

Overt Narcissists

Overts are the most commonly discussed type. They are overt in their behavior, as the name implies.

- All narcissists' primary concern is getting narcissistic supply. Anything that makes them feel good about themselves, powerful or in control is narcissistic supply. Overt narcissists are very obvious about this. There is no hinting for complements—they demand outright you complement them. Or, they put you down so they feel better about themselves. Hurting you can make them feel powerful. They manipulate people, often through shaming them &/or gaslighting. Manipulation makes them feel powerful because they can control another person.
- Overt narcissists have no empathy. If you cry in front of one, they won't even try to act like they feel bad for you. They may seem confused as to why you're crying. If you tell them they hurt you, they won't care & can't even pretend that they do. They also have no problem using or hurting people. They are absolutely incapable of feeling sorry for anyone or feeling remorse. They have no desire to recognize the feelings & needs of others.
- They are the ones who brag shamelessly about their accomplishments, talents or how many people admire them.
- They demand you treat them the way they want to be treated. My overtly narcissistic mother always told me, "I demand respect!" She thought that would make me respect her apparently. How wrong she really was.
- Overts have no problem with lying, & do it often. They will even lie about things they have done to you, denying they did anything & demand you apologize for your false accusations.
- They rage. If you don't provide the overt narcissist with whatever it is they want, they may scream, curse or even be physically abusive towards you. Or, if you criticize them, they will rage. Although no one likes criticism, overt narcissists are incredibly sensitive to it.
- Overt narcissists are extremely obvious about the fact they feel entitled to whatever they want. Your needs, feelings, wants mean nothing to them.
- They must be the center of attention at all times. Even if doing something ridiculous will gain them that attention, that's fine with the overt narcissist. The most important thing is that they get that attention.
- They allow no one to have boundaries. A narcissistic mother-in-law may barge in to her son's & daughter-in-law's home without knocking. A narcissistic parent may snoop through their child's belongings. Any complaints about this behavior upsets the narcissist.
- Overt narcissists are also very envious of other people. You can tell when they feel that way because they get very critical & petty. A female narcissist who thinks another woman is more attractive will mention how she needs a manicure or her hair is a bit windblown for example.

In a way, overt narcissists are a bit easier to deal with than covert narcissists simply because of the way they abuse. It's hard to deny that someone is abusive who screams at you, hits you & treats you like dirt. Covert narcissists are so sneaky & subtle in how they abuse, it can be very hard to realize they are actually abusive.

I made another video some time ago called "Ways To Deal With Narcissists." If you have an overt narcissist in your life, I recommend checking it out. It can help you.