

You're so vain you probably think this Comment's about you.

Community Comment, Mike Goldsby, February 9, 2017

The term narcissist has been used a lot recently. To quote Inigo Montoya, from The Princess Bride: "You keep using that word. I do not think it means what you think it means."

In Greek mythology, Narcissus was a hunter blessed with remarkable physical beauty and a very high opinion of his own beauty. He was attracted to a pool, saw his reflection and became transfixed. He stared at his image and wasted away.

In our popular language, narcissist gets used to describe people who have a very high opinion of themselves. But the word also describes a formal diagnosis of a person with a full blown personality disorder. About 6 per cent of the adult population suffer from this disorder. Or make others suffer depending on your relationship with that person.

Diagnosing a mental disorder is serious and complicated. It should only be handled by a licensed therapist or physician. It should not be based on sound bytes, media interviews or Twitter messages.

In fact, there is a section of the Code of Ethics of the American Psychiatric Association informally called the Goldwater Rule.

It is called the Goldwater Rule because of an article in 1964, where a magazine polled several thousand therapists to see if they thought Barry Goldwater was mentally fit. Over half said he was unfit but Goldwater sued the magazine and won. The APA found "it is unethical for a psychiatrist to offer a professional opinion on a person in the public limelight unless he or she has conducted an examination and has been granted proper authorization for such a statement."

But I am no psychiatrist. I'm just a guy with 3 minutes of air time and here is some information about narcissists.

Dr. Joseph Brugo wrote the book "The Narcissist You Know" and he says narcissists are "compelled to talk about themselves and exaggerate their accomplishments."

He says they are hyper competitive and their accomplishments have to be the biggest and the best. Their crowd was the largest. Their victory margin the widest. And they hang on to these opinions despite evidence to the contrary.

Brugo says narcissists hold grudges when they are criticized, even though they look confident on the outside. Even a small criticism can cause a narcissist to seek revenge. Do you try to admit when you are wrong? Narcissists don't. They find someone to blame and refuse to be held accountable.

Psychology, mythology, Quotes from Princess Bride, all sound like stuff from the Liberal Bubble, right?. So here's what's important for you to know in your bubble.

Narcissists will change the facts to make sure they look good. Alternative facts are not facts. Narcissists overreact to criticism and are susceptible to flattery. Saturday Night Live is the enemy and Putin is our friend. And they don't just snap out of it. They will surround themselves with a small number of people who pump them up.

Most importantly, narcissists are not public servants. They are self-servants.

This is Mike Goldsby for Community Comment