

**AN ASSAULT ON THE INDIVIDUAL: A PRELIMINARY COMPARATIVE  
STUDY BETWEEN THE PSYCHOLOGY OF A SOCIALIST STATE AND  
NARCISSISTIC ABUSE**

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**Abstract**

The term Narcissistic Personality Disorder (NPD) refers to a long-term pattern of abnormal behaviour linked with brain dysfunction. Affected individuals – narcissists - see others as objects to be used, and act in a way that maximizes control. Victims of narcissistic abuse contract Complex Post Traumatic Stress Disorder (C-PTSD) and perception of erased individuality. Techniques used by socialist regimes are also meant to distort the patterns of individual thinking and reduce a person to a useable object.

As writes Mises, “The essential mark of socialism is that one will alone acts”, however, he approaches it purely praxeologically. We propose to psychologically diagnose the one mind acting and argue that it suffers from malignant narcissism. We seek to investigate the psychological effects living in a socialist regime has on an individual brain by using the patterns of NPD as a microscale laboratory of control.

As for the methodology, we present a preliminary qualitative comparison between the manipulation techniques of a narcissist and of a socialist state, as reported by survivors. We also compare the C-PTSD symptoms in victims of both kinds of abuse. We refer to the methods of intimidation in the Eastern Bloc and drawing parallels between these techniques and what is currently known about narcissism.

This research allows us to state that the use of the defense mechanisms recommended by psychologists specializing in personality disorders can be expanded into our defense against propaganda and intimidation.

**Keywords:** Narcissistic Personality Disorder; Post Traumatic Stress Disorder; Socialism, Psychological abuse; Manipulation techniques

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### *Un asalto al individuo: un estudio comparativo preliminar entre la psicología de un estado socialista y el abuso narcisista*

#### Resumen

El término Trastorno de Personalidad Narcisista (TPN) se refiere a un patrón a largo plazo de comportamiento anormal relacionado con disfunción cerebral. Las personas afectadas, los narcisistas, ven a los demás como objetos para ser utilizados y actúan de una manera que maximiza su control sobre ellos. Las víctimas de abuso narcisista contraen el Trastorno de Estrés Postraumático Complejo (TEPC) y la percepción de una individualidad borrada. Las técnicas utilizadas por los regímenes socialistas también están destinadas a distorsionar los patrones del pensamiento individual y reducir a una persona a un objeto utilizable.

Como escribe Mises, "La nota esencial del socialismo es que en él actúa una sola voluntad", sin embargo, este autor lo aborda únicamente desde la praxeología. En este trabajo, proponemos diagnosticar psicológicamente esa *voluntad única* de la que hablaba Mises y demostrar que sufre de narcisismo maligno. Intentamos investigar los efectos psicológicos que tiene un régimen socialista en un cerebro individual utilizando los patrones del TPN como un laboratorio de control a microescala.

En cuanto a la metodología, presentamos una comparación cualitativa preliminar entre las técnicas de manipulación de un narcisista y un estado socialista, según lo informado por los sobrevivientes. También comparamos los síntomas del TEPC en víctimas de ambos tipos de abuso. Nos referimos a los métodos de intimidación en el Bloque del Este y trazamos paralelos entre estas técnicas y lo que se sabe actualmente sobre el narcisismo.

Esta investigación nos permite afirmar que el uso de los mecanismos de defensa recomendados por los psicólogos especializados en trastornos de la personalidad se puede ampliar en nuestra defensa contra la propaganda y la intimidación.

**Palabras clave:** Trastorno de Personalidad Narcisista; Trastorno de estrés postraumático; Socialismo, abuso psicológico; Técnicas de manipulación.

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## 1. Introduction

Narcissitic Personality Disorder is an abnormal development of the brain leading to disrupted perspective and personality – belonging to Cluster B (dramatic) disorders. The pathogenesis is still widely discussed – some cases may have a genetic basis, however, it is mostly linked to abuse or neglect in early childhood (before age 5). Oftentimes, a pathological narcissist (a person with NPD) has at least one parent who also is a narcissist (Ronningstam, 2011, 2016).

NPD manifests in the inability to perceive other human beings as separate to the narcissist. Since the emotional development of the affected person was stopped in early childhood, all other people they encounter in their life are merely objects to be used. A narcissist is unable to experience empathy (excluding cognitive empathy which is possible in those with higher intellectual ability) - or to accept that there exist other perspectives than their own. Living with NPD is living as an actor of a one-man's show, expecting others to follow the role that is secretly scripted for them and to be of use to the main actor – the narcissist. The disorder also results with the narcissist not being able to have any internal resources of self-esteem, living only off external validation and not being able to handle criticism. People with NPD lie pathologically and have an overblown sense of entitlement. Their goal in any human interaction is to exert control (Evans, 2003, Mayo Clinic, 2017, Vaknin, 2015). The diagnostic criteria encompass patterns of grandiosity, fantasies of unlimited success, requiring admiration and unique treatment (Millon et.al., 2004). An important element is lack of whole object relations, which means other humans are only perceived as either all- good or all-bad, depending on their usefulness to the narcissist's agenda (Millon et.al., 2004, Tudor, 2018). Such behaviour is not carried out by choice – the distorted view of reality of a narcissist is a result of gray matter deficiency in the frontal lobe of the brain (Pedersen, 2015).

People most affected by NPD are those living with the disordered individual – children, spouses, colleagues and friends. It is estimated that 3-5% of the population has NPD, with slight male prevalence. High functioning narcissists are likely to be found in politics or institutions of higher learning, as they are driven to positions that give them power, a place in hierarchy and external validation (status) (Eve et. al. 2015, Ronningstam, 2016).

Most often NPD can be diagnosed by tracing the trauma of the narcissist's victim, as enduring the specific pattern of narcissistic abuse leaves a certain kind of Complex Post Traumatic Stress Disorder (C-PTSD).

Narcissists treats those they enter any relationship with as objects – appliances that are there to do their perfect job and carry out their perfect role. However, high-functioning narcissists can hide their motives for a long time, since they observe the norms of social life and are able to create charming first impressions (or facade – positive propaganda about who they seem to be to the external world).

The first period of a relation with a narcissist is often unnaturally positive, as the disordered individual needs to ensure that the object he wants to use – the future victim - will subject to

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his rule. However, when a narcissist's victim starts living their own life and falling out of the role the narcissist has for them (which will happen inevitably, as they are a human being, not an object), they are cruelly devalued, subjected to manipulation and silent treatment, and afterwards, smear campaign and character assassination. The victims never get closure, most often they do not understand what has happened and why they do not recognize this person anymore and are left with very specific trauma symptoms.

The idea for the interdisciplinary research and insight we propose further in this paper was sparked by Michele Lee Nieves who, after surviving a relationship with a narcissist, was left with trauma symptoms that made it impossible for her to recognize human faces. In her self-help journal, *I miss me and I want me back* (2017) she points out how a narcissist erases individuality.

Mises (1998, p. 240) has described socialism as “a system (...) entirely controlled and managed by a planning authority” from the economic point of view, focusing on the consequences of such arrangement on (the lack of) exchange. We take this statement further by trying to diagnose such one planning authority looking at the symptoms inflicted in the victims.

We hereby state that if a socialist state is a one mind acting, it is a mind that suffers from malignant narcissism.

It is known and must be stressed that power attracts corrupt minds, but to go one step further: it attracts disordered minds. Furthermore, we will argue that all totalitarian power is very much akin, or even equivalent, to narcissistic abuse on a wide-scale and with more resources. We will also point out the need to talk and focus more on the emotional abuse the victims suffer, which often remains silenced and hidden.

We should note however that our premise is not that every dictator can be diagnosed with one certain personality disorder. What this work focuses on is the inflicted trauma and the psychological side of socialism: we propose to study the nature and symptoms of abuse. One of the diagnostic criteria of NPD is objectification of other persons. We will investigate how and why such abuse occurs, and show similarities in trauma symptoms of the victims on the individual and political scale. However, when talking about the political scale, we do not use the term “narcissistic abuse” in the rigorous diagnostic sense, rather – we concentrate on objectification and all the various manipulation tactics employed.

### **2. The mechanisms of objectification**

Since a narcissist has to perceive another human being as an object, the treatment their victims are subjected to is aimed at erasing them as individual human beings and turning them into machines ready for use in the narcissist's world. It is a pattern of treating another person like it was not a person, and it is done instinctively by an individual with a biochemically disturbed vision of reality. Therefore, we propose narcissistic abuse to serve

as a checkerboard for researching the broad psychological manipulation that serves to reduce a human being to an object (Tudor, 2016b).

As Mises (1951) has famously stated in *Socialism*, “Only the individual thinks. Only the individual reasons. Only the individual acts” (p. 113) - to expand it - only the individual is subjected to control when speaking about internal resources such as mental health, and only the individual is brainwashed.

The effects that a totalitarian state has on an individual human mind should therefore— with certain corrections regarding the extent of the use of power – be parallel to the effects of narcissistic abuse.

In the first period of an adult-adult relations with a narcissist, the victim is being bombarded by all the possible positive qualities they would want to see in that person, while what is happening in truth is their expectations are being mirrored back to them by the narcissist. This happens to ensure the victim will engage, and, excluding self-aware sociopaths, is done instinctively. If the victim falls out of the role they are supposed to play in the narcissist’s life, they are being subjected to abuse, which includes silent treatments and temper tantrums thrown behind closed doors. The narcissist must uphold their positive image in the eyes of the external world, therefore, it is their victims are labeled as having a mental health problem, and in most cases they are not believed. If someone poses a threat to the narcissist’s image, they may be subjected to what is referred to as “mental murder”, where the narcissist pretends that the person is dead in order to protect their image. Other forms of narcissistic abuse include inflicting conflicts as a means to control the victim, using triangulation (making examples of a third party in an argument) as a form of manipulation, gaslighting (the term comes from the 1938 Patrick Hamilton play *Gaslight*, in which a man dims the gaslights in his home and then persuades his wife that she is imagining the change, making her believe she has a mental illness), isolating the victim from any external support, blameshifting (the narcissist is incapable of accountability, therefore, all that happens must be the victim’s fault, and the victim will be made to believe it). In severe cases, breaking into apartments, destroying careers and all forms of threats are involved. The narcissist lies effortlessly due to their sense of entitlement, and is capable of charming an coterie of “lieutenants” to believe his version of reality and further isolate the victim. The narcissist also strives to be always in the victim’s mind, and - in case of a romantic relationship – creates so-called ever-presence by making themselves associated with personally important songs or places (Tudor, 2015; 2016b).

We argue that the forms of state control existent in the XX century socialist states took all these manipulation techniques to the extreme and caused similar symptoms in the victims.

The narcissist may engage in “mental murder”, acting as if the person who threatens their facade is dead. The socialist state has means to actually carry it out, as was proven by the years of terror in China and the Soviet Union (Paczkowski et.al., 1999). In the reeducation

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campes of China, the victims faced an aggressive form of blameshifting – while being beaten, those who hold the whip would scream to make them instinctively believe that they are the ones who hurt the state.

Throughout the Eastern Bloc, fear of communication and connection was widely inflicted by surveillance – people were afraid of having conversations about any difficult topic in every circumstance, for they never knew if someone could hear it and report it. This also caused the break of trust in relations with friends or even family members, leaving the victims isolated and silenced. Censorship ensured that only the propaganda of the one narcissistic mind is published, politicization of most aspects of life created the equivalent of the mentioned narcissistic ever-presence, and dissidents were subjected to all forms of hardships or threats – if they were intellectuals sceptical towards socialism, they could have been fired and forced to carry out only physical labor. Their children would not finish high school. Only those that were members of the Communist Party had access to high quality food, they were also by definition first on waiting lists for a flat, a vehicle or a piece of furniture, which created purely energetic incentives to be obedient. In 1980s Poland, members of the opposition were threatened to have their family members raped if they do not provide information to the Department of Security. The *Solidarity* members had their flats secretly raided and furniture moved as a part of the psychological war (Majewski and Reszka, 2014).

The controlling of all sources of information and upkeeping of the facade was accompanied by spreading false information that would make the socialist state perceived as humane – propaganda materials included stating that in the USA, the shelves in the stores are full because people have no money to buy anything, and in the Eastern Bloc, they are empty, because everything is bought (red. Semkow, 2004).

The instances of subduing the victims result in dramatic acts of retaliation. Walenty Badylak, a retired baker and a former soldier of the Polish Home Army, committed self-immolation on the Kraków Main Square in 1980 as a protest against silencing the truth about the Katyń massacre. He was briefly mentioned in a newspaper as a mentally unstable person, and then, alongside with the massacre, ignored for the upcoming 10 years, until the regime collapsed (Paczkowski et.al., 1997, Lewandowski, 2009).

The game of propaganda played by socialist regimes is very psychologically informed. Pacepa and Rychlak (2013) in *Disinformation* write how every smear campaign must involve a grain of truth, and also something seemingly positive said about the victim. This way, the listener will believe that the propagandist wants the “truth” to be different and is stating it with a “heavy heart”. As a consequence, the message will not be subjected to any scrutiny. Such techniques also create a positive image of the propagandist.

As is further disclosed in their book, creating conflicts, triangulation and defamation was among the standard arsenal of KGB’s propaganda department. For instance, according to Pacepa, in order to magnify feuds between Jews and Catholics and discredit their enemy –

the Catholic church, they used influence agents that claimed to be artists to create a theatre play entitled *The Deputy*, in which Pope Pius XII is untruthfully portrayed as not opposing nazism, and claiming it is needed to stop the communists.

Using nazism in this picture, and in all forms of communist propaganda, as the evil that the Soviet Union has stopped, is a classic example of manipulation by triangulation, and is still present up to this day. Other forms of disinformation include whitewashing history, which is equivalent to gaslighting, where the victim is supposed to doubt their own perception after being repeatedly lied to. Projection – accusing the victim of the smear campaign of what in reality is done by the narcissist – is common on all levels of propaganda, for instance in portraying the United States as a police state that routinely beats its citizens. Silencing the victim who tries to speak out against abuse and assert their own individuality and perspective is referred to as stonewalling, and in case of a socialist regime can be done in an energetic manner – by using tanks to stop any form of dialogue, as for instance in case of the Prague Spring.

In a narcissistic family dynamic, some children are labeled as the “golden child”, who is praised regardless of any actions and outcomes, and moulded to become the narcissistic parent’s copy. Those children most often develop NPD themselves – also as they watch and admire the power that toxic manipulations grant in the family, and the disregard the parent has for other people, loathing their “weakness”. Other children could be either forgotten or serve as a designated “scapegoat”, contracting self-esteem or codependency issues (Tudor, 2016a). A socialist state would create such divisions in the whole society, creating deep conflicts between the victims and those who served as its officers, and manipulating the latter to enforce the regime in various ways, akin to the “golden children” of a narcissist: by using propaganda, energetic incentives, excessive praise and rise in status. Such mechanisms are self-reinforcing, as power over others provides gratification.

We see then how narcissist’s instinctive reactions of erasing individuality are magnified and put into extreme by socialist states.

### **3. The post-abuse symptoms**

The symptoms in the victims of such abuse include mistrusting their perception of truth and general truth issues, disengagement, disconnection from own personality (some describe they do not remember who they used to be before meeting the toxic person), doubting the ability to make independent decisions, reactive abuse as retaliation (people tend to engage in hurtful behaviours against others) and emotional flashbacks. A blurred version of all of these symptoms exist in the victims of socialist states: the truth for a long while has been what the Party states (at the risk of arrest or police violence), therefore, its perception is impaired. The decisions have been carried out by the state – again, at the risk of violent consequences, therefore, no culture of independence can widely exist. These conditions negatively affect any possibility to flourish, find purpose or experience happiness, which leads to hurtful

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behaviours. Competing to get anything from one pile of resources make people perceive others as their competitors that might take what could be theirs from the common pile. The culture of courtesy suffers. Similarly to narcissistic abuse, some of these mechanism stems from direct manipulative techniques, some – from the secondary consequences of the abuse.

Those who escaped a toxic relation with a narcissist report feelings of being deeply misunderstood, as their experience seems so unique and hard to convey that they fear they will not be believed, and it is them who were the problem. The victim is often shamed for “choosing” the abuser, which further silences and re-traumatizes them, as the social stigma around emotional abuse may portray the victim as worse or weaker than others - due to the false belief that they have let themselves be abused. In some cases, the victims, desperate to inform somebody about the atrocities they suffered, and not believing that their story is enough to invoke any empathy or understanding, may exaggerate in an attempt to make the listener feel what they have felt. In most cases, such strategies are counter-productive – and, if the narcissist had launched a defamation campaign labelling their victim as unstable, they “prove” that what the abuser had said was “true”.

Equivalent symptoms still can be recognized between the Old and New Europe one generation after the fall of the Berlin Wall. Timothy Ash (2018) investigates how unequal distribution of respect given to individuals from the “right” and the “wrong” side of the Wall causes more damage in interpersonal relations and is less easily repaired than the differences in socioeconomic status. The former Eastern Bloc is often marginalized or misrepresented in popculture, which magnifies the feelings of isolation in respective diasporas. The end of World War II is not discussed with appropriate depth in history textbooks, which makes the longest occupation of the XX century not perceived as forced occupation (or even forgotten) in the eyes of the general public.

The lack of respect and recognition is deepened by the differences in socioeconomic status, which force the former victims or current refugees undertake physical labor or other lower paying jobs and delay their economic intergration. Labelled as desperate, impolite and generally worse than, North Koreans defecting to South Korea, or living among the American diaspora, often lie about their provenience (Heo, 2014). In some cases, the stories of North Korean defectors have also been doubted as exaggerations (Song, 2015) – however, we state that monetary incentives from the press are not what is primarily driving these exaggerations; they are rather, as described above, a desperate call of a retaliating victim who is overwhelmed by feelings of being misunderstood and invisible.

Taking into account how manipulation and intimidation affect human brains and emotions, and how controlling behaviours inflict unhealthy coping mechanisms in the victims, we can state that on an individual level, healing and imposing certain surviving strategies after narcissistic abuse may in the same way help survivors of socialist regimes. In most cases, people immune to individual emotional abuse are also immune to psychological manipulation from the hands of the state. This may not be the case for some early forms of

propaganda, for it would need to be cognitively recognized as such, and majority of people do not have this perspective. Yet, if they are strong enough to protect their individuality and impose healthy boundaries, they will be able to unmask the lies if those boundaries are crossed.

Therapists that specialize in coaching victims of individuals with Narcissistic Personality Disorder recognize asserting strong personal boundaries as the most effective defense strategies against prospective narcissistic abuse (Little, 2016, Atkinson and Tindall, 2017, Davies, 2019). They ensure that the potential victim of a narcissist will not be subjected to their manipulative behaviour early on, and not give in to the narcissist's methods such as tantrums, silent treatments or other forms of manipulation. One could state that in the super-individual scale of the state, having strong boundaries is akin to imposing the limits on the government via constitution or holding the state officials to the same standards as others in terms of trust. A powerful assertion of strong boundaries in this context would be to recognize that it is not the state that grants human rights, rather human rights might need to be protected from the potential abuse of the state.

As described by H.G. Tudor, a self-aware narcissist, an important element why narcissistic manipulations work is that most people are too hurt or scared to stand up for themselves or those that are abused, and give in to the abuser's wants instead (Tudor, 2016a). Fear and lack of communication is what enables disordered individuals to give silent treatments, go into rage or launch defamation campaigns. Therefore, stopping narcissists must involve working against one's fear and being vocal about what has happened. The more people have the courage to behave in this way, the less successful the abuser will be in inflicting fear and discord. Stopping toxic relations involves calling what has happened by its name and critically examining all the news about that one person that for some reason is isolated.

To protect their image, narcissists would use their lieutenants to spread the news approved by them, and a socialist state would use widespread censorship and propaganda. It is also the reason why in both cases the victims are isolated and labeled as mentally ill – in the most extreme example, having sluggish schizophrenia. The abuser, whether an individual or a one mind of a socialist state, cannot afford to have people think critically and communicate with each other. Therefore, this is precisely what must be done to stop the abuse (in case of a regime backed by an army simple self-improvement strategy would not bring the abuse to an end, but it will certainly help with preserving the correct perception of reality).

A victim of a narcissist must also unlearn the unhealthy coping mechanisms inflicted by the abuser, such as isolating themselves, perceiving others as being against them, the fear of speaking up or showing their own style or perspective (Angela Atkinson, a renowned narcissistic abuse recovery coach, advises their clients to practice feeling unique by wearing colorful pieces of clothing or anything that would separate them from the crowd). These are all aftermaths of the narcissist's attempt to erase the individuality of their victim and forcing

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them into dependence by creating conflicts between the victim and the rest of the world. The relationship with the narcissist was meant to be the only one that matters in the victim's life.

Parallels between such behaviors and socialist states are here striking. Simply by looking at the rate of progress of Eastern Germany after the unification, and comparing it with the progress of Western Germany after the war, we can see there must be more than merely economic factors that slow it down. We state that might be a super-individual manifestation of abuse that is in fact psychological in nature, and that stems from economic and cultural manipulation and isolation, where people were not treated like people, but like objects, and forbidden to make choices (Bauer et.al., 1994, Frese et.al., 1996).

As Joaquin Fuster argues in *The Neuroscience of Freedom and Creativity* (2013), human liberty is essentially the ability of the brain to choose and therefore, to remain a subject, and a mental illness is the most striking manifestation of loss of personal freedom. A person subjected to any objectification (either to narcissitic abuse or the mechanisms of a totalitarian regime) would be traumatically conditioned: they would instinctively link any attempt to choose for themselves with mistreatment that they have suffered as a consequence. Therefore, they would avoid such choices until they heal from the traumatic bond, which lasts long after the abusive period as a survival mechanism, and takes time to revert.

We therefore state that it is crucial to focus on the emotional abuse aspect of a socialist state. Those who have suffered narcissistic abuse end up contracting Complex Post Traumatic Stress Disorder which is only possible to treat by specifically trained therapists, having emotional flashbacks or even being suicidal. While in the case of most socialist states the abuse may not be as total and encompassing as after having a life partner with NPD, a number of victims end up with overstimulated nervous systems and feelings of loneliness in the crowd - should they emigrate to places that enjoyed freedom longer. In some circumstances, they also need to face apathetic people who have been brainwashed to further the narcissist's agenda, here played by academics misguided by the KGB propaganda department. The victim's feelings of isolation and being silenced then rise to the point of being re-traumatized.

However, we state that the similarities between these kinds of abuse may provide a better way to communicate socialist atrocities. Approximately 3-5% of population suffers from Narcissistic Personality Disorder, and interpersonal relations of a toxic kind seem to be common. Drawing such parallels may help invoke empathy towards victims of socialist regimes much easier than numbers related to failed economies.

It is imperative that we describe socialism as inhumane and objectifying, creating conditions that make flourishing as an individual impossible.

### **4. Outlook**

Here we need to note the proposal of such interdisciplinary investigation can be extended in various directions. As mentioned, this paper focuses on the symptoms of traumatic events that are designed to erase individuality in the victims – both on the political and on the

individual scale. Narcissistic abuse was chosen as a checkerboard as it is carried out instinctively. This is not to say that every dictator leading a system that tries to turn people into useable objects can be diagnosed with NPD – what can be stated with more confidence is that there exists a deep feud underlying human interactions between those who seek control over others and those who assert their individuality, and in high-esteemed hierarchical structures human interaction often has toxic dynamic, involving those with narcissistic traits (not necessarily qualifying for diagnosis). NPD is an extreme – some argue, biochemical – example of seeking control behaviour, and our main aim was to investigate the symptoms of trauma after being subjected to such control – meaning, after being turned into an object in the agenda of either a narcissist or a totalitarian state. This work focuses on what the victims of such objectification describe.

What needs to be remembered is both reactions to trauma and the extent of pathological behaviour exist on a spectrum, and that each person may have a different role in the toxic dynamic where a control-seeking individual (or system) is put in charge. Regimes exist on a spectrum as well, and we do not attempt at any direct analogies – rather, as methodological individualists, we propose to investigate how an individual – a subject – is slowly turned into an object in somebody else’s agenda. What can be further researched is the psychological side on such “road to serfdom”, starting from strategies of social engineering.

Other directions of further research can involve revisiting the political philosophies underlying various totalitarian regimes, and investigating where in these philosophies an individual stops being an end in themselves, but serves a “higher purpose”. We would state that such “higher purpose” is based on false anthropology – and therefore, non-existent – but could serve as rationalization for narcissistic behaviour of a totalitarian state. In a similar manner, we could research how such philosophies employ manipulative tactics such as gaslighting or inducing conflict.

What should also be noted is that there exist various individual disorders that could have elements serving as a similar checkerboard in political psychology. Here we take objectification and erasing individuality from NPD, not focusing on the disorder as such, but rather on the inflicted trauma. Such interdisciplinary bridges should be carried out carefully and focus on certain elements of the disordered behavioral patterns rather than full diagnoses.

### **Conclusions**

We state that a person with NPD may serve in our analysis as a miniscule socialist (or, to be more general, totalitarian) state – in order to research its intimidation and manipulation techniques and break them down to the psychology of the individual. The techniques recommended by psychologists to defend ourselves against narcissitic abuse may then be used also against the psychological war launched on individuals by such states. We also propose to focus in our outreach on the effect socialism has on human mind and spirit, and show that it is imperative to communicate the psychological abuse living under socialism causes.

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