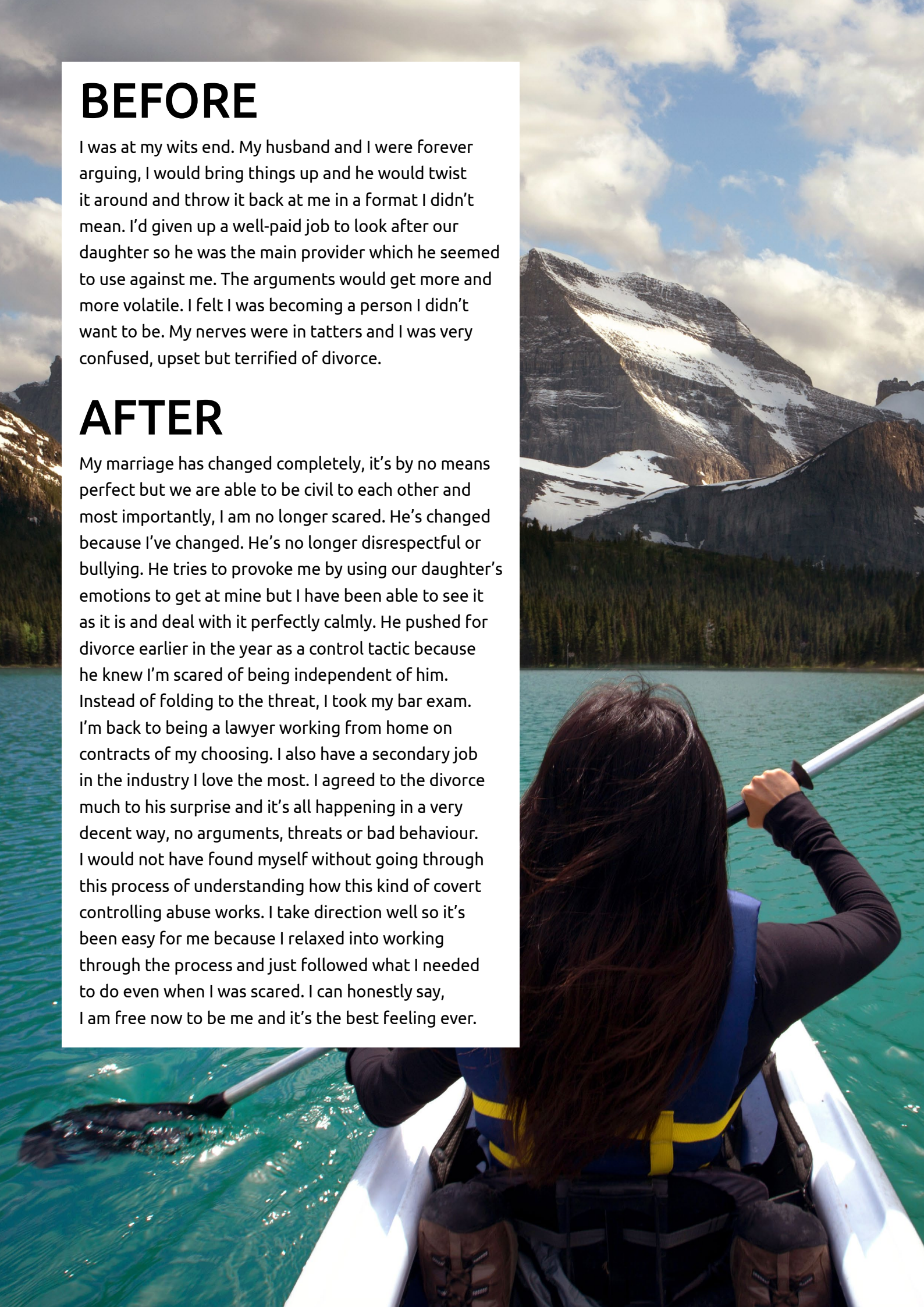


How I Stopped Attracting Narcissistic Partners Who Controlled My Every Move

Discover how top performers in high-pressure environments, caught in narcissistic relationships can seize back their personal control and stop feeling put down *without* having to confront the tyrant or people please to feel safe.

CLICK **HERE** TO WATCH THE ***FREE*** WEBINAR

Or visit: *www.HeidiSawyer.com/narc*



BEFORE

I was at my wits end. My husband and I were forever arguing, I would bring things up and he would twist it around and throw it back at me in a format I didn't mean. I'd given up a well-paid job to look after our daughter so he was the main provider which he seemed to use against me. The arguments would get more and more volatile. I felt I was becoming a person I didn't want to be. My nerves were in tatters and I was very confused, upset but terrified of divorce.

AFTER

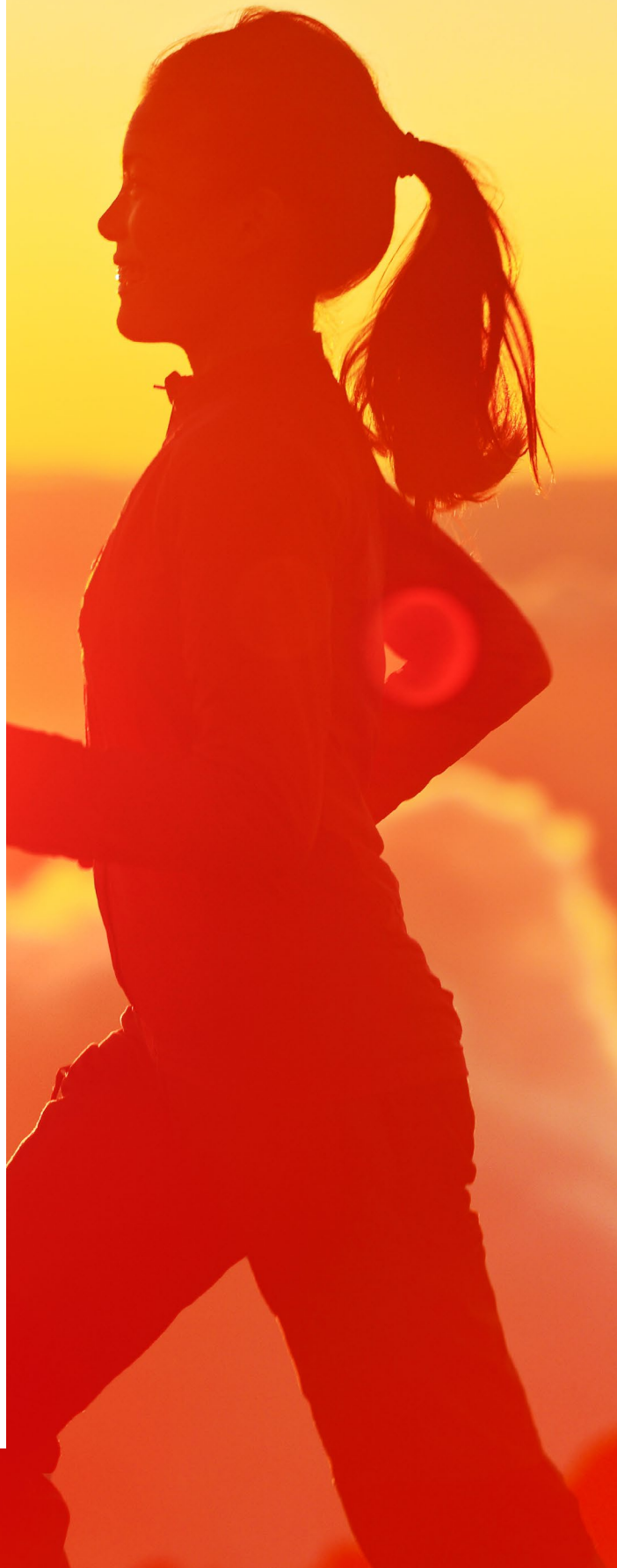
My marriage has changed completely, it's by no means perfect but we are able to be civil to each other and most importantly, I am no longer scared. He's changed because I've changed. He's no longer disrespectful or bullying. He tries to provoke me by using our daughter's emotions to get at mine but I have been able to see it as it is and deal with it perfectly calmly. He pushed for divorce earlier in the year as a control tactic because he knew I'm scared of being independent of him. Instead of folding to the threat, I took my bar exam. I'm back to being a lawyer working from home on contracts of my choosing. I also have a secondary job in the industry I love the most. I agreed to the divorce much to his surprise and it's all happening in a very decent way, no arguments, threats or bad behaviour. I would not have found myself without going through this process of understanding how this kind of covert controlling abuse works. I take direction well so it's been easy for me because I relaxed into working through the process and just followed what I needed to do even when I was scared. I can honestly say, I am free now to be me and it's the best feeling ever.

BEFORE

I was working for a company where although I was appreciated by the workers I managed, I couldn't get beyond the blocks of my senior manager. It was as though she didn't want me to be efficient unless it made her look good. This was extremely frustrating because she kept promoting people into senior positions who were not up to the job. People in more junior roles were doing the work whilst senior management were ruining client relationships.
For people who like to do a good job it's both embarrassing and disheartening. I would mention the issues but quickly realised it wasn't what my manager wanted to hear. I was ready to leave with no role to go to. When I started the process of moving beyond narcissistic characters, it was made very clear to me you should only leave a situation when you have it mastered. I was told work is an important part of not only survival but also your self-esteem. If you walk because you're punished for doing a good job, it's not the right message to your unconscious.

AFTER

I decided to stay in the job to do what I was advised, to utilise my awkward manager as a learning point about myself. I implemented what I was advised and saw some incredible results. My self-worth improved to the extent I started to apply for jobs rather than jump from what I didn't like too soon. I decided to master the environment I was in to be able to leave on my terms, when it suited me rather than because of stress.
Within a short period of time, I had a new job, with a much higher salary. I went for a position over and above what my self-esteem would have previously gone for. I got the job and a promotion very soon after.
I now work for a great boss and I have a senior role with a great new salary. Without doing the programme I wouldn't have seen or believed in my own value. As an added bonus, I found diet and exercise goals were easier to reach because I felt more in control of my life rather than worrying about if I was good enough at work.

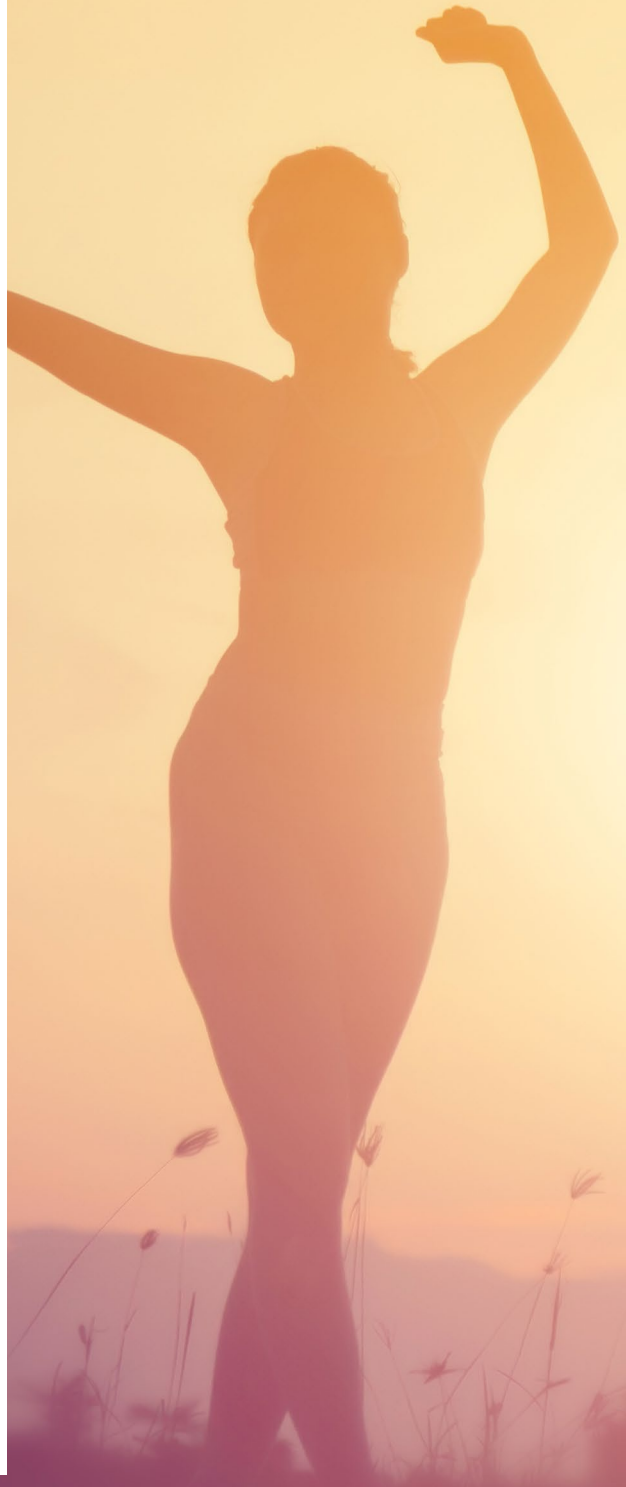


BEFORE

I've always felt uneasy around my mother. She's fussed over me all my life but at the same time I felt she wasn't really emotionally present and I'd always felt alone. She's had depression issues since I was born so I figured it must have something to do with how I felt. All my life my father had said: "Don't upset your mother, she's delicate." I therefore would put in a happy persona and became insanely independent from an early age.
I had though always felt on the edge of things, never really included. I'd always felt in the back of my mind my brother was the favourite but I had ignored it. I was the first to have a child and we needed help with childcare, not much help, a little. We were desperate. My mother said a flat no to me but in the next breath was helping my brother out as soon as he had a child. This upset me, made me feel rejected yet neither of my parents could see my point. My brother, decided for some reason I was unworthy of being spoken to. I kept trying though, trying to be approved of.

AFTER

I hadn't realised I'd become emotionally aloof to protect myself from the upset of emotionally unavailable parents. I have no idea why my brother was preferable rather than equal to me, but today it no longer impacts me. I have a new perspective, I have realised family members are not always what you want or expect, and you can develop high quality relationships with people regardless of what family members think or feel about you. I have emotionally present relationships now with great people. I have close male and female friends, a healthy family of my own and I developed a thriving business that I love, together with a long happy marriage. I accept now my family members are the way they are, I can't change that but I can change what I am prepared to accept in my life. My choice is high grade relationships that feel natural rather than fighting for affection, now I have the self-worth to accept those and appreciate what I've created.
I feel valued by myself and those around me.



THE FOUNDER'S STORY

Choosing to get in the thick of what causes other people pain is not something you choose to do, it's a calling. When I started out, like many people on the receiving end of narcissistic abuse, I didn't realise what was happening to me.

I tried to do everything right; I tried to be the good person, I tried to be as helpful as possible and I was the one who waded in to sort out the countless problems that occurred. I thought that was all just part of life, however, whatever I did, it wasn't enough. I was always not quite good enough and I didn't know why.

I asked myself all the questions:

- *Is it me?*
- *Why can't I be praised in private and only in public when other people are watching?*
- *Why am I called by numerous insults but accused of being overly sensitive if I object?*
- *Why do I hear "I'm only joking" too often?*
- *Why do I need to be lectured on how to put cutlery away?*
- *Why am I punished if someone gives me a compliment?*
- *Do other people go through weeks of the silent treatment?*
- *Why do these people lie so much?*
- *I thought they didn't want me here so why are they sulking now I've gone away?*
- *What's with the mockery?*

For many years even though I had these questions, I took it on the chin. I thought it was normal growing up in the 1970s and 1980s for childhood violence to occur, it wasn't until late into adulthood when I really got it, after I was diagnosed with a 'brain injury' caused by childhood terror.

The terror I experienced as, it is for many who have grown up in narcissistic households, it was secret.



Consequently I became an overachieving, over everything kind of person who was desperate to be accepted.

In childhood an amazing skill developed for me as it does for many in similar circumstances, a very strong ability to 'read' things both emotionally and intuitively. This skill continually developed through adulthood into what is now a successful business since 1996.

Having had considerable experiences across the board from mild to extreme narcissism, I have chosen for what I have learned to not go to waste. I wanted to create the level of support and opportunity for transformation I would have loved to have had when I needed it the most.

Today, I am grateful for the challenges I have overcome because I know it's not a theory, it is more than possible to create a working and personal life that is not the product of your past. There are now no game players in my existence - yet I have experienced many.

The outcome of our programmes is to help you realise you too, can tame the tyrant in your life and find your way to freedom.

My team and I look forward to working with you.

Heidi x

HAYHOUSE RADIO | BBC | The Mail ON SUNDAY | ALTERNATIVES

"Tame Your Tyrant
&
Find Your Freedom."

- Heidi Sawyer

NARC Recovery

PART OF THE HEIDI SAWYER GROUP

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