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THE RELATIONSHIP OF NARCISSISM WITH EMOTIONAL
CHILDHOOD TRAUMA AND SEPARATION-INDIVIDUATION AND THE
MEDIATING ROLE OF MENTALIZATION

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The Relationship of Narcissism with Emotional Childhood Trauma and
Separation-Individuation and the Mediating Role of Mentalization

Narsisizmin Duygusal Çocukluk Travması ve Ayrışma-Bireyleşme ile İlişkisi ve
Zihinselleştirmenin Aracı Rolü

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ABSTRACT

Pathological narcissism refers to the disturbance of self-esteem and dependence on the outside world for approval and affirmation. In psychoanalytic literature, narcissism has been discussed in two categories as grandiose and vulnerable narcissism. Grandiose narcissism is characterized by the grandiose sense of self-importance, aggressive and arrogant behaviors, lack of awareness of needs and reactions of others, and lack of empathy. Vulnerable narcissism is characterized by the sense of inferiority, inhibition, sensitivity to others' reactions, and criticism. The importance of the quality of early object relations and experiences in separation-individuation process for the development of self and narcissism has been widely discussed in psychoanalytic literature. There are many theories and clinical observations about the relationship of narcissism with emotional childhood trauma and separation-individuation process, but there has been limited empirical research. The purpose of this study is to examine the relationship of grandiose and vulnerable narcissism with emotional trauma and separation-individuation in late adolescence, and the mediating role of mentalization. An online survey was used to collect data. Total number of 286 participants between ages of 18 to 22 were included in the study. The instruments used in the study were Demographic Information Form, The Short Form of the Five-Factor Narcissism Inventory (FFNI-SF), emotional abuse and emotional neglect subscales of Childhood Trauma Questionnaire (CTQ-SF), The Separation Individuation Test of Adolescence (SITA) and The Short Form of Reflective Functioning Questionnaire (RFQ). The results showed positive correlations of grandiose narcissism with rejection expectancy and engulfment anxiety. Also, positive correlations of vulnerable narcissism with separation anxiety, engulfment anxiety, rejection expectancy, emotional abuse, and emotional neglect were found. The result of regression analyses showed that separation anxiety, the interaction between uncertainty and rejection expectancy, being a woman, and emotional abuse predict vulnerable narcissism, while rejection expectancy and being a man predict grandiose narcissism. The results supported the mediating role of

uncertainty for the relationship between vulnerable narcissism and rejection expectancy. The results were discussed in regard to the existing literature which mainly based on psychodynamic and psychoanalytic theory. The results of this study provide preliminary findings on the relationship between emotional childhood trauma, separation-individuation problems and narcissism and also the mediating role of mentalization.

Keywords: Grandiose narcissism, vulnerable narcissism, separation-individuation, emotional childhood trauma, mentalization



ÖZET

Patolojik narsisizm, benlik saygısında bozulma, onay ve onaylama için dış dünyaya bağımlılık olarak tanımlanır. Psikanalitik literatürde narsisizm kavramı büyüklenmeci ve kırılğan olarak iki farklı kategoride ele alınmıştır. Büyüklenmeci narsisizm; kendisinin önemine dair büyüklenmeci bir duyguya sahip olmak, saldırgan ve kibirli davranışlar, başkalarının ihtiyaç ve tepkilerinin farkında olmama, empati eksikliği gibi özelliklerle nitelendirilmiştir. Kırılğan narsisizm ise aşağılık duyguları, çekingenlik, başkalarının tepki ve eleştirilerine aşırı duyarlılık gibi özelliklerle nitelendirilmiştir. Psikanalitik literatürde, erken nesne ilişkilerinin niteliği ve ayrışma-bireyleşme sürecindeki deneyimlerin, benlik ve narsisizmin gelişimindeki önemi sıklıkla ele alınmıştır. Çocukluk travması ve ayrışma-bireyleşme sürecindeki sorunların narsisizm ile ilişkisi üzerine birçok teori ve klinik gözlem olsa da bu konuda deneysel çalışmalar oldukça sınırlıdır. Bu çalışmanın amacı geç ergenlikte, narsisizm ile duygusal çocukluk travması ve ayrışma-bireyleşme arasındaki ilişkiyi ve zihinselleştirmenin aracı rolünü incelemektedir. Verileri toplamak için çevrimiçi anket kullanılmıştır. Araştırmaya 18-22 yaş arası toplam 286 katılımcı dahil edilmiştir. Araştırmada; Demografik Bilgi Formu, Beş Faktörlü Narsisizm Envanteri Kısa Formu, Çocukluk Çağı Travma Ölçeğinin duygusal istismar ve duygusal ihmal alt ölçekleri ile Yansıtıcı İşleyiş Ölçeği Kısa Formu kullanılmıştır. Sonuçlar, büyüklenmeci narsisizm ile reddedilme beklentisi ve kısıtlanma kaygısı arasında pozitif korelasyon bulmuştur. Kırılğan narsisizm ile ayrılık kaygısı, kısıtlanma kaygısı, reddedilme beklentisi, duygusal istismar ve duygusal ihmal arasında da pozitif korelasyon bulunmuştur. Regresyon analizleri sonucunda kırılğan narsisizm skorunu, ayrılık kaygısı, hipomentalizasyon ve reddedilme beklentisi arasındaki etkileşim, kadın olmak ve duygusal istismarın yordadığı gözlemlenmiştir. Büyüklenmeci narsisizm skorunu ise reddedilme beklentisi ve erkek olmanın yordadığı gözlemlenmiştir. Sonuçlar, kırılğan narsisizm ile reddedilme beklentisi arasındaki ilişkide belirsizliğin arabulucu rolünü desteklemiştir. Bu araştırmanın sonuçları temel olarak psikodinamik ve psikanalitik teoriye ve klinik gözlemlere dayanan mevcut

literatüre dayanarak tartıřılmıřtır. Bu alıřma, duygusal ocukluk travması, ayrıřma-bireyleřme sorunları ve narsisizm arasındaki iliřki ve zihinselleřtirmenin aracı rolü hakkında önbulgular sunmaktadır.

Anahtar Kelimeler: Büyüklenmeci narsisizm, kırılğan narsisizm, ayrıřma-bireyleřme, ocukluk travması, zihinselleřtirme



INTRODUCTION

There has been many theories and clinical observations in psychoanalytic and psychodynamic literature about different representations and etiology of narcissism. Narcissistic disorders are characterized by dependence on outside world for maintaining self-esteem and self-preoccupation (McWilliams, 2011). Pathological narcissism is a self-disorder which stems from the failure in attaining cohesion, harmony, and vigor (Kohut & Wolf, 1978). In psychoanalytic literature, pathological narcissism is discussed in two categories as grandiose and vulnerable narcissism. Grandiose narcissism is characterized by the overt grandiosity with covert inferiority, while vulnerable narcissism is characterized by overt inferiority with covert grandiosity. However, in both types, there are conflicting feelings about self, disturbances in self-regulations, and split between grandiosity and inferiority (Wink, 1991).

The quality of early relationship with caregiver is seen as a crucial factor in the development of narcissistic disorders (Ensink et al., 2017; Sorefi, 1995; Kohut, 1971; Kernberg, 1985). There are different theories about the etiology of narcissism. Early maladaptive experiences, inadequate maternal care, and experiencing overwhelming frustrations may lead to the narcissistic disturbances (Sorefi, 1995). In psychoanalytic literature, Kohut and Kernberg are the most influential theorists who contribute to the theory of narcissism. Kohut focused on the effect of lack of stimulating responsiveness of self-objects, lack of integrating responses, phase inappropriate responses, unshared emotionality; while Kernberg focused on the effect of severe frustrations in early experiences and cold parents with intense but covert aggression on development of self-disturbances (Kernberg, 1985; Kohut & Wolf, 1978).

Narcissistic disturbances were also associated with problems in separation-individuation process because narcissists have problems in self-object differentiation (Robbins, 1982), need to control the object and have fluid self-other boundaries (Kohut & Wolf, 1978), and lack a cohesive self and have poor affect regulation (Settlage, 1977). Robbins (1982) suggested that failure in

unconditional symbiotic bond leads to problems in development of the capacity to perceive the objects as whole and realistically. When the conditional symbiotic representation is introjected by the infant, the infant cannot achieve autonomy. Disavowal and projection of autonomous needs by the infant results in the denial of object related needs and real dependency. In contrast, Settlege (1977) suggested that the difficulty emerges in rapprochement phase because of the mother's unavailability in responding the individuated child and overwhelming expression of anger in narcissistic disturbances. Parents who do not allow their child to explore their own individuality may instigate narcissistic vulnerability and shame (Auerbach, 1990). In addition, interpersonal difficulties and the lack of realistic perceptions of self and others are associated with the lack of mentalization in narcissistic disturbances (Ensink et al., 2017). While grandiose narcissists tend to show excessive certainty about the other's mental states, vulnerable narcissists tend to show uncertainty about others' mental states (Duval et al., 2018).

Adolescence is considered as a crucial period marked by inconsistent and unpredictable behaviors that stem from the experience of internal and external harmony. Significant growth in personality and a sense of identity is gained in adolescence (Meissner, 2009). Dependence versus independence, connectedness versus separateness are the most prominent conflicts in this period as adolescents try to gain autonomous agency and develop individuated self (Quintana & Kerr, 1993). Thus, adolescence can be seen as the second separation-individuation process (Blos, 1967). Besides, this period is marked by the increased narcissistic vulnerability due to increased grandiosity, entitlement, and concerns about self-worth and self-esteem (Bleiberg, 1994; Cramer, 1995).

Psychoanalytic literature focuses on the different representations and developmental factors of narcissism. Accordingly, the aim of the current study is to understand the relationship of narcissism with emotional childhood trauma and separation-individuation in late adolescence. Further, this study aims at exploring different factors that predict grandiose and vulnerable narcissism and understand the role of mentalization among these factors. Within the scope of this topic, the detailed literature review and the hypotheses based on the existing literature are

presented in the first chapter. The methodology of this study is described in the second chapter, and the result are presented in the third chapter. Lastly, the findings of this study are discussed in the context of existing literature in the fourth chapter. Because there is little empirical study that examine the relationship of different type of narcissism in regard to separation-individuation, emotional childhood trauma, and mentalization, the results of this study may provide preliminary findings for future researches.



CHAPTER 1

LITERATURE REVIEW

1.1. NARCISSISM

In Greek mythology, Narcissus is a man who saw his own reflection in the water and fell in love with it. He could not stop himself from looking at his own reflection and died in there with despair (Grenyer, 2013). The concept of narcissism comes from this character who fell in love with himself. The term narcissism is first used for the person who perceives his body as the sole sexual object as a type of sexual perversion (Freud, 1914). Ellis (1898) defined narcissus-like as "a tendency for the sexual emotions to be lost and almost entirely absorbed in self-admiration" (as cited in Raskin & Terry, 1988, p.890).

Freud (1914) defined narcissism as the lack of interest in external world which stems from the libido being withdrawn from the external world and directed to the ego. Freud mentioned that both children and primitive people tend to perceive their wishes and mental acts as overly powerful. They both deal with the external world with omnipotent thoughts. The libidinal investment of the ego is a part of normal development in infancy, but as the child grows up, this libidinal investment is decreased and directed to the objects. Thus, Freud distinguished between the stages of primary and secondary narcissism. Primary narcissism refers to the infant's libidinal investment to the self for self-preservation (Freud, 1914). In this stage, there is no outside world or object for the infant. Autoeroticism in this stage is required for subsequent object relations (Crockatt, 2006). Object love develops by the libidinal investment to the objects. In normal development, primary narcissism is relinquished as the child and the libido is diverted to the external world. However, in secondary narcissism, libido is withdrawn from the external world and reinvested to the self. Primary narcissism is considered to be developmentally normal, whereas secondary narcissism marks a pathological reinvestment of libido solely in self (Freud, 1914; as cited in Russell, 1985).

The concept of self is important to understand narcissism. Self refers to the core of our personality and it can be firm and cohesive or more or less damaged depending on the interaction between inherited factors and the quality of the relationship with self-objects in early childhood (Kohut & Wolf, 1978). Self-disorder occurs as a result of the failure in attaining cohesion, vigor, and harmony (Kohut & Wolf, 1978).

Healthy narcissism refers to someone's capacity to maintain positive self-image, a sense of self-love, self-esteem, normal need for affirmation to motivate self, assertiveness, empathy, commitment, and a sense of belonging (Pincus & Lukowitsky, 2010; Sandage et al., 2017). In contrast to a stable positive self-image, pathological narcissism is a disturbance of self-esteem regulation. Individuals with narcissistic psychopathology depend on the outside world for the approval and affirmation to maintain their self-esteem. They may or may not be consciously aware of this dependence. Self-preoccupation is excessive in narcissistic disturbances (McWilliams, 2011).

In Diagnostic and Statistical Manual of Mental Disorders (DSM-5), Narcissistic Personality Disorder is mainly defined with features of grandiosity, the need for admiration, lack of empathy, attention seeking, fantasies of success, beauty, power, a sense of entitlement, difficulties in self-esteem regulation, envy, and arrogant behaviors to others (American Psychiatric Association, 2013). However, because DSM is a diagnostic tool for psychiatric disorders and describes the disorders in a categorical system, this definition reflects more pathological side of narcissism rather than the overall personality organization. While personality disorder refers to pathological behaviors and non-adaptive mechanisms that prevent psychological growth, personality organization refers to the individual's dynamics in life in terms of thinking, behaving, and relating. Besides, within the scope of pathological narcissism, the DSM criteria reflect grandiose representation of narcissism, while both grandiosity and inferiority define the fundamental inner experiences of narcissists (McWilliams, 2011). Self-states of narcissists fluctuate between the two extremes of grandiosity and inferiority (Afek, 2018) and as in the case of vulnerable narcissism the grandiose

aspect might be covert. Thus, DSM-5 definition excludes the vulnerable part which is important to understand the experience of inferiority being in the foreground and grandiosity in the background.

In psychodynamic literature, pathological narcissism is discussed in two categories as grandiose and vulnerable narcissism. Grandiose narcissism is characterized by the sense of grandiosity, insensitivity to others' needs, lack of empathy, arrogant and aggressive behavior, and self-centered behaviors (Gabbard, 1989; Kernberg, 1985). Vulnerable narcissism is characterized by the experience of inferiority, shyness, shame, inhibition, sensitivity to others' reactions, and criticism (Akhtar, 2000; Gabbard, 1989; Kohut, 1966). There are two influential theorists in psychoanalytic theory on narcissism: Kohut and Kernberg. Kernberg focused on the envious and greedy type, which is grandiose type; while Kohut focused more on the vulnerable type of narcissism (Gabbard, 1989).

According to Kernberg (2004), narcissism stems from the problems in self-esteem regulations. The fluctuations of self-esteem depend on whether the relationships are the source of gratification or frustration. Also, the incongruence between one's ideals and one's achievements leads to the fluctuations in self-esteem. Thus, narcissistic individuals have problems both in self-representations and object relationships. Kernberg (2004) also differentiates between normal and pathological narcissism. Normal infantile narcissism refers to the regulation of self-esteem with age-related gratifications. Normal adult narcissism refers to the normal self-esteem regulation. In normal adult narcissism, internalized object representations and self-structure are integrated, superego is largely individualized and there are stable object relationships. On the other hand, there are different types of pathological narcissism. One type of pathological narcissism stems from the fixation in normal infantile narcissism. In this type of pathology, self-esteem regulation depends on the childhood gratifications that should be given up in adulthood and thus, ego ideal consists of the infantile ambitions, desires and restrictions. Another type of pathological narcissism stems from the narcissistic object choice in which libidinal relation is created. The most severe form of the pathological narcissism is narcissistic personality disorder. This type of

pathological narcissism is characterized by grandiosity, excessive self-love, exhibitionism, dependence on external feedback. Fluctuations between grandiosity and inferiority is frequent and there is no option in middle of them. These types of patients have shallow emotional worlds (Kernberg, 2004). Their impaired capacity of empathy prevents them from understanding human experiences deeply (Gabbard, 1989). Instead of experiencing meaningful and deep relationships, receiving confirmation and admiration in their social life are sources of gratification, but these contribute the feeling of meaningfulness temporarily. When these gratifications are insufficient, the feeling of emptiness is experienced. Thus, the feeling of emptiness is one of the most pronounced experiences of narcissistic disturbances. Their subjective feeling of emptiness is coexisting with the boredom and restlessness (Kernberg, 1985).

Kohut refers to narcissistic personality disorder as a disorder of self which is marked by vulnerability, labile self-esteem, and sensitivity to failures and disappointments (Kohut & Wolf, 1978). Kohut introduced the term of self-object which refers to the objects that are perceived as part of self rather than as separate from self and used to preserve one's self-esteem (Kohut, 1971). In childhood, there is a normal need for self-objects. According to Kohut (1971, 1984), there are three types of self-object needs that are important in child's development: mirroring, idealizing, and twinship. The first two types of self-objects, mirroring self-objects and idealized parent imago, are especially important to understand the developmental roots of narcissism. Mirroring self-objects support the child's sense of greatness and perfection with affirmations. Idealized parent imago is an object that is an image of omnipotence and perfection who the child can merge with (Kohut & Wolf, 1978). Optimal relationship with self-objects is important for child to develop a firm self which consists of strivings for power and success and idealized aims in the context of realistic goals that are shaped by talents. When there is disturbed interaction with self-objects, the self will be damaged. When the self is not cohesive because of non-optimal interaction between the child and his self-objects, self-disorder occurs as a result (Kohut & Wolf, 1978). Everyone needs self-objects to support self-esteem, however narcissistic people's

need of self-objects to modulate self-esteem by approval, affirmation, and admiration is excessive. Their need of self-objects for reassurance about their self-worth limit their capacity to love (McWilliams, 2011).

Infantile omnipotence, grandiosity, the need for idealized objects, and the lack of differentiation between inside and outside are basic problems in narcissistic disturbances (Meissner, 2008). Infantile omnipotence and the problem of differentiation between inside and outside can be explained in the context of primary narcissism. As mentioned above, early months of life are characterized by primary narcissism. It is the psychological state of infant that mother's care is not experienced as coming from external world because I-you differentiation is not established yet. Thus, infant experiences total control on mother's actions. The balance is important in the phase of primary narcissism. If infant's needs are not met or the delays in meeting them are traumatic, then the infant tries to deal with the disturbances by projecting them to the outside. Thus, the infant starts experiencing the bad and unpleasurable as coming from outside; and the good and pleasurable as belonging to the self. At other times, infant may attempt at protecting the omnipotence and perfection by projecting them to the outside world; and thus, the rudimentary self becomes impotent (Kohut,1966). In this case either self or others are idealized or devalued. When the others are idealized, the self is perceived as impotent. In contrast, when the self is idealized, the others are perceived as impotent (McWilliams, 2011). Narcissistic people's inner sense of inferiority lead to the feelings of intense shame and envy. Shame and envy are the central emotions that reflect the internal experiences of narcissistically organized people (McWilliams, 2011). Shame is associated with experiences about self such as inferiority, deficiency, and weakness. The fear of rejection and abandonment, inferiority feelings, and failure to attain ego ideal lead to the experience of shame, thus, highly related to narcissism. Because ego ideal comes from the internalization of idealized other and is related to individual's expectations about themselves, when individual cannot meet these expectations about themselves, shame occurs as a result of this failure. (Morrison, 1983).

Narcissistically vulnerable people are highly reactive to narcissistic injury. Kohut defined narcissistic injury as disturbances of narcissistic balance (Kohut, 1966). Narcissistic injury gives rise to intense shame and feelings of inferiority. When they experience narcissistic injury, they react with shamefaced withdrawal or narcissistic rage (Kohut, 1972).

The other predominant affect of narcissistic psychopathology, envy, is defined by Klein (1957/1975) as “the angry feeling that another person possesses and enjoys something desirable — the envious impulse being to take it away or to spoil it.” (p. 181). Unconscious fantasies about omnipotence leads to the realization of limitations of one’s self. Narcissistic envy stems from this realization of one’s limitations (Shoshani et al., 2012). Narcissistic people use devaluation as a defense against envy (Kernberg, 2004). Envy aids the process of maintaining a superior position. (Berke, 1985). Thus, as the grandiosity in narcissism serves the purpose of inflating the qualities of self, envy deflates the others.

As mentioned above, in psychodynamic literature, narcissism is mostly discussed in two distinct categories as grandiose and vulnerable narcissism. These two types of narcissism are not so different from each other in terms of their similar underlying dynamics but the representations in clinical conditions are different. In narcissism, there is a split between grandiose and vulnerable selves. Narcissists cope with conflicting feelings of grandiosity and inferiority by splitting of these two selves. The split between grandiosity and inferiority leads to different representations of narcissism (Wink, 1991). When grandiosity is overt, there is a conscious exhibitionism, a sense of self-importance, and extreme need for affirmation from others become apparent. This type of clinical presentation is called grandiose narcissism. However, when grandiosity is covert, a sense of inferiority and lack of self-esteem is observed despite unconscious grandiose fantasies (Wink, 1991). This type of clinical presentation is called vulnerable narcissism. Each type will be presented below in detail.

1.1.1. Grandiose Narcissism

Grandiose narcissism which is also called thick-skinned or overt narcissism is defined by the features of grandiosity, arrogance, aggression, lack of awareness of needs and reactions of others, self-absorption and, self-centeredness (Gabbard, 1989; Kernberg, 1985). Even though they demonstrate an explicit feeling of grandiosity, they have also an implicit feeling of inferiority, as well as a split between these two. This split causes the self to be vulnerable to the threats to self-regard (Tracy et al., 2011).

Grandiose narcissists have shallow emotional world and lack of empathy for others. They have no capacity to understand other people's complex feelings. They also lack in differentiating their own feelings (Kernberg, 1985). They have low tolerance of experiencing real sadness. Stunted ego development leads to emptiness and boredom and also lack of capacity to experience depression because the ability to tolerate depression requires emotional development. They react to disappointment with superficial depression which is actually a combination of resentment and anger. They do not experience genuine enjoyment from life; instead receiving admiration and approval are more pleasurable (Kernberg, 1985).

In their relationships, they tend to idealize people and they expect to receive approval from them. When they do not get what they want, they devalue these people. They have little interest in others' lives. They feel intense envy when others have something they do not have (Kernberg, 1985). When they interact with others, they use extreme self-reference because of their need for admiration. They seem to be dependent because of their need of other's feedbacks to maintain their self-esteem. However, they do not engage in real object of dependency because of their devaluation of others and the deep distrust (Kernberg, 1985). There are many studies that examine relational issues in narcissism. One study with a nonclinical adult sample showed that people who score high on narcissism highly focus on themselves, focus less on others and show independent self-construal which refers to engage in more autonomous,

individualistic and self-centered behaviors (Rohmann, Neumann, Herner, & Bierhoff, 2012). Another study classified a non-clinical adult sample as grandiose and vulnerable narcissists according to their scores on Narcissistic Personality Inventory and compared narcissistic personality styles with control group (Dickinson & Pincus, 2003). In this study, grandiose narcissists reported less distress in interpersonal relationships and were more likely to have secure and dismissive attachment styles. Their relationship problems were found to be related to having domineering/vindictive behaviors. Their low anxiety about relationships, despite their problems in this area, was discussed to be related to the denial of these interpersonal problems by Dickinson and Pincus (2003). Thus, they cannot see their impacts on others because of their unrealistic positive perception of themselves. They engage in self-enhancement strategies and deny their weaknesses (Dickinson & Pincus, 2003). Similarly, Tracy et al. (2011) discussed the compensatory self-enhancement which refers to the narcissists tendency to ignore negative experiences and focus more on the positive experiences. All of these support the conceptualization that their social functioning is maintained as mostly good for the aim of protecting the grandiose self which is only possible by receiving admiration. Yet, their good functioning is superficial, there is an experience of emptiness beneath (Kernberg, 1985).

Grandiose narcissists defend themselves against shame experiences with defensive self-sufficiency, grandiosity, and the need to control others (Hockenberry, 1995). There is a split between positive and negative self-image in grandiose narcissism. While they hold an explicit positive self-image, they implicitly preserve a negative self-image. To maintain a positive self-image and avoid negative self-image, they seek approval and admiration from other people which facilitates to avoid shame experiences (Tracy et al., 2011).

Shame and deficits in self-esteem stem from inadequate parenting. Narcissists repress the shameful self by engaging in self-aggrandizing behaviors (Bosson et al., 2008). Narcissistic injury leads to shame when the self-esteem is threatened. However, grandiose narcissists tend to experience narcissistic rage when they experience shame (Hockenberry, 1995). Thus, defensive efforts of

grandiose narcissists enable them to deny and avoid shame experiences (Bernardi & Eidlin, 2018).

Kernberg (1985) proposed that pathological narcissism is a result of the fusion between the actual self, ideal self, and ideal object images. In the normal development, ideal self and ideal object images are integrated and constitute the superego, whereas the actual self constitutes the ego. However, when there is a fusion between actual self, ideal self, and ideal object images, healthy integration of superego cannot occur. Due to the fusion, the loving aspects of superego cannot be protected whereas primitive and aggressive aspects are preserved. Primitive and aggressive quality of their superego comes from oral-aggressive fixations which stems from constitutionally aggressive drive or deprivations in oral phase (Kernberg, 1985). The mother who callous, indifferent, chronically cold, and has covert but intense aggression is common in the background of the narcissistic people. The child develops oral frustration, aggression and resentment in these kinds of environments. Thus, the child defends themselves against envy and hatred. In such an environment, paranoid projections occur. Paranoid projections cause narcissistic individuals to perceive other people as dishonest and unreliable and they fear of being attacked (Kernberg, 1985).

Grandiose narcissists' use of primitive defenses is extreme. Idealization, devaluation, denial, projective identification, omnipotence, and splitting are major defenses they use (Kernberg, 1985). Besides, their fusion of ideal self, ideal object, and actual self-images has a defensive function which protect the individual from the interpersonal reality with the devaluation of others. Lack of differentiation between ideal self and ideal others protect them from dependence on external objects. Maintaining an ideal self-image precludes a realistic perception and experience of actual self. They repress and project their unacceptable self onto others and devalue them (Kernberg,1985). This kind of defensive operation makes it possible to eliminate real dependency. Narcissistic individuals split the people as great, powerful and rich in one side and worthless and inferior on the other side. Thus, tolerating being an ordinary person is not possible for these individuals (Kernberg, 1985).

Fusion of actual self, ideal self, and ideal object images also lead to devaluation of internalized object representations as well as external objects. The devaluation of internalized object representations results in perceptions of people as lifeless and shadowy. On the other hand, idealized people are basically projection of their own grandiose selves. The representation of relationships generally has an exploitative nature. Even lifeless external objects are generally perceived as valueless and empty, sometimes they are perceived as powerful because of the projection of their primitive superego and exploitative nature. Also, they project their own hungry, empty and angry self to the external world. Projection of their own self-image leads to the fear of a world that consists of hateful and revengeful objects. Thus, dependency becomes threatening because it means to be exploited, mistreated, and frustrated (Kernberg, 1985). Narcissistic individuals seem to be dependent on an idealized person, but it is not a mature dependency. Instead, they perceive themselves as a part of this person or they perceive other person as an extension of self. When they do not get what they want, this person becomes a devalued object who is both hated and feared. When the grandiose narcissistic individual is in a position of idealized person, they perceive the devaluated person as shadows and feels the right to exploit them (Kernberg, 1985).

1.1.2. Vulnerable Narcissism

Vulnerable narcissism which is also called thin-skinned or covert narcissism in literature is characterized by low self-esteem, shyness, inhibition, self-doubt, and sensitivity to others' reactions and criticism (Akhtar, 2000; Gabbard, 1989). Vulnerable narcissism is also related to the chronic feeling of helplessness, avoidance, and self-consciousness (Van Buren & Meehan, 2015). Vulnerable narcissists experience disappointment about self and other, depression, unforgiveness, and lack of humility (Sandage et al., 2017). Inferiority feelings and shame are central issues in vulnerable narcissists (Kohut, 1966). They also have grandiose fantasies and entitled expectations, but they are mostly unconscious in

contrast to their conscious feelings of insecurity and inferiority (Akhtar, 2000; Dickinson & Pincus, 2003). Thus, they have fragile self-esteem; and they fluctuate between feelings of superiority and inferiority (Rohmann et al., 2012). However, they use self-enhancement strategies less than grandiose narcissists to modulate their self-esteem. Rather, they mostly need positive feedbacks from others. Vulnerable narcissists typically disavow underlying entitled expectations and disappointments that comes from unmet entitled expectations (Dickinson & Pincus, 2003). Anger and hostile outbursts result from the disavowal of entitlement and disappointments. After they experience anger and hostile outbursts, they feel shame and depression (Dickinson & Pincus, 2003). Shame is a crucial emotion to understand the internal world of vulnerable narcissists. In contrast to unconscious shame experiences of grandiose narcissists, vulnerable narcissists consciously experience shame because shame serves the purpose of denying underlying grandiosity (Hockenberry, 1995).

Unconscious grandiose fantasies manifest themselves in their seeking of glory and fame, acceptance, and praise from others. Despite these unconscious fantasies, they seem like modest and uninterested with social recognition or success. Also, they are similar to grandiose narcissists in terms of their lack of empathy for others and their inability to form deep and meaningful relationships. Their withdrawal from social relationships enable them to hide their impaired capacity for deep relationships (Akhtar, 2000). They experience high anxiety in interpersonal relationships. They do not feel confident in maintaining relationship and they experience fear of disappointment in regard of their needs. Social withdrawal is a result of the intolerable disappointments that comes from unmet entitled expectations (Dickinson & Pincus, 2003). There are diverse studies that investigate the relational issues in vulnerable narcissism. In the aforementioned study by Rohmann et al. (2012), it was seen that narcissists engage in interdependent self-construal which refers to the tendency of maintaining harmony in interpersonal relationships and compliance to group norms, and attachment anxiety. Dickinson and Pincus' (2003) study, also mentioned above, showed that the attachment styles of vulnerable narcissists are mostly fearful and

preoccupied. They are more aware of their weaknesses and sensitivity in relationships than grandiose narcissists. Their fears about their unmet needs are intense and when others do not meet the expectations, they become ashamed of these needs and expectations from others (Dickinson & Pincus, 2003).

Kohut's contribution to the conceptualization of underlying dynamics of vulnerable narcissism is important. He is the first one who introduced the possibility of the patients who are depressed, consciously have low self-esteem and feeling of worthlessness, and are sensitive to rejection but have unconscious grandiose fantasies being narcissists (Kohut, 1977). These types of patients experience an inner deadness, but they experience an overt excitement and hypervitality at times. Their grandiose fantasies and excited hypervitality function as self-stimulation to ward-off the feeling of inner deadness (Kohut, 1977).

The infant's exhibitionistic needs and grandiose fantasies are important aspects of human development. Glean in the mother's eyes has determinant role in the child's psyche in which archaic grandiose fantasies turn into realistic ambitions. Both loving support and gradual frustrations are required for subordination of the exhibitionistic needs to goal-directed activities. Narcissistic self becomes healthily integrated with ego in these circumstances. It contributes to the sense of enjoyment about achievements and activities in life, and also to a healthy toleration of disappointment (Kohut, 1966).

However, rejection and overindulgence of the child might cause to a range of disturbances (Kohut, 1966). When parents reject the child's exhibitionistic needs, exhibitionistic tension cannot be discharged. This leads to intense feelings of shame which is experienced as narcissistic injury. A sense of beauty, valuableness, and lovableness of the self cannot be internalized by the child which is a requirement for the healthy ego development. Shame also comes from the defective idealization of the superego. Idealization of superego requires the internalization of the values, standards and prohibitions that mainly introduced by idealized parents. Defective idealization of the superego occurs when the ego cannot contain the pressures that comes from the narcissistic self (Kohut, 1966). Kohut (1968) suggested that when a disturbance occurs in primary narcissism as a

result of maturational changes and natural imperfect delays, the child deals with this disturbance by creating an idealized parent imago and grandiose self which are the sources of absolute omnipotence and perfection.

Idealization of a parent is also a requisite to develop cohesive self. Gradual frustrations lead to a gradual loss of the idealized parent image. When the loss is gradual, this image is perceived more realistically with gradual disappointments. Internalization of idealized parent constitutes the child's ideals and realistic ambitions (Kohut, 1966). However, traumatic experiences with the caregiver result in the imbalance of narcissistic equilibrium. The child cannot internalize the functions of idealized parent and this creates a deficit in self-soothing and self-regulation capacities (Kohut, 1971). Healthy idealization in early phases leads to the development of healthy sense of self. However, lack of idealized self-objects and traumatic disappointments in early relationships lead to develop fragmented self (Kohut, 1977). Also, lack of idealized self-objects is related to the idealization hunger which results in separation anxiety, depression, unforgiveness (Sandage et al., 2017).

1.2. DEVELOPMENTAL FACTORS IN NARCISSISM

There are many studies and theories about the etiology of narcissism. In the literature, both temperamental and developmental factors were examined to understand pathological narcissism (Thomaes et al., 2009). From developmental perspective, pathological narcissism was seen as a consequence of the early maladaptive experiences, child maltreatment, and faulty parenting (Imbesi, 1999; Thomaes et al., 2009; Van Buren & Meehan, 2015). In one study with nonclinical adult sample, it was observed that overly praising but cold parents positively predict adult narcissism (Otway & Vignoles, 2006). In another study with nonclinical sample which consists of undergraduate students whose ages ranged from 16 to 21, individuals with narcissistic tendencies reported either authoritarian or permissive parenting (Ramsey et al., 1996). Also, another study with nonclinical sample which consists of introductory psychology students

whose ages ranged from 17 to 22, individuals with higher levels of narcissism reported more parental overindulgence with the psychological control of the child. Low monitoring with psychological control of the child was also observed to predict higher levels of narcissism (Horton et al., 2006).

In psychoanalytic theory, the quality of the early relationship with caregiver was seen as a crucial factor in development of pathological narcissism. Pathological narcissism was associated with early maladaptive experiences, inadequate maternal care and experiencing overwhelming frustrations in early object relationships (Sorefi, 1995). According to Kohut, responsive and empathic self-objects and optimal frustration lead the development of cohesive self. Lack of stimulating responsiveness of self-objects, lack of integrating responses, phase inappropriate responses, and/or unshared emotionality cause narcissistic disturbances (Kohut & Wolf, 1978). Also, Kernberg (1985) pointed out the effect of severe frustrations in early experiences and cold parents with intense but covert aggression on development of self-disturbances.

Narcissistic disturbances were also associated with problems in separation-individuation phase. Mother's unemphatic stance and overwhelming expression of anger in separation-individuation process and parents who do not allow the children to explore their own individuality was related to the development of narcissistic disturbances (Auerbach, 1990; Settlege, 1977). Also, in a study with a nonclinical adolescent sample, individuals with higher levels of overt and covert narcissism reported higher separation-individuation pathology than individuals with adaptive narcissism (Lapsley & Aalsma, 2006).

Reflective functioning was also seen as a contributing factor in development of narcissism. Lack of self-reflective capacities leads to the inability to comprehend realistic perception of self and others (Bennett, 2006). To sum up, in psychoanalytic literature, childhood trauma in terms of abuse and neglect, problems in separation individuation process and lack of reflective functioning capacities were associated with narcissism. Thus, these three factors will be further discussed in regard of the development of narcissism.

1.2.1. Emotional Childhood Trauma

Early childhood experiences are crucial for the child's development and functioning. The psychological bond between caregiver and child which is called attachment is an important determinant of later psychopathology. Secure attachment requires an available emotional accessible caregiver who create a secure base for the child. In these circumstances, the child feels safe and secure (Bowlby, 1969 as cited in D'Hooghe, 2017). However, repetitive and chronic adverse experiences in the relationship between caregiver and the child lead attachment trauma (D'Hooghe, 2017). When the caregiver is abusive, unavailable or neglectful to the child, attachment trauma occurs (Tassie, 2015). Adverse attachment experiences lead to early trauma and future psychopathology (Breidenstine et al., 2011).

Childhood trauma includes physical abuse, physical neglect, sexual abuse, emotional abuse and emotional neglect. All types of abuse and neglect has adverse effects on child's development. Physical and sexual maltreatment mostly co-exist with psychological maltreatment that includes emotional abuse and neglect. However, emotional abuse and neglect also appear independently from other types of maltreatment and cause problems in psychological functioning (Glaser, 2002).

Unresponsive, neglecting, hostile, and critical behaviors toward the child that leads to the child to feel unloved, unwanted, worthless, and flawed are indicators of emotional maltreatment (Shaffer et al., 2009). Emotional maltreatment is related to a range of psychological problems such as social impairment, self-esteem problems, and suicidal behaviors (Kaplan et al., 1999).

Emotional abuse refers to the verbal abuse, nonphysical punishments, threat of maltreatment, hostility, and verbal criticism whereas emotional neglect refers to the lack of adequate affection, warmth, and support toward the child, unavailability of the caregiver, and lack of reciprocate affect (Kaplan et al., 1999; Shaffer et al., 2009). Emotionally abusive parents mostly resent and disapprove the child. Neglecting parents show no concern for or interest in the child. The

neglecting parents do not comfort their child and remain unresponsive to their needs (Rohner & Rohner, 1980). Emotional abuse leads to the aggression, poor ego control and noncompliance, whereas emotional neglect leads to the poor ego control, low self-esteem, negative affect, and dependent behaviors (Egeland et al., 1983).

Parental acceptance is important for the healthy personality development (Rohner & Rohner, 1980). Emotional abuse and neglect result in the rejection of child with the parental hostility, aggression or indifference to the child (Rohner & Rohner, 1980). Parental rejection in childhood leads to the dependency or defensive independency, emotional unstableness and unresponsiveness, maladaptive coping strategies with aggression and impaired sense of self. When the child is rejected, the child tries to get affirmation and love from significant others and may become dependent. He may crave for attention and become clingy. However, it is hard to accept affection and acceptance and also give love because of the lack of parents whom the child learns to love. Thus, the child may be emotionally flat and lacking in expressing emotions because of the risk of rejection. Also, defensive independency may be seen because of the resentment and anger toward parents (Rohner & Rohner, 1980).

1.2.1.1. The Relationship between Narcissism and Emotional Childhood Trauma

Caring attachment figures are important for the development of healthy sense of self. Early trauma leads to the impairments in self and affect regulation. Faulty parenting such as parental unresponsiveness, rejection, harsh and affectionless parenting, and excessive parental admiration prevents the development of healthy self-development and provide a basis for the development of unrealistic sense of self that is characterized by narcissistic vulnerability and grandiosity (Ensink et al., 2017).

As described above, Kohut emphasizes the functions of self-objects in development of self-pathology and narcissistic vulnerability which reflects the

developmental factors in vulnerable narcissism. The survival of the infant depends on the specific psychological environment. Responsive and empathic self-objects are required for the infant's normal development of self. The child's nuclear self develops through the interaction with self-objects and transmuting internalizations. For the development of cohesive self, there should be a self-object who sufficiently respond to the infant's mirroring and idealizing needs. The sufficient responsiveness also contains the requirement of the inevitable failures in responses of self-objects. Gradual replacement of the self-objects by self and its functions becomes possible with these failures (Kohut & Wolf, 1978).

With the infant's birth, the parents begin to shape specific hopes, dreams, and expectations about child's future personality. The infant's self-development is also affected by these expectations of parents. Thus, the development of self is a result of the interaction between infant's innate features, the expectation of parents, and the selective responses of them. While the infant is developing, self-objects encourages some potentialities and discourages the others. The nuclear self emerges with the ambitions and ideals and the skills and talents are developed between these two (Kohut & Wolf, 1978). Kohut also emphasized the importance of parent's self for the child's development. What the parents "are" is more important than what the parents "do." The healthy development of the child's self depends on the parent's own self-confidence and inner security. In this way, the parent may respond optimally to the child's omnipotence and exhibitionism (Kohut & Wolf, 1978).

While the infant is growing up, he begins to realize the limitations and weaknesses of idealized parents and feels disappointed. These disappointments create a frustration that is required for the development of self. To develop a cohesive self, the parents should response to the child's changing needs in phase appropriate ways. Infant's exhibitionism should be mirrored by the parents; but when the infant is overstimulated, the realistic response should be given about the child's limitations. Optimal frustration and gratifications together enable the child to develop a cohesive and firm self (Kohut & Wolf, 1978). However, when the parents are not adequately sensitive to the infant's needs, self-object relationship

become damaged (Kohut & Wolf, 1978). Also, phase inappropriate responses, unshared emotionality, unemphatically excessive responses, and lack of stimulating, integrating, and soothing responsiveness of self-objects lead to the self-pathology (Kohut & Wolf, 1978).

Traumatic experiences with the idealized object prevent narcissistic equilibrium. If the caregiver is responsive to the child's needs and inevitable delays are not traumatic, then the infant's expectations about absolute perfection are gradually deflated. Mother's functions are internalized to maintain the narcissistic equilibrium. Infant can sooth themselves and feel the emotional and physical warmth internally (Kohut, 1971). However, with a mother who is not responsive and emphatic, the child cannot internalize the functions of mother and the expectations about absolute perfection cannot be modified. Thus, narcissistic equilibrium is disturbed. The exhibitionistic impulses and grandiose fantasies are split off and disavowed because of the mother's lack of empathic responses and become inaccessible to the ego (Kohut, 1971). Child maltreatment leads to the shame experiences and avoidance and disavowal of self-object needs which are related to the inability of self-esteem regulation and the narcissistic vulnerability (Van Buren & Meehan, 2015). As mentioned above, Kohut's theory elucidate the effect of early life experiences on the development of vulnerable narcissism rather than grandiose narcissism. He emphasized the development of narcissistic vulnerability and disavowal of exhibitionistic needs.

Kernberg's theory focuses more on the development of overt grandiosity and aggression, thus, shed light on the developmental factors in grandiose narcissism. Kernberg (1985) pointed out the constitutional strong aggressive drive and lack of anxiety tolerance of narcissistic individuals. Experiencing severe frustrations is an important factor in development of pathological narcissism. Early environment also consists of cold parental figures who have covert but intense aggression. The mother who appears as well functioning but has nonverbal aggression might cause intense oral frustration and aggression and trigger defensive mechanisms that protect the child from envy and hatred (Kernberg, 1985). This type of hostile environment leads to the aggression hostility and

emotional instability and anxiety in children (Rohner & Rohner, 1980). These children may also be the special and/or the brilliant child in family; the role for accomplishing family aspiration may be given to them. These types of roles indicate the narcissistic use of the child that is frequent in such hostile environments (Kernberg, 1985). Narcissistic use of the child refers to the parents' use of child for their own gratification, attributing importance to the child because of the function that is fulfilled by the child, and giving attention to the child when the child complies with the narcissistic agenda of the parents (McWilliams, 2011). This kind of environment leads to the fear of being exploited, mistreated, and frustrated; dependency becomes threatening (Kernberg, 1985).

The parents of narcissistic individuals fail to provide the child with experiences that support the development of realistic self-image. Optimal frustration may be seen as setting appropriate boundaries to the child. The parents of narcissistic individuals fail to set appropriate boundaries, unconsciously promote aggressiveness of their child, and tend to be submissive. Mothers of these individuals consciously or unconsciously support the narcissistic defenses and grandiosity of their children by perceiving them as special (Imbesi, 1999). Overidealization of the child leads to the dissociated self-images. When parents have unrealistic demands from their children, children feel pressure to achieve perfection. Thus, they preserve positive self-image that is more acceptable and repress the negative self-image. This creates a vulnerability in self because of unconscious inferiority feelings (Tracy et al., 2011).

1.2.2. Separation-Individuation Process

Separation-individuation is an intrapsychic process which is viewed as the "psychological birth of the individual" (Mahler et al., 1975, p. 3). Separation-individuation is a developmental goal in the first three years of life. Separation requires the child's awareness of and a sense of separateness from the external world. Individuation requires the emergence of self and establishment of individual identity of the child (Mahler et al., 1975).

Mahler explained separation-individuation process as a developmental line which starts with the birth of the infant and continues until the development of object constancy. According to Mahler, newborn starts life in the normal autistic phase which refers to the sleeplike state of newborn. This phase is marked by the newborn's unresponsiveness to the external stimuli because he is unaware of outside and perceives the need satisfaction that is coming from caregiver as his own omnipotence. In the next phase, normal symbiosis, the infant begins to differentiate between pleasurable/good and painful/bad. However, he cannot differentiate "I" from "not I," because caregiver and infant still function as a dual unity and the boundaries between them is not yet established. The mother and infant are an omnipotent system together in this phase (Mahler et al., 1975).

After symbiotic phase, separation-individuation phase begins. Separation individuation phase has four subphases as hatching, practicing, rapprochement and the achievement of object constancy and individuation. It starts with the hatching subphase around 4-5 months of age during which a basic differentiation of self from the other occurs. Infant begins to interact with his mother and shows the signs of differentiating the object. In hatching subphase, about 6 months of age, infant begins to realize that his body is separate from her mother's by pulling her hair, putting food to her mouth and scanning her face. Around 7-8 months, infant begins to compare familiar with unfamiliar. Stranger anxiety also appears in this period. When child experiences an optimal symbiotic phase, he compares the stranger's face with mother's, explore new experiences but also checking back mother's face. Curiosity and wonderment appear as basic elements of their experience. However, when child experiences less than optimal symbiotic phase, acute stranger reaction or mild prolonged reaction may appear. Also, when symbiotic phase is disturbed, when mother is intrusive, smothering, or shows ambivalence, differentiation may be delayed (Mahler et al., 1975).

The second subphase is practicing phase that the child begins to move away from mother physically. These movements contribute to child's realization of body differentiation and development of autonomous ego functions in close proximity to the mother. The children who had intense but uncomfortable

symbiotic relationship may function better in practicing phase than symbiotic and differentiation phase because of the satisfactory effect of physical distance. Mothers of these children are anxious in symbiotic phase and when their children become more independent and they are more relaxed in this distance. Thus, the child and his mother can enjoy in this process. The mothers who are uncomfortable with their children's independence and are more comfortable with the closeness in symbiotic phase, the children also do not enjoy the distancing and find more difficult to be independent. In practicing phase, child needs some distance but also a secure base. The distance allows the child to explore the world and secure base allows them to fulfill their need for "emotional refueling" (Mahler et al., 1975). This phase is marked also by the child's narcissistic investment in his own autonomous functions and feelings of omnipotence with the gain of new abilities.

Around 15 to 24 months of age, rapprochement phase begins. Rapprochement phase follows three stages as beginning rapprochement, rapprochement crisis, and individual solutions of this crisis. In the beginning of rapprochement, the child wants to share his explorations, new abilities, and experiences with his mother (Mahler et al., 1975). Sharing the new experiences and abilities is related to the child's need for mother as an agent to regulate his emotional experiences and to interpret the new experiences as well as internalized ones (Harpaz-Rotem & Bergman, 2006). However, the realization of incompatibility between his and his mother's wishes leads to the realization of the mother's separateness. With this realization of separateness, the child's feeling of omnipotence in dual unity is challenged (Mahler et al., 1975). Pleasure is experienced because of the shared understanding between them, but also anxiety increases because of misunderstandings (Harpaz-Rotem & Bergman, 2006). The child, then, turns onto the social interaction which includes other children and observers from outside, including the father. The needs for mirroring, imitation, and identification are increased in this period. Father is also involved in this period as an object who is not a part of the dual unity, but also not a total outsider. The mother's absence leads to restlessness and hyperactivity in children in this

period which stems from the realization of separateness. This realization brings about the sadness which is hard to tolerate for the child. Restlessness occurs as a defense against the feeling of sadness (Mahler et al., 1975). Separation anxiety increases in this period with the realization of separateness and the necessity of moving away from the mother (Mahler & Perriere, 1965). Also, aggression increases when the goal is not reached. Temper tantrums are common in this period which stems from the feelings of helplessness and impotence. Stranger anxiety also occurs but it's different from the stranger anxiety in practicing phase, because the child now begins to withdraw from strangers consciously. Strangers are perceived as a threat to the dual unity of mother and child. The realization of separateness leads to fear of object loss. However, the child also gains new abilities, begins to achieve autonomy, and social interaction increases (Mahler et al., 1975).

Around 18 months, the child enjoys his increasing autonomy. He wants to be separate and omnipotent on his own. However, the child also wishes for a mother who magically satisfies his needs as in the symbiotic phase. These wishes are naturally conflicting because the child wishes both clinging to mother and pushing her away. This creates an ambivalence that leads to the denial of separateness. Thus, the child begins to use his mother as an extension of the self. When the mother is absent, the child perceives it as a loss because of the sudden realization of separateness. The child wants to leave the mother when he does not at the same time. When this ambivalence is hard to tolerate, the child projects his own wish to be separate onto the mother and experience as if the mother is the one who wants to leave them. However, the mother may be also annoyed by the child's wish to be separate and gain his autonomy and might react inappropriately. In this period, indecision is common in children due to this conflict between being separate and having a dual unity again. When the relationship between mother and child is not optimal, the rapprochement crisis is experienced in extremes. If the mother is too anxious or aloof or cannot tolerate the child's separateness, the child either clings to the mother extremely or withdraws from the mother (Mahler et al., 1975).

There is a conflict between the need for reunion with mother, and fear of engulfment from her. When the child realizes they are not omnipotent, they begin to feel his relative helplessness and smallness in the world. When they realize that his mother and themselves cannot be a dual unity again, the child begins to fear losing his love object. The child no longer perceives his parents as omnipotent and begins to realize that parents are also separate individuals with different interests. When the child gives up the delusion of omnipotence about themselves and their parents, rapprochement crisis is experienced (Mahler et al., 1975). In this period, mother's emotional availability is important for the development of autonomous ego functions of the child. Also, mother's attitude toward independence is important for child's separation (Mahler et al., 1975). However, in rapprochement phase, the child's needs are different from the other phases because the child's self-other representations change with the new experiences, and also with the development of language. The mother's capacity to reorganize the child's emotional experiences and respond to the child's new needs are important in this phase because with the increased separation anxiety, the child wants the full attention, and emotional availability of mother. If mother's responses are appropriate for this phase, the child internalizes the complexity of relationships. When the mother is not available for organizing emotional experiences of the child, the child has to deal with the intense and disorganized emotional experiences. Thus, rapprochement phase is important for the child to internalize self-other representations and to regulate his emotions. Language also becomes an important tool to organize emotional experiences (Harpaz-Rotem & Bergman, 2006).

The last subphase of separation-individuation process is characterized by the acquisition of emotional object constancy, and achievement of individuality. Attainment of emotional object constancy requires the internalization of the inner image of the love object. The maintenance of the inner image of love object enables the child to tolerate the separateness and to function well in the absence of love object, in times of discomfort and distress. Also, object constancy enables the development of whole object representations with unification of the good and bad

objects. Self-other boundaries and stable sense of self is attained in this subphase with object constancy. Also, self-identity formation begins with the development of self and other representations. (Mahler et al., 1975)

Separation anxiety, engulfment anxiety, and rejection expectancy are thought to be related to the interaction between mother and child in the separation-individuation process. Separation anxiety refers to the “fears of losing the emotional or physical contact with an important other” (Levine et al., 1986, p. 125). When there is a perceived or real separation, individuals who have separation anxiety tend to feel rejected, abandoned, and experience anxiety and depression. It is related to the rapprochement phase because of the increasing anxiety that results from the realization of separateness. Also, increased separation anxiety may be seen in children who did not experience optimal symbiotic bond with their mother (Levine et al., 1986).

Engulfment anxiety refers to the fear of close relationships. People who have engulfment anxiety perceive relationships as a threat to their selves and independence. In relationships, they tend to feel controlled and overpowered by others. Engulfment anxiety is related to the rapprochement phase because of the conflict between wish to merge with mother and wish to be independent. Also, the mother’s intrusiveness in early symbiotic phases may affect the child’s fear of engulfment in rapprochement phase (Levine et al., 1986).

Rejection expectancy is related to the perceiving others as callous and hostile. Kernberg (1975) suggested that parents who are callous and indifferent, and who have nonverbalized and spiteful aggression in early separation individuation phases lead to the rejection expectancy in child (as cited in Levine & Saintonge, 1993).

1.2.2.1. The Relationship Between Narcissism and Separation-Individuation

Separation-individuation process has an important role in development of self-other representations. Self-other differentiation occurs via the understandings and misunderstandings in all phases of separation-individuation process. Ruptures

and repairs that emerge between the mother and child give the child an opportunity to perceive self and other as separate and different (Harpaz-Rotem & Bergman, 2006).

In psychoanalytic literature, narcissistic disturbances were associated with the separation-individuation process because of the narcissists' problems of self-object differentiation (Robbins, 1982), need to control the object, fluid self-other boundaries (Kohut & Wolf, 1978), lack of cohesive self, and poor affect regulation (Settlage, 1977). Kohut also mentioned about the merger hungry personalities for individuals in spectrum of pathological narcissism. These personalities need to control the self-objects because of the need for self-objects to protect the damaged self. The boundaries between them and others are fluid. Thus, they cannot distinguish their thoughts from others' and cannot understand the others' minds as separate. They lack tolerance to be independent and are very sensitive to separations (Kohut & Wolf, 1978).

Rothstein (1986) mentioned that pathological narcissism stems from the narcissistic use of the child (as cited in Imbesi, 1999). When parents have self-oriented expectations from the child rather than respond the child's phase-appropriate needs in the separation-individuation process, the child cannot feel loved and tries to meet the parent's expectations. However, when the child begins to realize his separateness, he feels more unloved, angry, and anxious. Narcissistic self-preoccupation occurs as a result of the wish to control the object (as cited in Imbesi, 1999).

Robbins (1982) focused on the narcissistic personality as symbiotic character. In narcissistic disturbances, the experience of unconditional symbiotic bond fails. Thus, the capacity to perceive the objects as whole and realistically, self-object differentiation, and the capacity to tolerate ambivalence cannot develop. The maternal care is somewhat disturbed in the narcissistic disorders. The mother attributes her own grandiose fantasies to the infant. The infant complies with these expectations to protect harmony. The mother is responsive to the infant's needs but as a way of discouraging the autonomy of infant. When the infant shows signals of distress and needs, mother is disturbed because of her

disavowed parts. Thus, to prevent disturbance, she infantilizes them by predicting their needs before the infant shows any signal. When the infant shows a signal of distress or need, the mother responds to these needs with disapproval, disparagement, and devaluation. The infant responds with compliance which is approved by the mother. The infant introjects the projections of the mother which are the expectations of the mother about performance and perfection, as the mother is responsive to these achievements. The autonomous needs of infant are devalued and replaced by the projections of the mother. Because of devaluation, the infant sustains the dependent and needy states. Specialness is also sustained by complying with the mother's expectations. The conditional symbiotic representation is introjected by the infant with the mother's expectations about perfection. Thus, the infant cannot achieve autonomy. The inner stability is maintained by conditional symbiotic representation with the price of dissociated autonomous needs. The infant attains unrealistic grandiose fantasies and tries to achieve them. The narcissistic representation is sustained by the effort to deny the real dependency, object related needs, and initiatives. Thus, narcissistic individual feels euphoric and excited with the ideas of specialness, independence, and perfection. This representation is protected by denying any object related need because these needs are related to childishness, dependency, and vulnerability. However, the achievements that are associated with the grandiose fantasy projections of mothers do not feel right and do not contribute to well-being. As a result, the development of self fails, and self-esteem became labile (Robbins, 1982).

In contrast to the view that there is a failure in forming the unconditional symbiotic bond in narcissistic disturbances, Settlege (1977) proposed that narcissistic individuals generally have a good functional capacity, intact reality testing, and adequate ego development despite their disturbance in self-esteem and sense of self, and their fear of intimacy. Thus, it can be said that symbiotic phase, practicing, and differentiation subphases are relatively satisfactory, but the difficulty emerges in the rapprochement subphase of separation-individuation because of the mother's unavailability in responding to the individuating child. In

rapprochement phase, the child shows heightened separation anxiety and fear of losing mother. The child realizes his dependence and helplessness. His absolute omnipotence in symbiotic phase is threatened by the realization of his vulnerability. When anger is directed toward the loved object on whom he is dependent, separation anxiety and threat of loss is heightened. Healthy resolution of rapprochement phase is achieved by mother's availability. Mother's availability enables the child to develop sense of autonomy with gradual deflation in omnipotence (Mahler, 1971). The mother of narcissistic personality has a capacity to respond to the needs of infant when the infant is totally dependent. However, when the infant begins to individuate, the mother may have difficulty in dealing with the child's resistance to control and discipline. The mother may behave defensively, and she may not respond with emotional support to the resistant child which feels like abandonment to the child. She also may not regulate her own emotions and may show overwhelming anger to control the child's behavior. When the infant experiencing the threat of loss in this specific phase, mother's unavailability leads to fail in dealing with rapprochement crisis (Settlage, 1977). Thus, rapprochement phase in separation-individuation process is problematic in narcissistic disturbances which may stem from the mother's unemphatic stance and overwhelming expression of anger. When the child is faced with sudden deflation of omnipotence and perceives a threat of loss, they protect themselves with the grandiose self and idealized omnipotent parent (Settlage, 1977).

Parents' responses to the child's newly developing autonomy play a role in narcissism also as a source of and buffer against shame experiences. Development of an authentic self and the capacity to tolerate shame experiences require parents who give an opportunity to their children for self-exploration. When parents do not respond to the child's autonomous needs and provide a personal space for self-exploration, the child becomes prone to shame and narcissistically vulnerable. Because the self is experienced as shameful, the child adopts an acceptable self for the approval of the parents. The child gives up their authenticity and uniqueness and individuality cannot be developed (Auerbach, 1990).

Envy in narcissism is also related to the difficulties with the realization of separateness. Narcissists lack the capacity recognize other as and relate to them as separate objects. They tend to attribute the desirable qualities on themselves with introjective identification, while they project the undesirable qualities onto the other. In this way, they adopt a defensive self-sufficiency that leads to the denial of dependency. Otherness is a threat for narcissists because there is an uncontrollable autonomous object that have all the goodness. However, when the goodness of other is realized, narcissists feel dependent and needy that in turn triggers intense envy. Envy can be perceived as a defense against otherness. Separateness is perceived as a threat to self because of the risk of humiliation (Steiner, 2006). The threat of separate object leads to the experience of helplessness, rage, and envy. In narcissism, there is no capacity to tolerate otherness because the realization of otherness means fragmentation of the empty self of narcissist (Anderson, 1977). In this perspective, envy comes from the need to protect the self against the fear of non-being (Anderson, 1977).

From the developmental perspective, when parents perceive their infant as an extension of their self and cannot respond the needs of infant because of their own needs, the infant perceives this as a deprivation. The deprivation leads to the infant's fantasies that the deprived person keeps the uncontrollable good things for themselves. The infant feels anger and helplessness because the omnipotent parent deprives them from the good thing. This results in the experience of envy. On the other hand, gratification may also induce envy because the infant may perceive the parents as omnipotent, and feels small and helpless (Berke, 1985).

In both the frustration and the gratification conditions described above, the child experiences narcissistic rage (Berke, 1985). The infant experiences envy in both situations because there is a separate other that the infant cannot control. Uncontrollable other leads to the feeling of inferiority and aggression. The infant denies the separateness of the object that they cannot control and preserve the grandiose self (Shoshani et al., 2012). Narcissists feel that they omnipotently control the external world because of their idealization of the self with identifications with the good qualities of the object. Thus, the omnipotent

fantasies are preserved, while separate objects become valueless by devaluation (Rosenfeld, 1971). When the defensive effort to identify with the good and idealized object fails, envy is experienced. Also, narcissists try to get approval and admiration from the idealized person. When they cannot take what they need, aggression is directed toward this figure because of the realization of the dependence on them as separate objects (Berke, 1985; Rosenfeld, 1971). Thus, envy occurs as a result of feelings of inferiority and neediness experienced with the realization of separateness (Shoshani et al., 2012).

As outlined above, narcissism is related to the denial of the needs for external object because these needs make narcissistic individuals feel incomplete and limited, thus, are intolerable. Narcissistic individuals create a bubble which they are completely self-sufficient. Thus, there is no real attachment and intimacy, and they cannot make emotional investment. They defend themselves against neediness and loneliness. However, they implicitly crave for relatedness, love, and closeness (Erich, 1998). Narcissistic individuals have the sense of incompleteness, but they also lack the capacity of depending on other. This leads to defensive self-sufficiency against the feelings of loneliness and neediness. Erlich (1998) mentioned the modalities of “being” and “doing” and their relationship with self-other fusion, loneliness, and intimacy in narcissistic disturbances. In the modality of doing, self is perceived as separate and the boundaries are clear between self and other. The person can see the other as fully alive and present. In contrast, in the modality of being, the boundaries are ambiguous, and there is a fusion between the self and object. Narcissistic individuals predominantly function in the modality of *being*, rather than doing. Experience of separateness requires to toleration of the loss. When there is a fusion between self and other, the other is perceived as a part of the self, thus there is no place to experience of object loss. However, loneliness is experienced by the narcissists with the experience of emptiness and non-being. Loneliness is felt even in the presence of other, resulting from the narcissist’s inability to feel united with other, thus maintain *being*. When these are experienced, the narcissist feels that he has no impact and that he is empty. The narcissist’s loneliness stems

from the inability to be with and being satisfied by the other. These are highly related to their difficulty in relatedness and intimacy. Being and not being experiences should be internalized to develop self and identity. However, when these two experiences are rejected, narcissistic sensitivity occurs. The desire to cling to the object leads to the effort not to experience the object and reciprocal intimacy. The possibility of object loss and its fear trigger defensive anticipations of not to be alone with the object or experience intimacy. Loneliness is related to the difficulty of intimacy. In the modality of being, there is a desire to merge but also there is incapacity to merge with it. Thus, there is no being with the object but also there is no being without it because of the incapacity of feeling longing and loss (Erlich, 1998).

1.2.2.2. Separation-Individuation and Narcissism in Adolescence

Adolescence is a period during which inconsistent and unpredictable behaviors increase due to the conflicts of fighting versus accepting the impulses, loving versus hating parents, rebelling against versus being dependent on parents, being generous versus selfish, and identifying with others versus searching for their own identity (Freud, 1958 as cited in Meissner, 2009). Because of these conflicts, internal and external disharmony is experienced. On the other hand, these conflicts also mark a crucial potential that makes it possible for the personality to emerge with significant growth (Meissner, 2009).

While the process of separation-individuation is expected to be complete by age three, adolescence can be seen as a second individuation process because of the desire to find external objects and to become a member of society (Blos, 1967). In this process, adolescents try to give up parental dependencies, gain autonomous agency, and develop individuated self while they also try to sustain their relationships (Hill & Lapsley, 2011). Adolescents deal with the issues about dependence and independence as in the rapprochement phase during which connectedness and separateness are integrated. In this process, there are adaptive and maladaptive forms of separateness and connectedness. In late adolescence,

adolescents want to be more independent but also want to be close with their parents and feel their support because they need not only independence but also positive feelings about separation. Intense relational needs that lead to separation anxiety, engulfment anxiety, rejection expectancy, and denial of dependency cause many psychological complaints such as depression (Quintana & Kerr, 1993).

When the adolescents try to give up the security of childhood attachments and separate from their parents, the narcissistic bond between parent and child that supports the child's self-esteem should also be renounced. There is a narcissistic loop between parent and child in which the parent supports the child's self-esteem and the child admires the parent as omnipotent object. However, when the child becomes an adolescent and starts separating from the parents, this loop between them is disrupted. The gratification from the parental love and parental omnipotence is decreased in this period. The adolescent experiences a loss due to this decrease in the narcissistic gratifications that come from the parents' positive regard (Blos, 1962 as cited in Cramer, 1995). The narcissistic reactions occur to protect the adolescent against vulnerabilities and lost childhood identifications in this process. Thus, narcissism has adaptive functions to maintain self-esteem and enables the development of independent identifications for adolescents (Hill & Lapsley, 2011).

Adolescents are more narcissistically vulnerable also because of their proneness to shame and the centrality of questioning self-worth and self-esteem (Bleiberg, 1994). Increased self-awareness, grandiosity, entitlement, and concerns about appearance are common characteristics of this period (Cramer, 1995).

Adolescent narcissism consists of subjective omnipotence, feeling of uniqueness, and invulnerability. Even though narcissistic vulnerability is natural in this period, there are adaptive and maladaptive forms of narcissism in adolescence. Subjective omnipotence contributes to boost adolescents' self-esteem and enhance the participation of social activities, whereas feeling of uniqueness leads to anxiety in social situations and hypersensitivity to others. Thus, narcissism is adaptive when it contributes positively to the adolescents'

self-esteem, but it is maladaptive when it affects the self-esteem negatively (Hill & Lapsley, 2011).

Similarly, there is difference between defensive and non-defensive narcissism in adolescence. Defensive narcissism is frequently seen in adolescence when the adolescent is disappointed by facing the limitations of themselves and the risk of losing the self-esteem. To protect self-esteem against these inevitable disappointments, adolescents use the narcissistic defenses. When the adolescent gains new abilities and develops their skills, their achievements increase which leads to sustain healthy self-esteem and non-defensive narcissism (Cramer, 1995). Identification plays an important role in this process. When the narcissistic bond between the parent and child is given up, there is a need for new relationships with other people to whom the adolescent is attached. This type of identifications gratifies the adolescent's narcissistic and self-object needs. These identifications also have defensive functions as they protect the adolescent against loneliness and contribute to the maintenance of self-esteem. When there is a threat to lose identificatory attachments, there is an increasing anxiety. When the adolescent relies upon to the identificatory objects too much, then their capacity to be independent and self-sufficient cannot develop. However, adaptive narcissism in adolescence requires more mature identifications, belief in one's strength and self-worth (Cramer, 1995).

Thus, adolescence is considered as a crucial period in terms of developing individuated self and sustaining healthy self-esteem (Cramer, 1995; Hill & Lapsley, 2011). Questioning self-worth, self-esteem, increased self-awareness, concerns about appearance, and grandiosity are central characteristics of this period (Bleiberg, 1994; Cramer, 1995). Adolescent's tendency to narcissistic vulnerability in this period has adaptive functions such as maintaining self-esteem and contributing to the development of identifications (Hill & Lapsley, 2011) Gaining new abilities and developing skills lead to the development of healthy self-esteem (Cramer, 1995).

1.2.3. Mentalization

Another developmental factor that might elucidate the mechanism through which narcissistic vulnerabilities develop is mentalization. Mentalization is defined as the capacity to understand other's mental states (Fonagy & Target, 1997). It is achieved through the early interactions in life and is highly related to psychopathology. Rather than a direct experience like childhood trauma or a developmental task like separation individuation, mentalization refers to a capacity that is fundamental in self formation and affect regulation.

The capacity for mentalization which is operationalized as reflective functioning, is required for individuals to give meaning to others' behaviors, and to have more realistic perceptions about people's behaviors, emotions, and thoughts. This capacity also leads to the understanding and meaning making of one's own feelings and behaviors (Fonagy & Target, 1997).

Reflective functioning might diverge from normal functioning in two ways, namely being too certain or too uncertain about others' mental states. People who have high capacity of reflective functioning, which is called genuine mentalizing, show some certainty about others' mental states, but they are also aware of the possibility of fallibility and the opaqueness of the mind (Fonagy et al., 2016). However, people who have deficits in reflective functioning tend to hypomentalize or hypermentalize. Hypomentalizing refers to an incapacity to understand mental states of others and/or one's own. In contrast, hypermentalizing refers to the tendency to make assumptions about and give meaning to mental states of others', and one's own without any evidence. Hypomentalizing reflects the tendency of excessive uncertainty, whereas hypermentalizing reflects excessive certainty about the mental states of self and others (Fonagy et al., 2016).

The development of mentalization is related to the pattern of family interactions, the quality of parental control, parental attitude toward emotions, the emotional depth of family discussions, and parental beliefs about parenting. Optimal development of mentalization requires safe and secure environment (Fonagy & Target, 2006).

When the caregiver is emotionally attuned to and is able to contain the infant's negative emotions, the infant can tolerate these disturbing emotions and gain a sense of mastery (Kelly et al., 2005). The caregiver's ability to understand the mental state of the infant is important for secure attachment and the development of mentalization capacity, and thus, self-regulation. (Fonagy & Target, 1997; Kelly et al., 2005). However, maltreated children cannot gain the capacity of reflective functioning and they develop impaired sense of self (Fonagy & Target, 1997). This failure to develop reflective functioning due to traumatic experiences leads to problems in interpersonal relationships and development of psychopathology (Fonagy & Target, 1997). Hypomentalizing and hypermentalizing are both indications of the impairments in reflective functioning and have been associated with various psychological problems and personality disorders (Fonagy et al., 2016).

As the absence of reflective functioning is associated with pathology, the presence of it is considered as a protective factor against psychopathology by contributing to resiliency. Mentalization facilitates the process of understanding and labeling emotions about the negative experiences, thus, reduce the negative impact of them (Borelli et al., 2015). It facilitates coping with difficulties and recovery from the mental disturbances, thus, contributes to the better adjustment and psychological functioning (Ballespí, Vives, Debbané, Sharp, & Barrantes-Vidal, 2018).

1.2.3.1. The Relationship Between Narcissism and Mentalization

Mentalization is an important factor in the development of narcissistic disorders. The capacity of reflective functioning is related to the development of selfhood and self-regulation abilities (Fonagy & Target, 1997). Caregiver's sensitivity to child's mental states and perception of the child as a mental agent are important because the child gives meaning to their internal states with the caregiver's reactions and the sense of selfhood is developed (Fonagy & Target, 1997).

Interpersonal difficulties and the lack of realistic perceptions of self and others are related to the impairments of mentalization in narcissistic disturbances (Ensink et al., 2017). Further, the nature of unrealistic perception about self and others differs in grandiose and vulnerable narcissism. While grandiose narcissism is related to the excessive certainty about the other's mental states, vulnerable narcissism is related to the uncertainty about others' mental states (Duval et al., 2018). Also, in narcissism, the deficit in self-reflective capacities results in the inability to comprehend one's internal states. Thus, effective self-reflective functioning leads to more realistic perception about self and others, and diminishes grandiose fantasies and illusions (Bennett, 2006).

As mentioned above, Kohut focused on the role of responsive, empathic, and mirroring self-objects on development of cohesive self (Kohut, 1971). Narcissistic vulnerability occurs as a result of the failures of parental mirroring (Ensink et al., 2017). More specifically, congruent and marked mirroring are required for the development of reflective functioning capacity. Congruent mirroring means that caregiver's responses should be contingent to the infant's mental state. Marked mirroring means that caregiver should be able to react in a way that marks the infant's affect instead of the parent's own affect (Fonagy & Target, 2006). Congruent and marked mirroring leads to self-other differentiation and the development of self. When the caregiver gives appropriate responses to the child's mental states, the child recognizes their own mental states and learns to differentiate them from others' mental states (Fonagy, Gyergely, Jurist, & Target, 2004 as cited in Bader, 2011). However, when there is congruent but unmarked mirroring, the infant's affective state is externalized, and the difficulty in differentiating internal and external reality occurs. This kind of mirroring leads to the development of borderline personality organization (Fonagy & Target, 2006). When there is incongruent and unmarked mirroring, as the self has never been differentiated and seen, an alien self develops instead of an authentic self (Fonagy & Target, 2006). On the other hand, when there is marked but incongruent mirroring, the infant cannot give meaning to their own feelings. Unrelated responses to the child's expression lead to the detachment of the representation of

self from the real self-states (Ensink et al., 2017). This leads to a mismatch of the representations about their mental states and constitutional self-states. In these conditions, the narcissistic structure might develop (Fonagy & Target, 2006).

As mentioned above, the quality of the attachment relationship and experiences in separation-individuation process are crucial for the development of self. Early maladaptive experiences, attachment trauma, and problems in separation-individuation process lead to the development of narcissistic features. These kinds of experiences may also prevent the development of mentalization capacity. Thus, the deficits in mentalization may boost the effect of early maladaptive experiences and problems in separation-individuation process on the development of narcissism. On the other hand, if mentalization capacity is developed despite the adverse experiences, it may function as a protective factor against pathological narcissism.

1.3. PRESENT STUDY

The major aim of the current study is to examine the relationship of narcissism with emotional childhood trauma and separation-individuation. In psychoanalytic literature, the relationship of narcissism with emotional childhood trauma and separation-individuation difficulties were widely discussed. However, there are few empirical researches that focus on these issues. Although there are some studies that provide evidence for the relationship of narcissism with parental behaviors in childhood and pathology of separation-individuation, there was no empirical study that focus on the divergent predictors of grandiose and vulnerable narcissism in terms of emotional childhood trauma and separation-individuation. Thus, the scope of this study was derived mainly from the psychoanalytic and psychodynamic theories.

As discussed above, emotional childhood trauma has an important effect on the development of narcissistic disturbances. From a developmental perspective, responsive and empathic self-objects, optimal gratification and frustrations, and phase appropriate responses are required to develop a healthy

self. When there are traumatic failures in self-object relationships, narcissistic vulnerability occurs. Thus, vulnerable narcissism is thought to be related to the emotional neglect. On the other hand, cold parental figures, parents who have covert but intense aggression, and hostile environment lead to the development of oral frustration and aggression as in grandiose narcissism. Narcissistic use of the child and being special child in family leads to the grandiosity and also fear of being mistreated and exploited. Dependency becomes threatening in these types of childhood environment. Thus, emotional abuse is thought to be related to the grandiose narcissism.

Also, as discussed above narcissism is thought to be related to the separation-individuation. For narcissists, realization of separateness is threatening because of the realization of one's own limitations and the experience of envy. Narcissists need to control the self-objects to protect damaged self. When parents do not allow the child to explore their individuality, the child perceives their own individuality as shameful. Thus, discouraging the autonomy of the child prevent the development of cohesive self. Also, failures in rapprochement phase leads to the increased separation anxiety or engulfment anxiety because in this phase, the child experiences the conflict between the fear of losing the mother and fear of engulfment from her. Because grandiose narcissists deny the dependency due to the threat of being mistreated and frustrated as others are perceived as dishonest and unreliable, it is expected that grandiose narcissism is related to engulfment anxiety. On the other hand, vulnerable narcissism is characterized by the sensitivity to other's reactions, fear of rejection, and sensitivity to separation, thus vulnerable narcissism is expected to be associated with the separation anxiety and rejection expectancy.

As the adverse childhood experiences and issues regarding the separation-individuation process might contribute to the development of narcissism, mentalization could augment or prevent this. On the one hand, it is reported that dysfunctional parenting results in impaired mentalization and impaired mentalization is associated with psychopathology. On the other hand, mentalization is also portrayed as a resilience factor, presence of which might

reduce the chances of developing psychopathology. Accordingly, within the scope of this study emotional childhood trauma or neglect might result in an impairment of reflective functioning, which in turn leads to higher levels of narcissistic disturbances. On the other hand, when adverse emotional experiences in childhood and separation-individuation issues had not impeded genuine mentalization, it might not result in higher levels of narcissism. Thus, this study expects reflective functioning to mediate the relationship of childhood emotional trauma and neglect and separation-individuation anxieties with narcissism.

Adolescence is seen as second individuation process because it brings about efforts to gain an identity and become a member of society. This period is also marked by increased grandiosity and entitlement as well as issues about self-worth and self-esteem. Due to this heightening of the issues relevant to this study such as narcissistic vulnerability and concerns about individuality, dependency, and independency, late adolescence is selected as the developmental period of focus in this study.

In the present study, the relationship of narcissism with emotional childhood trauma and separation-individuation issues in late adolescence, and the role of reflective functioning as a potential mediator of these associations are investigated. As outlined above, vulnerable and grandiose narcissism share a common background of issues, but they have different explicit sensitivities. Thus, this study will focus on the divergent predictors of vulnerable and grandiose narcissism.

Within the scope of this study, following hypotheses are specified:

1. Emotional abuse and engulfment anxiety will be positively correlated with grandiose narcissism.
2. Separation anxiety, rejection expectancy, and emotional neglect will be positively correlated with vulnerable narcissism.
3. Emotional abuse and engulfment anxiety will have a stronger relationship with grandiose narcissism as compared to vulnerable narcissism.

4. Separation anxiety, rejection expectancy, and emotional neglect will have a stronger relationship with vulnerable narcissism as compared to grandiose narcissism.
5. Reflective functioning will mediate the relationships of grandiose narcissism with emotional abuse and engulfment anxiety.
6. Reflective functioning will mediate the relationships of vulnerable narcissism with separation anxiety, rejection expectancy, and emotional neglect.



CHAPTER 2

METHOD

2.1. PARTICIPANTS

Convenience sampling was used in this study. All voluntary participants completed the questionnaires. A total number of 310 individuals responded to the online survey. Twenty-four cases were removed because they were out of the age restriction. The final sample consisted of 286 participants. The participants' ages ranged from 18 to 22 as a requirement of the study.

Table 2.1
Demographic Characteristics of the Participants

		N	%
Sex	Female	228	79.7
	Male	53	18.5
	Other	5	1.7
Age	18	52	18.2
	19	57	19.9
	20	68	23.8
	21	60	21.0
	22	49	17.1
SES	Low	28	9.8
	Middle	160	55.9
	High	98	34.3
Education Level	High School Graduate	27	9.4
	University Student	240	83.9
	University Graduate	19	6.6
Therapy experience	Never	198	69.5
	< 1 month	21	7.4
	<12 month	44	15.4
	>12 month	22	7.7

The demographic characteristics of the participants are presented in Table 2.1. The majority (79.7%) of the participants identified their biological sex as female, 53 (18.5%) as male, and 5 (1.7%) of them preferred not to disclose. The majority of the participants were university students (83.9%). Also, approximately half of the participants reported their socio-economic status as middle (55.9%). Also, the majority of the participants had no therapy experience (69.5 %). Overall, the majority of sample composed university students who are in a middle to high SES. Women are more represented than men in the sample.

2.2. INSTRUMENTS

The instruments used in the study were Demographic Information Form, The Short Form of the Five-Factor Narcissism Inventory (FFNI-SF), Childhood Trauma Questionnaire (CTQ-SF), The Separation Individuation Test of Adolescence (SITA), and Reflective Functioning Questionnaire (RFQ)- Short Form.

2.2.1. Demographic Information Form

The demographic information form (see Appendix B) includes questions about age, sex, education, residence, relationship status, perceived socioeconomic status, and therapy experience.

2.2.2. The Short-Form of the Five-Factor Narcissism Inventory (FFNI-SF)

The Short Form of the Five-Factor Narcissism Inventory (see Appendix C) is developed by Sherman et al. (2015) on the basis of the Five-Factor Narcissism Inventory (FFNI) developed by Glover et al. (2012) to assess traits associated with narcissistic personality disorder, and also grandiose and vulnerable narcissism. The short form consists of 60 items rated on a five-point Likert scale (1 = strongly disagree, 5 = strongly agree). FFNI-SF offers scores on 15 traits that

are claim-seeking, arrogance, authoritativeness, distrust, entitlement, exhibitionism, exploitativeness, grandiose fantasies, indifference, lack of empathy, manipulativeness, need for admiration, reactive anger, shame, and thrill-seeking. The scale also provides separate scores for grandiose and vulnerable narcissism. The alphas for grandiose and vulnerable narcissism were reported from four different samples. The reliability of vulnerable narcissism was reported as ranging from .81 to .85. The reliability of grandiose narcissism was reported as ranging from .93 to .94 (Sherman et al., 2015).

The Turkish adaptation study for FFNI-SF was conducted by Ekşi (2016). A reliability and construct validity study was conducted with 428 participants and concurrent validity was assessed with 62 participants. The reliability and validity of the Turkish version was reported to be satisfactory. Cronbach's alpha of Turkish version was reported as .87 for the overall scale. For subscales, the alphas were reported as ranged from .57 to .79. The correlation between Narcissistic Personality Inventory and FFNI-SF was .65 which supported the validity of scale. (Ekşi, 2016). In this study, Cronbach's alpha value was found to be .83 for vulnerable narcissism and .87 for grandiose narcissism.

2.2.3. The Short Form of Childhood Trauma Questionnaire (CTQ-SF)

The Short Form of Childhood Trauma Questionnaire (See Appendix D), developed by Bernstein et al. (2003), is a self-report instrument to measure the experiences of neglect and abuse in childhood and adolescence. It consists of 28 items which measures five types of negative childhood experiences as physical abuse, emotional abuse, physical neglect, emotional neglect, and sexual abuse. The scale uses a 5-point Likert-type rating scale (1 = never true, 5 = very often true). In this study, only the subscales of emotional abuse and emotional neglect were used.

Turkish adaptation study was conducted by Şar et al. (2012). Internal consistency of the Turkish version of scale is .93. The Cronbach alpha coefficients were reported as .90 for emotional abuse and .85 for emotional neglect. The test-

retest reliability coefficient of the CTQ-SF is reported as .90. It is reported that the validity of the scale is supported (Şar et al., 2012). In this study, Cronbach's alpha value was found to be .88 for emotional neglect and .83 for emotional abuse.

2.2.4. The Separation Individuation Test of Adolescence (SITA)

The Separation Individuation Test of Adolescence (see Appendix E) is developed by Levine et al. (1986) to measure separation-individuation issues in late adolescence. The scale consists of 9 subscales with 103 items that are rated on a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree). The subscales are separation anxiety, engulfment anxiety, nurturance seeking, peer enmeshment, teacher enmeshment, practicing-mirroring, need denial, rejection expectancy, and healthy separation (Levine et al., 1986).

The Turkish adaptation study (Aslan & Güven, 2009) was conducted for three subscales as separation anxiety, rejection expectancy, and engulfment anxiety (See Appendix D). It consists of 31 items. The test-retest reliability is found to be .85 for rejection expectancy, .86 for separation anxiety and .85 for the engulfment anxiety. The internal consistency as assessed by Cronbach's alpha was found to be .82 for rejection expectancy, .75 for separation anxiety, and .79 for the engulfment anxiety. Also, the validity of the scale was reported to be supported (Aslan & Güven, 2009). In this study, Cronbach's alpha value was found to be .87 for engulfment anxiety, .86 for rejection expectancy and .77 for separation anxiety.

2.2.5. Reflective Functioning Questionnaire (RFQ) - Short Version

Reflective Functioning Questionnaire is developed by Fonagy et al. (2016) to measure mentalization by self-report. It consists of 26 items rated on a 7-point Likert scale (1 = totally disagree, 7 = totally agree). Internal consistency coefficients were reported to vary between .64 and .71. Short version of RFQ

consists of 8 items (see Appendix F). The scale gives two separate scores for uncertainty and certainty about other's mental states.

The short version of the scale has not been adapted to Turkish yet (See Appendix E). Turkish items of questionnaire obtained from the website of the developers of the scale (UCL, 2019). In this study, Cronbach's alpha value for certainty subscale was found to be .73 and .68 for uncertainty subscale.

2.3. PROCEDURE

First, the institutional ethics approval for the present study was taken from the Istanbul Bilgi University Human Studies Ethics Board. An online survey tool was used to collect data. The survey link was shared via mail groups and social media posts.

In the beginning of the study, an informed consent form (See Appendix A) was given to the participants to ensure voluntariness. Informed Consent Form consisted of the brief purpose of study, their right to quit at any point of the study, and the contact information of the investigator in case of any questions or concerns about the study. Participants who had agreed to participate in the study completed the Five-factor Narcissism Scale, Separation-Individuation Test of Adolescence, Childhood Trauma Questionnaire, and Reflective Functioning Questionnaire in a random order. Demographic Information Form was the last form that was given for all participants. It took approximately 15 to 20 minutes to complete all the instruments. Identifying information was not asked at any stage of the study.

CHAPTER 3

RESULTS

The main aim of this study is to investigate the associations of vulnerable and grandiose narcissism with emotional maltreatment and anxieties related to separation-individuation, and the mediating role of reflective functioning. Within the scope of this aim, there are five independent variables: three of independent variables were separation anxiety, engulfment anxiety, and rejection expectancy as measured by Separation Individuation Test of Adolescence (SITA) and two of independent variables were emotional abuse and emotional neglect as measured by the two subscales of the short form of Childhood Trauma Questionnaire (CTQ-SF). Also, there is one mediating variable, reflective functioning with two subscales of certainty and uncertainty, measured by the short version of Reflective Functioning Questionnaire (RFQ). The dependent variables are grandiose and vulnerable narcissism which were measured by Short Form of the Five-Factor Narcissism Inventory (FFNI-SF).

In the data analysis process, first, descriptive statistics of the variables were examined. Then, preliminary correlational analyses were conducted. Pearson Correlation Analyses was conducted to examine the relationship of vulnerable and grandiose narcissism with separation anxiety, engulfment anxiety, rejection expectancy, emotional neglect, and emotional abuse. Then, two stepwise regression analyses were conducted with the vulnerable and grandiose narcissism as dependent variables and the rejection expectancy, separation anxiety, engulfment anxiety, emotional abuse, sex, and the interaction between the subscales of separation individuation test of adolescence, and certainty and uncertainty subscales of reflective functioning as predictor variables. Also, because there was significant interaction between uncertainty and rejection expectancy in explaining vulnerable narcissism, further analysis was conducted to examine mediation. Mediation was examined with the Structural Equation Modeling.

The preliminary analysis and regression analysis were analyzed by Statistical Package for Social Sciences (SPSS), version 26. Structural Equation Modeling was conducted by SPSS Amos, version 26.

3.1. DESCRIPTIVE STATISTICS

First, the scale scores were computed as instructed by the authors for The Short Form of the Five-Factor Narcissism Inventory, Separation Individuation Test for Adolescence, the short form of Childhood Trauma Questionnaire and the short version of Reflective Functioning Questionnaire. The scale scores and descriptive statistics were examined to see the central tendency and dispersion of each variable. The minimum, maximum, mean, and standard deviation for subscale scores of the variables are shown in the Table 3.1. The normality of the distributions was also checked. Except emotional neglect and emotional abuse, variables were approximately normally distributed. Emotional abuse and emotional neglect were slightly positively skewed as the higher scores on these scales reflect extremes of traumatic experiences that are expected to be observed less in a non-clinical population.

Table 3.1

Descriptive Statistics of the Scale Scores of Study Variables

	Min	Max	<i>M</i>	<i>SD</i>
Grandiose Narcissism	76	215	138.05	20.30
Vulnerable Narcissism	18	60	40.92	8.07
Separation Anxiety	15	58	35.62	8.35
Engulfment Anxiety	7	35	20.16	7.04
Rejection Expectancy	12	60	30.41	9.62
Emotional Neglect	5	25	11.12	4.91
Emotional Abuse	5	25	9.10	4.27
Uncertainty	.00	3	.80	.67
Certainty	.00	2.67	.91	.71

3.2. CORRELATIONS AMONG NARCISSIM, SEPARATION-INDIVIDUATION, EMOTIONAL CHILDHOOD TRAUMA, AND MENTALIZATION

To examine the correlations of grandiose and vulnerable narcissism with separation anxiety, rejection expectancy, engulfment anxiety, emotional neglect, and emotional abuse, Pearson correlation analyses were conducted. The correlation matrix is shown in Table 3.2.

Table 3.2

Correlations of Vulnerable and Grandiose Narcissism with Separation Anxiety, Engulfment Anxiety, Rejection Expectancy, Emotional Abuse, Emotional Neglect, Uncertainty and Certainty

	Grandiose Narcissism	Vulnerable Narcissism
Separation Anxiety	-.10	.56**
Engulfment Anxiety	.14*	.25**
Rejection Expectancy	.17**	.38**
Emotional Abuse	-.01	.32**
Emotional Neglect	-.06	.22**
Uncertainty	.12**	.40**
Certainty	-.02	-.43**

* $p < 0.05$, ** $p < 0.01$

First hypothesis of this study expected positive correlation of grandiose narcissism with engulfment anxiety and emotional abuse. The results showed weak positive correlation between grandiose narcissism and engulfment anxiety, $r(279) = .14$, $p < .05$. However, the hypothesis was not supported for the correlation between grandiose narcissism and emotional abuse, $r(279) = -.005$, $p < .05$. Neither emotional abuse nor emotional neglect was not found to be correlated with grandiose narcissism. However, there was a significant correlation that is not hypothesized. The strongest correlation that is observed was the positive

correlation between rejection expectancy and grandiose narcissism, $r(279) = .17$, $p < .01$.

The second hypothesis of this study expected vulnerable narcissism to be positively correlated with separation anxiety, rejection expectancy, and emotional neglect. The hypothesis was supported by moderate to strong correlations of vulnerable narcissism with separation anxiety, $r(279) = .56$, $p < .01$; rejection expectancy, $r(279) = -.38$, $p < .01$, and a weak correlation with emotional neglect, $r(281) = .22$, $p < .01$. Also, another weak correlation was observed between vulnerable narcissism and engulfment anxiety, $r(279) = .25$, $p < .001$. The relationship of vulnerable narcissism with emotional abuse, $r(279) = .32$, $p < .01$, showed stronger correlation than emotional neglect $r(279) = .22$, $p < .01$.

Third hypothesis of this study expected grandiose narcissism to have a stronger relationship with emotional abuse and engulfment anxiety as compared to vulnerable narcissism. Fourth hypothesis of this study expected stronger relationship of vulnerable narcissism with separation anxiety, rejection expectancy, and emotional neglect as compared to grandiose narcissism. Regarding these hypotheses, it was observed that all variables were found to have stronger relationship with vulnerable narcissism than grandiose narcissism. Vulnerable narcissism had statistically significant associations with engulfment anxiety, $r(279) = .25$, $p < .001$, separation anxiety, $r(279) = .56$, $p < .01$, rejection expectancy, $r(279) = -.38$, $p < .01$, emotional neglect, $r(279) = .22$, $p < .01$, and emotional abuse, $r(279) = .32$, $p < .01$, whereas grandiose narcissism had weaker associations only for rejection expectancy, $r(279) = .17$, $p < .01$, and engulfment anxiety, $r(279) = .14$, $p < .05$. Initial inspection of the correlations failed to support the third hypothesis but provided support for the fourth hypothesis. However, when these hypotheses taken together, it can be concluded that no associational pattern that could discriminate grandiose and vulnerable narcissism was identified, as all variables were found to be more correlated with vulnerable narcissism.

3.3. FACTORS THAT PREDICT NARCISSISM

The fifth hypothesis of this study expected mediating effect of reflective functioning in relationship between grandiose narcissism and emotional abuse, and engulfment anxiety; and the sixth hypothesis expected that mediating effect of reflective functioning in relationship of vulnerable narcissism with separation anxiety, rejection expectancy, and emotional neglect. Besides the mediations, the third and fourth hypotheses, partially supported by the inspection of correlations required a comparison of the associational strengths of emotional trauma and separation-individuation issues for vulnerable and grandiose narcissism. Thus, to be able to obtain standardized comparable coefficients and to test for the mediation hypotheses, two stepwise regression analyses were conducted.

Prior to regression analyses, first demographic variables were checked to identify possible control variables and next correlations among separation-individuation, mentalization, and trauma were re-examined for multicollinearity.

Regarding the demographic variables, only significant associations were found between biological sex and both grandiose and vulnerable narcissism. Independent t-tests were conducted to examine sex differences in two types of narcissism. The results showed that women ($M = 42.15$; $SD = 7.52$) scored significantly higher than men ($M = 35.66$; $SD = 8.32$) in vulnerable narcissism, $t(279) = 5.542$, $p = .000$. Correspondingly, men ($M = 147.43$, $SD = 20.76$) scored significantly higher than women ($M = 135.87$, $SD = 19.61$) in grandiose narcissism, $t(279) = -3.834$, $p = .000$.

As to the multi-collinearity of independent variables, emotional abuse and emotional neglect were found to be highly correlated, $r(281) = .69$, $p < .01$. Thus, only emotional abuse was included in the analyses, because emotional abuse had stronger relationship with vulnerable narcissism than emotional neglect. Also, because certainty subscale of reflective functioning was not found to be correlated with grandiose narcissism, $r(279) = -.02$, $p > .05$, and had a negative correlation with vulnerable narcissism $r(279) = -.43$, $p < .01$, reflective functioning was examined only using the uncertainty subscale. Further, the initial inspection of the

correlations revealed significant associations that were not hypothesized; and that none of the variables demonstrated a distinctive association with one of the two types of narcissisms. Thus, the same set of predictors -engulfment anxiety, separation anxiety, rejection expectancy, emotional abuse, uncertainty subscale of reflective functioning, and sex- were used for the regression analyses for vulnerable and grandiose narcissism.

3.3.1. Factors that Predict Grandiose Narcissism

A stepwise regression analysis was conducted with the grandiose narcissism as dependent variable and engulfment anxiety, separation anxiety, rejection expectancy, emotional abuse, uncertainty, and sex. As mentalization was hypothesized as a mediator of the association between separation-individuation and narcissism, the interactions of uncertainty with separation anxiety, engulfment anxiety, and rejection expectancy were also included.

The result of the stepwise regression analysis for grandiose narcissism as dependent variable showed that Sex and Rejection Expectancy entered the equation as significant predictors, explaining 8% of the variance. A summary of the models can be seen in Table 3.3. Sex contributed significantly to the regression model at first step, accounting for 5% of the variance in grandiose narcissism, $F(1,279) = 14,62, p < .001$. At step two, sex and rejection expectancy contributed significantly to the model and rejection expectancy accounted for additional 3% of variance in grandiose narcissism, $F(1,278) = 8,93, p < .001$.

Table 3.3

Summary of Stepwise Regression Analysis for Grandiose Narcissism

Model	R	R ²	Adj R ²	SE of the Estimate	R ² Change	F Change	df1	df2
1	.223 ^a	.05	.05	19.83	.05	14.62	1	279
2	.282 ^b	.08	.07	19.55	.03	8.93	1	278

^a Predictors: (Constant), sex

^b Predictors: (Constant), sex, rejection expectancy

The standardized and unstandardized coefficients of the significant predictors can be seen in Table 3.4. The coefficients showed that being a woman negatively predicts grandiose narcissism. Being a female leads to a 11.61 decrease in the level of grandiose narcissism. The sex was the strongest predictor with the predictive power of .22. In addition, higher rejection expectancy predicts higher levels of grandiose narcissism. Grandiose narcissism is increased by .36 for each unit of increase in rejection expectancy with the predictive power of .17.

Table 3.4

Results of the Stepwise Regression Analysis for Variables Predicting the Grandiose Narcissism (N = 281)

	B	B SE	Beta	t	Sig.
Constant	136.44	4.56		29.95	.00
Sex	-11.608	2.98	-.22	-3.89	.00
Rejection Expectancy	.363	0.12	.17	2.99	.00

The interactions between uncertainty and separation-individuation anxieties were not significant. Thus, further analysis for mediation was not conducted. This study failed to support the fifth hypothesis that expected reflective functioning to mediate the relationship between grandiose narcissism and engulfment anxiety, and emotional abuse.

3.3.2. Factors that Predict Vulnerable Narcissism

A stepwise regression analysis was conducted with the vulnerable narcissism as dependent variable and uncertainty, engulfment anxiety, separation anxiety, rejection expectancy, emotional abuse, and sex. As mentalization was hypothesized as a mediator, the interactions of uncertainty with separation anxiety, engulfment anxiety, and rejection expectancy were also included.

A summary of the models can be seen in Table 3.5. The result of the stepwise regression analysis for vulnerable narcissism as dependent variable

showed that separation anxiety, the interaction of uncertainty with rejection expectancy, sex, and emotional abuse entered the equation as significant predictors, explaining 46% of the variance together.

Table 3.5

Summary of Stepwise Regression Analysis for Vulnerable Narcissism

Model	R	R ²	Adj R ²	SE of the Estimate	R ² Change	F Change	df1	df2
1	.56 ^a	.32	.32	6.68	.32	129.88	1	279
2	.64 ^b	.41	.41	6.21	.09	44.11	1	278
3	.67 ^c	.45	.45	6	.04	21.15	1	277
4	.69 ^d	.46	.46	5.92	.02	8.89	1	276

^a Predictors: (Constant), separation anxiety

^b Predictors: (Constant), separation anxiety, uncertainty x rejection expectancy,

^c Predictors: (Constant), separation anxiety, uncertainty x rejection expectancy, sex

^d Predictors: (Constant), separation anxiety, uncertainty x rejection expectancy, sex, emotional abuse

The result of stepwise regression analysis showed that separation anxiety contributed significantly to the regression model in the first step, $F(1, 279) = 129.88$, $p < .001$. Separation anxiety accounted for 32% of the variance in vulnerable narcissism. In second step, the interaction between uncertainty and rejection expectancy entered the model, accounting for an additional 9% of the variance $F(1, 278) = 44.11$, $p < .001$. In third step, sex was added to separation anxiety, the interaction between uncertainty and rejection expectancy, and sex, accounting for an additional 4% of the variance $F(1, 277) = 21.15$, $p < .001$. In the fourth step, emotional abuse contributed significantly to the model and accounted for an additional 2% of the variance, $F(1, 276) = 8.89$, $p < .001$. Engulfment anxiety, uncertainty, rejection expectancy, age, and the interaction of uncertainty with separation anxiety and engulfment anxiety were not included to the model because they did not contribute significantly to the model. As mentioned above, the final model with separation anxiety, sex, emotional abuse, and the interaction

of uncertainty with rejection expectancy explain 46% of the variance in vulnerable narcissism.

The standardized and unstandardized coefficients of the significant predictors can be seen in Table 3.6. All predictors positively predict vulnerable narcissism.

Table 3.6

Results of the Stepwise Regression Analysis for Variables Predicting the Vulnerable Narcissism (N=281)

	B	B SE	Beta	t	Sig.
Constant	17.36	1.72			.00
Separation anxiety	.44	.04	.45	.56	.00
Uncertainty x Rejection expectancy	.08	.02	.25	.41	.00
Sex	4,23	.92	.21	.32	.00
Emotional abuse	.27	.09	.14	.32	.00

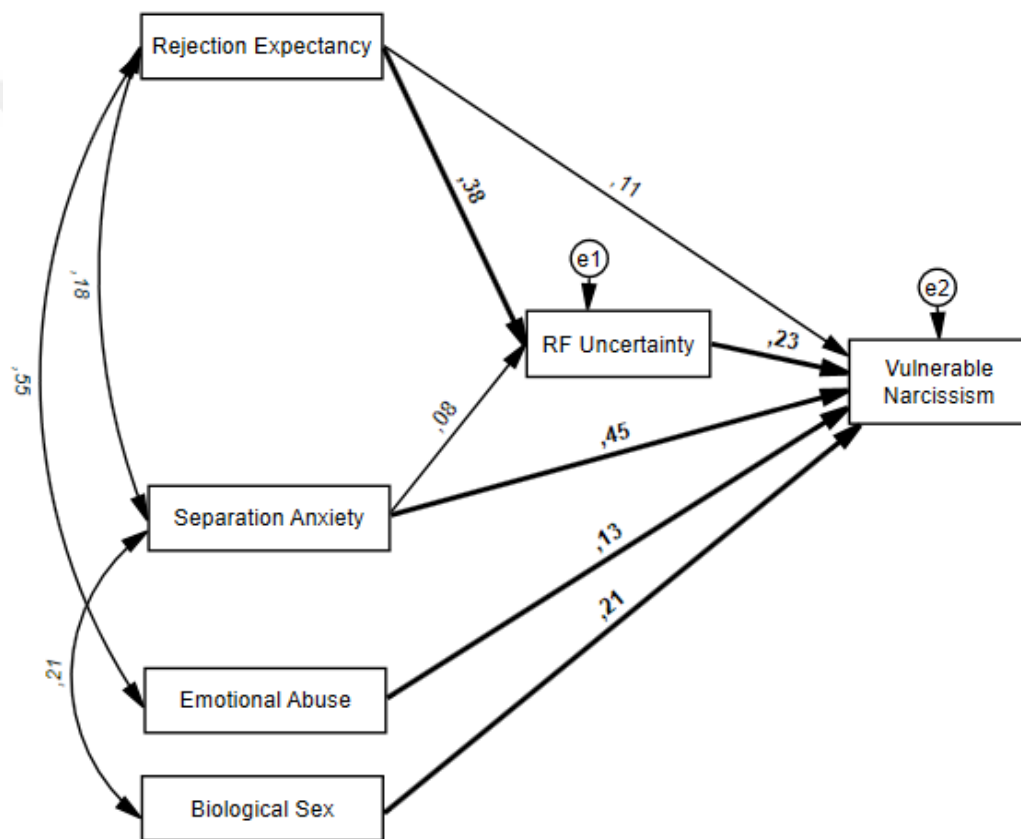
The coefficients showed that separation anxiety was the strongest predictor with a beta of .45. Each unit of increase in separation anxiety leads to a .44 increase in vulnerable narcissism. Also, each unit of increase in the interaction between uncertainty and rejection expectancy leads to .08 increase in vulnerable narcissism with the standardized coefficient of .25. Additionally, being a woman leads to an increase of 4.23 points in vulnerable narcissism with the standardized coefficient of .21. Finally, vulnerable narcissism is increased by .27 for each unit of increase in emotional abuse with the standardized coefficient of .14.

Since the interaction between uncertainty and rejection expectancy contributed significantly to the model, further analysis for mediation effect was conducted. Mediation effect was tested with Structural Equation Modeling. The predictors that contributed significantly to the regression model were tested with structural equation model (See Figure 1). All indices demonstrated good fit for the model [$X^2 = 7,820$, $df = 5$, $p > .05$; GFI = .991; AGFI = .961; CFI = .992; TLI = .977; NFI = .979; RMSEA = .045; SRMR = .044].

Path analysis confirmed the main effect of separation anxiety, emotional abuse, and sex. As to the mediation, path analysis further confirmed that uncertainty mediated the relationship between vulnerable narcissism and rejection anxiety, as suggested by the regression model.

Figure 3.1

The path model with standardized factor loadings



The model showed that uncertainty mediated the relationship between rejection expectancy and vulnerable narcissism (Standardized Total Effect = .19; Standardized Direct Effect = .11; Standardized Indirect Effect = .09). The significance of this mediation was tested via using bootstrapping. Standardized indirect effects were computed for 2000 bootstrapped samples with the bias-corrected 90% confidence interval. The indirect effect was found to be statistically

significant ($p < .001$). When uncertainty was excluded from the model, the relationship between rejection expectancy and vulnerable narcissism was significant ($B = .18$; $p < .001$). However, when uncertainty was entered, the direct relationship between rejection expectancy and vulnerable narcissism was not significant anymore. Thus, the model supported that the relationship between rejection expectancy and vulnerable narcissism was fully mediated by the uncertainty.

Although excluded from the regression, the mediation of uncertainty for the relationship between vulnerable narcissism and separation anxiety was also included in the model, since it was hypothesized. Comparison of direct and indirect effects further confirmed that uncertainty did not mediate this relationship (Standardized Total Effect = .47; Standardized Direct Effect = .45; Standardized Indirect Effect = .018).

3.3.3. Comparison of Predictors of Vulnerable and Grandiose Narcissism

This study expected that emotional abuse and engulfment anxiety would be more associated with grandiose narcissism, whereas separation anxiety, rejection expectancy, and emotional neglect would be more associated with vulnerable narcissism. The correlational analyses supported the expectations for vulnerable narcissism but not for grandiose narcissism. The standardized coefficients of these variables were further compared to assess these expectations.

Comparisons of the models also failed to support the third hypothesis expecting emotional abuse and engulfment anxiety to have stronger associations with grandiose narcissism than with vulnerable narcissism. Neither emotional abuse nor engulfment anxiety were significant predictors of grandiose narcissism, and on the contrary to the expectations, emotional abuse significantly predicted vulnerable narcissism.

The fourth hypothesis that expected separation anxiety, rejection expectancy, and emotional neglect to have stronger associations with vulnerable narcissism than with grandiose narcissism was partially supported. Separation

anxiety directly and rejection expectancy via uncertainty significantly predicted vulnerable narcissism and did not enter the model for grandiose narcissism. Emotional neglect was not a significant predictor, yet as mentioned above, emotional abuse was.

Similarly, as reported above, the fifth hypothesis that expected reflective functioning to mediate the effect of separation-individuation anxieties on grandiose narcissism was not supported, whereas the sixth hypothesis that expected reflective functioning to mediate the effect of separation-individuation anxieties on vulnerable narcissism was partially supported as uncertainty fully mediated the relationship between rejection expectancy and vulnerable narcissism.

CHAPTER 4

DISCUSSION

The major aim of the current study was to examine the relationship of grandiose and vulnerable narcissism with emotional trauma in childhood and separation-individuation. The study intends to contribute to the understanding of the effect of emotional abuse and neglect as well as the separation-individuation process with regard to engulfment anxiety, separation anxiety, and rejection expectancy on the development of narcissism. In addition, the role of reflective functioning in the relationship between these variables was considered as an important factor since lack of mentalization resulted in self- and other- related problems. The results of this study will be discussed with reference to the existing literature, which is mainly based on psychodynamic and psychoanalytic theory. Also, the limitations of the current study will be reviewed.

4.1. GRANDIOSE NARCISSISM, EMOTIONAL CHILDHOOD TRAUMA, AND SEPARATION-INDIVIDUATION

First hypothesis of this study expected grandiose narcissism to be positively correlated with engulfment anxiety and emotional abuse. This study found that there was a weak and positive association between engulfment anxiety and grandiose narcissism. People who have engulfment anxiety perceive relationships as a threat to their selves and independence and tend to feel controlled and overpowered by others (Levine et al., 1986). Because narcissists have the fear of being exploited, mistreated, and frustrated and dependency is threatening for them (Kernberg, 1985), a positive association between grandiose narcissism and engulfment anxiety was expected. Even though this positive correlation was observed, it is weak. This may be because individuals who demonstrate more narcissistic traits tend to deny their dependency and object related needs. Thus, on items that measure engulfment anxiety, they might have consciously or unconsciously underreported these needs. Robbins (1982)

proposed that because of conditional symbiotic representation, the infant cannot achieve autonomy and disavows and projects autonomous needs and introjects the mother's expectations about perfection. Unrealistic grandiose fantasies are sustained by the denial of object-related needs because these needs are associated with dependency and vulnerability. Also, in one study, grandiose narcissists reported low interpersonal distress which was associated with the denial of interpersonal problems (Dickinson & Pincus, 2003). It is consistent with the Kernberg's (1985) theory proposing that the fusion of ideal self, ideal object, and actual self-images protect the individual from the interpersonal reality in narcissism because there is no differentiation between them and narcissistic individuals repress and project their unacceptable parts of the self onto others (Kernberg, 1985). With these theoretical backgrounds, it can be said that, grandiose narcissists might have engulfment anxiety, but this anxiety would be relatively unconscious because of the denial of dependency needs. They might be either unconsciously disowning this aspect of their selves since it is too threatening to their fragile narcissistic equilibrium or consciously underreporting since having such an anxiety is associated with weakness and vulnerability of the self.

Regarding the second part of the first hypothesis, the association between emotional abuse and grandiose narcissism was not found. This result contradicts with the existing literature. Kernberg (1985) emphasized the role of severe frustrations in early phases on the development of grandiose narcissism. Clinical observations focused on the cold parental figures who have covert but intense aggression in the histories of narcissistic individuals. Also, narcissistic use of the child prevents the child to develop realistic self-image. Attribution of specialness to the child, failing to set appropriate boundaries to the child leads to the support of narcissistic defenses and grandiosity (Imbessi, 1999). Extreme idealization of the child leads to the inconsistency between internal experience of the child and the parents' perception. Thus, the child preserves grandiose self-image explicitly and negative self-image implicitly (Tracy et al., 2011). Based on the existing literature, positive association between emotional abuse and grandiose narcissism

was expected, but the results of this study did not support this hypothesis. One of the reasons for this failure to observe this association may be the nature of items that were used to assess emotional abuse. The emotional abuse subscale of the short form of Childhood Trauma Questionnaire consists of items that measure the overt emotional abuse such as insult and humiliation. However, parental coldness, covert aggression of the parent or narcissistic use of the child which are important factors in the development of narcissism may not necessarily appear as overt abuse. Thus, the scale used in this study may not have fully covered what was intended to be measured in this study.

Another explanation for this result may be related to the internal dynamics of narcissistic individuals. In grandiose narcissism, the split between grandiosity and inferiority makes the self vulnerable to the threats (Tracy et al., 2011). Narcissists tend to ignore negative experiences and focus more on the positive experiences (Tracy et al., 2011). Also, they lack emotional depth and they have difficulty in differentiating their own feelings (Kernberg, 1985). When the parents have self-oriented expectations, the child feels unloved and tries to meet the parent's expectations. With the realization of separateness, the wish to control the objects leads to narcissistic self-preoccupation (Rothstein, 1986 as cited in Imbessi, 1999). Also, narcissistic individuals perceive themselves as a part of idealized person or they perceive other person as an extension of self (Kernberg, 1985). This background may suggest that for individuals who have high score on grandiose narcissism, because idealized parent is perceived as an extension of self, reporting the failures about parental behavior may be perceived as a threat to the self, because it might cause feelings of incompleteness and impotence. Because narcissists create a bubble in which they are completely self-sufficient (Erlich, 1998), acknowledging the parenting failure may lead to the realization of uncontrollable objects and it leads to the realization of unacceptable and shameful self. Thus, they may defend themselves by denying the traumatic experiences. They may protect the idealized self-image by protecting the idealized parent image.

Among all the demographics, separation-individuation issues, and adverse childhood experiences, only significant predictors of grandiose narcissism were found to be sex and rejection expectancy in this study, explaining a quite small percentage of variance. The positive association between grandiose narcissism and rejection expectancy was unexpected. It was expected that individuals who have high scores on grandiose narcissism would not report rejection expectancy because of their defensive grandiosity and devaluation of external object. Also, grandiose narcissists are generally exploitative in the interpersonal relationships and there is no “other” for them, thus, rejection expectancy was not expected.

Even so, the observed association between rejection expectancy and grandiose narcissism might be related to the worldview of the grandiose narcissists as colored by their own projection. Grandiose narcissist’s own hungry and empty self is projected to the external world which leads to the world being full of hateful and revengeful objects. Then, they expect these hateful and powerful objects to attack them. When they cannot get what they want, idealized people also become devaluated objects who are both feared and hated (Kernberg, 1985). When the world consists of objects who are powerful and revengeful, then expecting rejection from them becomes natural. This object world closely represents the early environment of the grandiose narcissists. Kernberg (1985) suggested that parental figures of narcissists are callous, indifferent, and have nonverbalized and spiteful aggression. Especially in early separation individuation phases, this type of environment may lead to the rejection expectancy in child (as cited in Levine & Saintonge, 1993).

Besides, implicit negative self-image and feelings of shame may also underly the rejection expectancy of grandiose narcissists. The split between grandiosity and inferiority makes the self vulnerable to the threats (Tracy et al., 2011). Narcissist’s fluctuating self-esteem, dependence of external feedback (Kernberg, 2004), and unconscious inferiority may lead to the rejection expectancy. They suppress the shameful self and use self-aggrandizing behaviors to maintain their grandiose self (Bosson et al., 2008). This causes them to try to get approval from outside and deny the shame experiences (Bernardi & Eidlin,

2018). Their extreme dependence on the other's feedbacks may lead to the fear of rejection, because they cannot maintain their superior self without these feedbacks. Since the implicit negative self-image increases unconscious vulnerability, it may contribute to the rejection expectancy.

The second significant predictor, sex, was included as a control variable in this study. Men showed higher levels of grandiose narcissism than women. This is in line with the literature that support men showed higher levels of grandiose narcissism as compared to women (Casale et al., 2016; Grijalva & Zhang, 2015). The finding of the study also suggests that sex should be considered when studying narcissism.

Overall, separation-individuation issues and emotional maltreatment in childhood did not demonstrate strong associations with grandiose narcissism. Only the unhypothesized rejection expectancy could explain a small portion of variance observed in this study. As outlined above, this may be partially due to a reluctance of the grandiose narcissistic individuals to report such experiences or anxieties. Thus, the findings indicate that to be able to understand grandiose dynamics better other aspects of development might be considered and implicit measures might be used.

4.2. VULNERABLE NARCISSISM, EMOTIONAL CHILDHOOD TRAUMA AND SEPARATION-INDIVIDUATION

Second hypothesis of this study expected vulnerable narcissism to be positively associated with separation anxiety, rejection expectancy, and emotional neglect. In this study, second hypothesis was fully supported. As follows, further analyses revealed that the predictors of vulnerable narcissism were separation anxiety, rejection expectancy as mediated by hypomentalizing, sex, and emotional abuse. It was noted that although there was a weak association with neglect, vulnerable narcissism has a stronger association with emotional abuse than with emotional neglect.

Regarding separation anxiety, there are studies that reported vulnerable narcissism as related to attachment anxiety (Rohmann et al., 2012). They mostly report fearful and preoccupied attachment styles (Dickinson & Pincus, 2003). Individuals who have separation anxiety feel rejected and/or abandoned when they are faced with real or perceived separation (Levine et al., 1986). Separation anxiety is related to the problems in rapprochement phase. In rapprochement phase, increased separation anxiety and fear of losing the mother is observed because of the realization of vulnerability when the child becomes more independent (Mahler, 1971). Mothers of narcissistic personalities commonly have difficulty in responding the individuating child. Unempathic stance and overwhelming expression of anger might cause the child to feel abandoned and/or perceive a threat of loss (Settlage, 1977). Rejection of the child's exhibitionistic needs lead to narcissistic injury, which in turn triggers intense feelings of shame. A sense of loveableness and valuableness of the self cannot be internalized (Kohut, 1966). Also, lack of idealized self-objects leads to the separation anxiety and unforgiveness (Sandage et al., 2017). It can be said that when mother cannot give empathic responses to the individuating child and the sense of lovable and valuable self cannot be internalized, object loss becomes more important, and separation anxiety may occur. When self-object needs are not met in childhood, anxieties about abandonment may be intense and self-objects become more important to provide security (Banai, Mikulincer & Shaver, 2005). Thus, unmet self-object needs may lead to the separation anxiety which is related to the dynamics of vulnerable narcissism.

The finding of positive association between vulnerable narcissism and rejection expectancy is also consistent with the existing literature. Vulnerable narcissists are sensitive to other's reactions and criticism (Akhtar, 2000; Sandage et al., 2017). They have fragile self-esteem and need positive feedbacks to modulate their self-esteem. Also, vulnerable narcissists tend to experience intense shame and inferiority feelings (Hockenberry, 1995). They have entitled expectations, but they disavow them. They fear disappointments in regard of their needs and entitled expectations (Dickinson & Pincus, 2003). Their fragile self-

esteem and fear of disappointments may lead to rejection expectancy. Also, when there is no positive feedback, their tendency to experience shame may lead them to perceive slight disappointments as rejection and rejection expectancy occurs as a result. Thus, they experience high anxiety in interpersonal relationships. When they experience intolerable disappointments because their entitled expectations are not met, social withdrawal occurs as a result (Dickinson & Pincus, 2003). Thus, it is expected that vulnerable narcissism is correlated with rejection expectancy. This study further observed that this relationship between vulnerable narcissism and rejection expectancy is mediated by uncertainty. The mediation effect of uncertainty is discussed in the next section.

Also, engulfment anxiety was found to be associated with vulnerable narcissism, but it was not a significant predictor. Engulfment anxiety is characterized by the fear of close relationships, perceiving relationships as a threat to self and independence, and feeling of controlled and overpowered by others. In this study, the initial expectation was that engulfment anxiety would characterize grandiose narcissism but not vulnerable narcissism, because of their interdependent self-construal. Also, their social withdrawal was considered as mostly related to the shame and fear of disappointments rather than engulfment anxiety.

One explanation for this unexpected observation in this study might be the developmental phase the participants were going through. The participants' ages were 18 to 22, placing them in the late adolescence period. In this period, need to give up parental dependencies and be more independent are the central issues (Hill & Lapsley, 2011). Thus, this period may be related to an increase in engulfment anxiety.

Engulfment anxiety is also related to the problems in rapprochement phase which the child begins to individuate. As mentioned above, with the beginning of individuation, when the mother has difficulty in responding to the child's resistance to control and discipline, mother may behave defensively and withdraw the emotional support or express overwhelming anger to control the child (Settlage, 1977). Also, parents who do not give the children the chance of self-exploration

lead to the narcissistic vulnerability because the child perceives themselves as unacceptable and shameful. Thus, the child might temporarily lose their autonomy and authenticity (Auerbach, 1990). Thus, it can be said that the parents who try to control the child's behavior and behave intrusively may lead to the engulfment anxiety in vulnerable narcissism because of the feeling of being controlled and giving up individuality is a threat to self and independence. Also, in vulnerable narcissism, shyness, inhibition, high anxiety in relationships and social withdrawal may be related to engulfment anxiety.

As regards the adverse childhood experiences, a weak positive correlation was found between vulnerable narcissism and emotional neglect. Emotional neglect is mentioned as an etiological factor in vulnerable narcissism in the existing literature. The parents who are not adequately sensitive to the infant's needs lead to the development of damaged self-object relationship (Kohut & Wolf, 1978). Especially the unresponsive and unemphatic mother prevents the child's internalization of the maternal function and narcissistic equilibrium is disturbed. The exhibitionistic impulses and grandiose fantasies are split off and disavowed and become inaccessible to the ego (Kohut, 1971). Lack of stimulating responsiveness of self-objects, lack of integrating responses, phase inappropriate responses, unshared emotionality, lack of soothing self-object, and giving the unemphatically excessive responses to the child lead to the self-pathology (Kohut & Wolf, 1978). Thus, emotional neglect as characterized by the affective unresponsiveness of the parent was thought as a contributor to the heightening of narcissistic disturbances.

However, in this study, it was found vulnerable narcissism had a stronger relationship with emotional abuse than emotional neglect. It is not inconsistent with the literature that child maltreatment leads to the shame experiences and disavowal of self-object needs, which are related to the inability of self-esteem regulation and the narcissistic vulnerability (Van Buren & Meehan, 2015). Yet, it may be hard to differentiate emotional abuse and neglect because they may exist together. The neglected child may also be abused emotionally. Thus, emotional abuse may coexist with emotional neglect. Besides, in the Childhood Trauma

Questionnaire used in this study, the items for emotional neglect consists of the reverse items which mostly reflect the positive expressions. This might be an additional reason that this study might have failed to differentiate between emotional abuse and emotional neglect. Regarding the results of this study, it can be said that both emotional abuse and neglect might lead to narcissistic vulnerability.

Sex, as the control variable, also predicted vulnerable narcissism. Being a woman was associated with higher levels of vulnerable narcissism. This is in line with other studies that reported gender differences (Casale et al., 2016; Van Buren & Meehan, 2015). As stated in grandiose narcissism, the gender difference in vulnerable narcissism points to the need to consider gender as a contributor in studies of narcissism. Overall, the vulnerable narcissism was associated with all aspects of separation-individuation and emotional maltreatment. Almost half of the variance in vulnerable narcissism was accounted for by the factors assessed in this study. It could be concluded, as expected by the theory, people with high scores on vulnerable narcissisms presented overt anxiety and interpersonal sensitivity.

4.3. MEDIATING ROLE OF MENTALIZATION

Fifth hypothesis of this study expected that mentalization to mediate the association of vulnerable narcissism with separation-individuation issues and emotional neglect. This study did not support this hypothesis fully because the interaction of uncertainty with the separation anxiety aspect of separation-individuation and also with emotional neglect were not associated with current levels of vulnerable narcissism. However, the interaction of uncertainty with rejection expectancy was found to significantly predict vulnerable narcissism.

As also outlined above, vulnerable narcissism is expected to be associated with rejection expectancy because of vulnerable narcissist's sensitivity to other's reactions, fragile self-esteem, tendency to experience shame, and inferiority feelings (Akhtar, 2000; Hockenberry, 1995). Also, idealization hunger leads to the

deficits in self-soothing capacities and self-esteem, thus, hypersensitivity and fear of rejection (Sandage, et al., 2017). In this study, this association between rejection expectancy and vulnerable narcissism is observed to be mediated by uncertainty.

Mentalization is the capacity to attribute thoughts, feelings, intentions to the self and the other, thus makes meaning-making possible. Interpersonal difficulties and the lack of realistic perceptions of self and others are related to the impairments of mentalization in narcissistic disturbances (Ensink et al., 2017). Vulnerable narcissism is related to the uncertainty about others' mental states (Duval et al., 2018). It can be said that, rejection expectancy leads to increase of uncertainty about other's minds which lead to a further vulnerability in narcissistic dynamics. Coexistence of rejection expectancy with the inability to understand other's minds leads to increase in vulnerable narcissism. When there is a capacity to mentalize, rejection expectancy would not lead the development of vulnerable narcissism directly. Because mentalization capacity enables to understand and label the emotions and give meaning to the experiences, deficits in mentalization capacity boost the effect of rejection expectancy on the development of vulnerable narcissism, while the capacity to mentalize contributes to resiliency. Thus, the findings of this study supported the protective function of mentalization capacity in terms of rejection expectancy.

On the other hand, the interaction between separation anxiety and uncertainty was not supported in this study. Because separation anxiety is related to a feeling of internal threat against real or perceived abandonment, a direct relationship between separation anxiety and vulnerable narcissism was observed. However, rejection expectancy is related to the perception of others as callous and hostile (Levine & Saintonge, 1993); thus, it was more related to the attributions to the others' minds.

Sixth hypothesis of this study expected that reflective functioning mediates also the associations of grandiose narcissism with engulfment anxiety and emotional abuse. This study failed to support any mediating role of reflective functioning for grandiose narcissism. This might be because only uncertainty was

used as an indicator of mentalization impairment. However, grandiose narcissism is related to certainty about other's minds, as compared to the uncertainty of vulnerable narcissism (Duval et al., 2018). In this study, the relationship of grandiose narcissism with certainty was not observed. This failure may be due to the construct of Certainty as measured by the Reflective Functioning Questionnaire. Certainty was not observed to be associated with grandiose narcissism; however it had a negative correlation with vulnerable narcissism. Considering the range of certainty captured in this study, these observations might suggest that it did not denote a mentalization failure. Rather, it seems to be a resilience factor. Thus, further research is needed in order to support the construct validity of certainty.

4.4. COMPARISON OF GRANDIOSE AND VULNERABLE NARCISSISM WITH REGARD TO SEPARATION-INDIVIDUATION AND EMOTIONAL CHILDHOOD TRAUMA

Third hypothesis of this study expected that emotional abuse and engulfment anxiety have a stronger relationship with grandiose narcissism as compared to vulnerable narcissism. Fourth hypothesis of this study expected separation anxiety, rejection expectancy, and emotional neglect have a stronger relationship with vulnerable narcissism as compared to grandiose narcissism. As compared to grandiose narcissism, all variables were found to have stronger relationship with vulnerable narcissism. Thus, the fourth hypothesis was fully supported, but third hypothesis was not supported. It can be said that this study fails to find associational pattern that could discriminate the grandiose and vulnerable narcissism as all variables were found to be more associated with vulnerable narcissism. When the predictors are compared, it is observed that separation anxiety, the interaction between uncertainty and rejection expectancy, being a woman, and emotional childhood trauma predict vulnerable narcissism, while rejection expectancy, and being a man predict grandiose narcissism. Thus, focusing on separation-individuation, emotional childhood trauma, and

mentalization, this study fails to account for grandiose narcissism whereas could verify support for the etiology of vulnerable narcissism.

This difference in vulnerable and grandiose narcissism might be explained by two points: first is the tendency of grandiose narcissists to consciously or unconsciously hide their negative experiences and self-perceptions as compared to the acute awareness of vulnerable narcissists and second is the possible difference in the etiologies of the two types of narcissism.

As discussed above, grandiose narcissists excessively utilize primitive defense mechanisms such as denial and projection (Kernberg, 1985). Consequently, they maintain an unrealistic positive perception of themselves and engage in self-enhancement strategies to deny their weaknesses and interpersonal problems (Dickinson & Pincus, 2003). They suppress the weak and shameful part of their self (Bosson et al., 2008). Also, they have shallow emotional world and they have difficulty in differentiating their own feelings as well as others' feelings (Kernberg, 1985). Self-report measures require introspection and reporting of one's own emotions and attitudes about self and relationships, thus, the nature of these measures tend to personal biases. Individuals who have high scores in grandiose narcissism may perceive responding the items that are related to the feelings about self and relationships as limitation and weakness. Thus, defensive operations of grandiose narcissists to protect their fragile self-esteem may make difficult to examine the internal dynamics of grandiose narcissists especially in researches that based on self-report measures. In contrast, vulnerable narcissism is characterized by disappointment about self and other, chronic feeling of helplessness, and inferiority feelings (Kohut, 1966; Sandage et al., 2017; Van Buren & Meehan, 2015). They also use less self-enhancement strategies as compared to grandiose narcissism and even they have grandiose fantasies implicitly, they are more aware of their weaknesses and sensitivity in relationships than grandiose narcissists and experience high anxiety in their relationships (Akhtar, 2000; Dickinson & Pincus, 2003). Thus, it is expected that individuals who have high scores in vulnerable narcissism are more inclined to report their problems in relationships, weaknesses, and limitations. Also, because their

inferiority feelings are more conscious, they have more awareness about their interpersonal problems than grandiose narcissists. These differences between grandiose and vulnerable narcissism may lead to stronger relationships of all variables with vulnerable narcissism than grandiose narcissism.

Besides the level of awareness and tendency to report, the second point is the actual differences between the representations and internal dynamics of two types of narcissism. Separation anxiety differentiates between vulnerable and grandiose narcissism. Separation anxiety was the strongest predictor of vulnerable narcissism, while not found to be related to grandiose narcissism. In grandiose narcissism, the fusion of ideal self, ideal object, and actual self-images has a defensive function that prevents the dependency on external objects and protects the individual from the interpersonal reality. Devaluation of others and projection of unacceptable self-image onto others lead grandiose narcissists to maintain their ideal self-images (Kernberg, 1985). Thus, there is no room for real attachment and intimacy for grandiose narcissists. They cannot make emotional investments to the relationships and they defend themselves against neediness and loneliness (Erlich, 1998). Otherness cannot be tolerated because it leads to intense envy (Anderson, 1977). Separation anxiety is related to the fear of object loss and feeling abandoned when there is a perceived or real separation. Thus, grandiose narcissists are not expected to experience separation anxiety, because there is no other for them. Experiencing separation anxiety requires acknowledging the need for intimacy and grandiose narcissists defend themselves against neediness and loneliness. In contrast, vulnerable narcissists are sensitive to separations and they tend to experience attachment anxiety. Gradual loss of the idealized parent imago is a requisite for the development of cohesive self. When there are traumatic experiences with caregiver, idealized parent image is repressed and cannot be modified. Lack of internalization of the functions of idealized parent, self-soothing and self-regulation capacities cannot develop. This leads to the need of external omnipotent objects that provide support and approval (Kohut, 1977). Idealization hunger is related to separation anxiety (Sandage et al., 2017). Thus,

separation anxiety is one of the factors that differentiate the internal dynamics and representations of grandiose and vulnerable narcissism.

Also, being a woman is observed to predict vulnerable narcissism while being a man is observed to predict grandiose narcissism. In one study with a non-clinical adolescence sample, boys were found to have higher scores on grandiose narcissism, while girls were found to have higher scores on vulnerable narcissism (Ensink et al., 2017). In another study with non-clinical adolescence sample, girls reported more internalizing symptoms, interpersonal vulnerability than boys while boys reported more externalizing symptoms (Leadbeater et al., 1999). Because internalizing behaviors are related to depressive feelings, anxiety, and withdrawal whereas externalizing behaviors are related to aggression and delinquency, vulnerable narcissism is more related to the internalizing symptoms while grandiose narcissism is more related to externalizing behaviors. It can be said that, sex differences between in narcissism may be related to the gender roles. The stereotypical masculine role is associated with the traits such as dominance, assertiveness, and independence while the feminine role is associated with emotionality, compassion, and cooperative relationships (Hoffmann et al., 2004). Thus, gender role may increase the tendency to develop internalizing pathologies in women while externalizing pathologies in men. The wish to be socially acceptable and attractive may also affect the expression of grandiosity and inferiority in narcissistic personalities.

4.5. LIMITATIONS AND FUTURE DIRECTIONS

Although the current study reached its main goals, there were some limitations. The first limitation of the present study is that majority of the sample consists of women who are university students of middle to high socioeconomic backgrounds. Thus, this sample may not be representative of larger population. Using a more diverse sample may contribute to the generalizability of the results and also to the understanding of the differences between diverse groups.

The second limitation of this study is the fact that participants were not selected from the clinical population. Even so, there was a possibility that some participants might be pathological narcissists, but the study neither used a measure nor utilized a sample selection technique that might distinguish the clinical from sub-clinical or non-clinical cases. However, it can be said that overall, the participants may not reflect the pathological side of narcissism. The internal dynamics of pathological narcissism could be understood more extensively with a clinical population. Also, the participants were not categorized as individuals who had high scores on grandiose narcissism and high scores on vulnerable narcissism. Each individual had two scores regarding grandiose and vulnerable narcissism. This may lead to the failure in observing associational pattern that differentiate between grandiose and vulnerable narcissism. Thus, further studies could use clinical population and could categorize the individuals regarding the scores in grandiose and vulnerable narcissism.

The third limitation, as discussed above, is that self-report measures are used in the current study. Reporting the problems and weaknesses about self and relationships requires some insight and awareness. Also, reporting childhood neglect and abuse may be affected by the current level of narcissism. Because grandiose narcissists have unrealistically positive perceptions about self and they deny the interpersonal problems, self-report measures might have affected the results of the study. Thus, further studies could use implicit and/or qualitative measures in addition to the self-report measures to explain unconscious processes more extensively.

The fourth limitation of this study is the lack of information on the narcissistic use of the child as a type of child maltreatment. Because narcissistic use of the child is one of the important factors in the development of narcissism, the questionnaire that measures the narcissistic use of the child may have important contribution of understanding narcissism. Thus, further studies could include the questionnaire that measure the narcissistic use of the child.

The fifth limitation of this study is that all subscales of separation-individuation test of adolescence were not included because the reliability and

validity studies of the Turkish form were not conducted for the subscales other than rejection expectancy, separation anxiety, and engulfment anxiety. Further studies could examine the relationship of narcissism and separation-individuation process more extensively with the inclusion of other subscales.



CONCLUSION

This study is one of the first studies that examine the relationship of grandiose and vulnerable narcissism with a focus on emotional trauma in childhood, separation-individuation, and the mediating role of mentalization. It provides evidence about the etiology and representation of vulnerable narcissism in regard to separation-individuation and emotional childhood trauma. In terms of separation individuation, separation anxiety predicts vulnerable narcissism directly and rejection expectancy contributes to vulnerable narcissism via uncertainty. In terms of emotional childhood trauma, even positive relationship of vulnerable narcissism with emotional abuse and neglect were observed, emotional abuse was found to be more explanatory factor in vulnerable narcissism. Thus, this study provides evidence about the etiology of vulnerable narcissism in terms of separation-individuation issues and emotional childhood trauma. On the other hand, the relationship of grandiose narcissism with separation-individuation and emotional childhood trauma was not supported in this study. Only rejection expectancy explained a small percentage of variance in grandiose narcissism. Thus, this study failed to explain grandiose narcissism.

This study may contribute to the understanding of different backgrounds and internal dynamics of grandiose and vulnerable narcissism, and the relationship of vulnerable narcissism with emotional childhood trauma and separation-individuation. Since this study failed to explain grandiose narcissism and find associational pattern that differentiate grandiose and vulnerable narcissism; preliminary findings of this study can be expanded further in future research.

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APPENDICES

Appendix A: Informed Consent Form (In Turkish)

Sayın Katılımcı,

Bu araştırmanın amacı Türkiye'deki gençlerin; çocuklukta yaşadıkları olaylar, tutum, duygular ve bazı kişilik özellikleri arasındaki ilişkiyi anlamaktır.

Araştırma, İstanbul Bilgi Üniversitesi Klinik Psikoloji Yüksek Lisans Programı öğrencisi Ece Yayla tarafından Dr. Öğretim Üyesi Alev Çavdar Sideris danışmanlığında bir tez çalışması kapsamında yürütülmektedir.

Bu araştırmaya katılım tamamen gönüllülük esasına dayalıdır. Çalışmanın amacına ulaşması için sizden beklenen, bütün soruları eksiksiz ve içtenlikle cevaplamanızdır. Anketi tamamlamanız yaklaşık 20-25 dakika sürmektedir. Araştırmanın herhangi bir noktasında **hiçbir gerekçe belirtmeden** anketi doldurmayı bırakabilirsiniz.

Anketin hiçbir aşamasında kimlik bilgileriniz sorulmayacak ve yanıtlar araştırmacılar dışında kimseyle paylaşılmayacaktır. Veriler toplu halde değerlendirilerek yalnızca bilimsel yayın amacıyla kullanılacaktır.

Eğer araştırmanın amacı ile ilgili verilen bu bilgiler dışında şimdi veya sonra daha fazla bilgiye ihtiyaç duyarsanız **ece.yayla@bilgi.edu.net** e-posta adresine ulaşabilirsiniz.

Yukarıda verilen bilgiler doğrultusunda, bu çalışmaya katılmayı kabul ediyorum.

Appendix B: Demographic Information Form

1. Yaşınız: ____
2. Cinsiyetiniz:
Kadın
Erkek
Diğer
Belirtmek istemiyorum
3. Eğitim Durumunuz:
İlköğretim mezunu
Lise öğrencisi
Lise mezunu
Üniversite öğrencisi
Üniversite mezunu
Diğer
4. Mezun olduğunuz/ okumakta olduğunuz bölüm: ____
5. Ekonomik durumunuz:
Alt
Orta Alt
Orta
Orta Üst
Üst
6. Medeni durumunuz:
Bekar
Evli
Boşanmış
Dul
7. Güncel ilişki durumunuz:
Şu anda romantik bir ilişki içindeyim
İlişkim yok

8. Őu anda kimlerle yaşıyorsunuz?

Yalnız yaşıyorum

Ailemle yaşıyorum

Sevgilimle yaşıyorum

Arkadaşım ile yaşıyorum

9. Daha önce terapiye gittiniz mi/ gidiyor musunuz?

Evet

Hayır

10. Evet ise ne kadar süre devam ettiniz/ ediyorsunuz? ____

Appendix C: The Short-Form of the Five-Factor Narcissism Inventory

Değerli Katılımcı,

Bu ölçek 60 maddeden oluşmaktadır. Her bir madde 1 ile 5 arası puanlanmaktadır. Lütfen her bir maddeyi dikkatlice okuyunuz ve sizi en iyi tanımlayan seçeneği işaretleyiniz. Doğru ya da yanlış cevap yoktur. Sizden beklenen içtenlikle cevap vererek bilimsel bir çalışmaya yardımcı olmanız. Lütfen bütün sorularla ilgili görüşlerinizi ifade ediniz.

	Kesinlikle Katılmıyorum	Katılmıyorum	Kararsızım	Katılıyorum	Kesinlikle Katılıyorum
1. Aşırı hırslı biriyimdir.	①	②	③	④	⑤
2. Başkaları çok övündüğümü söylerler ama söylediğim her şey doğrudur.	①	②	③	④	⑤
3. Liderlik yapmak benim için kolaydır.	①	②	③	④	⑤
4. Birileri bana iyilik yaptığında, acaba benden ne istiyorlar diye merak ederim.	①	②	③	④	⑤
5. Özel muamele görmeyi hak ediyorum.	①	②	③	④	⑤
6. Başkalarını eğlendirmekten büyük zevk alırım.	①	②	③	④	⑤
7. İlerlemek için insanlardan yararlanmak iyi bir şeydir.	①	②	③	④	⑤
8. Sıklıkla ünlü olmak ile ilgili hayaller kurarım.	①	②	③	④	⑤
9. İnsanlar beni yargıladığında, bunu hiç umursamam.	①	②	③	④	⑤
10. Başkalarının ihtiyaçlarını konusunda kaygılanmam	①	②	③	④	⑤
11. İnsanları manipüle etmede /kullanmada oldukça iyiyimdir.	①	②	③	④	⑤
12. Kendimden emin olmak için sık sık başkalarının iltifatlarına ihtiyacın varmış gibi hissederim.	①	②	③	④	⑤
13. Eleştirilmekten, o kadar nefret ederim ki, olduğunda öfkemi kontrol edemem.	①	②	③	④	⑤

14. Bir şeyde başarısız olduğumu fark ettiğimde kendimi küçük düşmüş hissedirim.	①	②	③	④	⑤
15. Heyecan duymak için neredeyse her şeyi deneyebilirim.	①	②	③	④	⑤
16. Başarılı olmak için inanılmaz bir motivasyonuna sahibim.	①	②	③	④	⑤
17. Sadece kendi ayarımdaki insanlarla ilişki kurarım.	①	②	③	④	⑤
18. Otorite pozisyonu alma konusunda kendimi rahat hissedirim.	①	②	③	④	⑤
19. Diğer insanların bana karşı dürüst olacaklarına inanırım.	①	②	③	④	⑤
20. Kuralların başkaları için geçerli olduğu kadar benim için geçerli olduğunu düşünmüyorum.	①	②	③	④	⑤
21. Başkaları tarafından fark edilmekten hoşlanırım.	①	②	③	④	⑤
22. Kendi ilerlemem için insanları birer araç olarak kullanırım.	①	②	③	④	⑤
23. Sık sık çok başarılı ve güçlü olacağıma dair hayaller kurarım.	①	②	③	④	⑤
24. Başkalarının benim hakkımda ne düşündüğü gerçekten umursamam.	①	②	③	④	⑤
25. Başkalarının dertlerini genelde fazla ilgi göstermem.	①	②	③	④	⑤
26. İnsanları bir şeyler yaptırmak için yönlendirebilirim.	①	②	③	④	⑤
27. Benlik duygum istikrarlıdır.	①	②	③	④	⑤
28. Doğru muamele görmediğimde aşırı öfkelendiğim zamanlar olmuştur.	①	②	③	④	⑤
29. Başkalarının önünde küçük düşürüldüğümde berbat hissedirim.	①	②	③	④	⑤
30. Gözü pek biriyimdir.	①	②	③	④	⑤
31. Büyük biri olmayı arzularım.	①	②	③	④	⑤
32. Benden daha aşağı kişilerle takılarak zamanımı boşa harcamam.	①	②	③	④	⑤
33. İnsanlar genellikle benim liderliğimi ve otoritemi takip ederler.	①	②	③	④	⑤
34. İnsanlara güvenme konusunda temkinliyimdir	①	②	③	④	⑤
35. Adaletsiz gibi gözükebilir ancak ihtimam, imtiyaz ve ödül gibi ayrıcalıkları hak ediyorum.	①	②	③	④	⑤
36. Bir parti ya da toplantıda en popüler kişi	①	②	③	④	⑤

olmaktan hoşlanırım.					
37. Başarıya ulaşmak için bazen diğer insanları kullanmanız gerekir.	①	②	③	④	⑤
38. Başarısıyla tanınmış biri olmayı nadiren hayal ederim.	①	②	③	④	⑤
39. Başkalarının eleştirilerine karşı oldukça kayıtsızımdır.	①	②	③	④	⑤
40. Sempati duygum zayıftır	①	②	③	④	⑤
41. Eninde sonunda benim dediğim olur.	①	②	③	④	⑤
42. Hayatta yeterince başarıya ulaşip ulaşamayacağım hakkında kendimi oldukça güvensiz hissederim.	①	②	③	④	⑤
43. Hak ettiğim şeyi alamamak beni gerçekten çok öfkelenendir.	①	②	③	④	⑤
44. İnsanlar beni yargıladığında utanırım.	①	②	③	④	⑤
45. Heyecan verici bir şey yapmak için yaralanmayı göze alabilirim.	①	②	③	④	⑤
46. Başarılı olmaya motiveyimidir.	①	②	③	④	⑤
47. Üstün bir insanım.	①	②	③	④	⑤
48. Çoğu durumda sorumluluk almaya eğilimliyimdir.	①	②	③	④	⑤
49. Sık sık diğerlerinin bana gerçeğin tamamını söylemediğini düşünürüm.	①	②	③	④	⑤
50. Özel muamele görmeyi hak ettiğime inanırım.	①	②	③	④	⑤
51. İnsanları eğlendirmeye bayılırım.	①	②	③	④	⑤
52. Kendi hedeflerime ulaşmada diğerlerini kullanmaya istekliyimdir	①	②	③	④	⑤
53. Bir gün benim adımla insanların çoğunun bileceğine inanıyorum.	①	②	③	④	⑤
54. Başkalarının benim hakkımdaki görüşlerini çok az umurumdadır	①	②	③	④	⑤
55. Başkalarının acıları beni üzmez.	①	②	③	④	⑤
56. İnsanlara istediklerimi yaptırmam kolaydır.	①	②	③	④	⑤
57. Keşke başkalarının benim hakkımdaki düşüncelerini bu kadar umurumda olmasaydı	①	②	③	④	⑤
58. İnsanlar bana saygısızlık ettiğinde tepem atar.	①	②	③	④	⑤
59. Başkalarının önünde bir hata yaparsam kendimi aptal gibi hissederim.	①	②	③	④	⑤
60. Riskli ya da tehlikeli şeyler yapmaktan hoşlanırım.	①	②	③	④	⑤

Appendix D: The Short Form of Childhood Trauma Questionnaire (Emotional Abuse and Emotional Neglect Subscales)

Bu sorular çocukluğunuzda ve ilk gençliğinizde (20 yaşından önce) başınıza gelmiş olabilecek bazı olaylar hakkındadır. Her bir soru için sizin durumunuza uyan rakamı daire içersine alarak işaretleyiniz. Sorulardan bazıları özel yaşamınızla ilgilidir; lütfen elinizden geldiğince gerçeğe uygun yanıt veriniz.

Yanıtlarınız gizli tutulacaktır.

1. Hiç Bir Zaman 2. Nadiren 3. Kimi zaman 4. Sık olarak 5. Çok sık

Çocukluğumda ya da ilk gençliğimde...

1. Ailedekiler bana “salak”, “beceriksiz” ya da “tipsiz” gibi sıfatlarla seslenirlerdi.
2. Ailemde önemli ve özel biri olduğum duygusunu hissetmeme yardımcı olan biri vardı.
3. Sevildiğimi hissediyordum.
4. Anne ve babamın benim doğmuş olmamı istemediklerini düşünüyordum.
5. Ailedekiler birbirlerine ilgi gösterirlerdi.
6. Ailedekiler bana kırıcı ya da saldırganca sözler söylerlerdi.
7. Ailemde birisi benden nefret ederdi.
8. Ailedekiler kendilerini birbirlerine yakın hissederlerdi.
9. Duygusal bakımdan kötüye kullanılmış olduğuma (hakaret, aşağılama vb.) inanıyorum.
10. Ailem benim için bir güç ve destek kaynağı idi.

Appendix E: The Separation Individuation Test of Adolescence (SITA)

Aşağıdaki soruların amacı sizin sahip olduğunuz duygu tutum ve davranışları en iyi şekilde anlatmaktır. Her cümleyi dikkatlice okuyarak duygularınıza, tutumlarınıza ve davranışlarınıza ilişkin olarak son bir yılda veya daha uzun zaman diliminde düşünerek ilk aklınıza gelen cevabı işaretleyiniz. Doğru ya da yanlış cevap yoktur. Bu yüzden içinizden geldiği gibi işaretleyiniz.

Cümleye Hiç Katılmıyorsanız (1)'i, Çok Az Katılıyorsanız (2)'i, Kararsızsanız (3)'ü, Oldukça Katılıyorsanız (4)'ü, Tamamen Katılıyorsanız (5)'i işaretleyerek cevabınızı belirtiniz.

Lütfen bütün ifadelere cevap veriniz. Eğer belirli bir ifadeye cevap vermekte güçlük çekerseniz, tam olarak o şekilde hissetmezseniz bile o ifade ile ilgili sizin duygularınıza en yakın olan seçeneği işaretleyiniz. Cevap kağıdını kullanırken, kurşun kalem kullanınız ve değiştirmek istediğiniz cevabı tamamen silerek yeni cevabınızı işaretleyiniz.

		Hiç katılmıyorum	Çok az katılıyorum	Kararsızım	Oldukça katılıyorum	Tamamen katılıyorum
1	Bazen ailem beni bunaltacak kadar aşırı koruyucu davranır.					
2	Ailemden bağımsız, kendi başıma yaşayacağım günleri iple çekiyorum.					
3	Annem babam nerede olduğumu yakından takip ederler.					
4	Anne babamın özgürlüğümü çok fazla kısıtladığını düşünüyorum.					
5	Annem babamın kurallarından kurtulmayı dört gözle bekliyorum.					
	Yalnız olmak benim için çok					

6	ürkütücü(korkutucu) bir düşüncedir.					
7	Ölüm beni çok kaygılandırır.					
8	Arkadaşlarım tarafından dışlanmaktan sık sık endişe duyarım.					
9	Sık sık erkek/kız arkadaşımдан ayrılacağım diye endişelenirim.					
10	Gelecek on yılda nükleer bir savaş çıkacağı ve dünyanın büyük bir bölümünü tahrip edeceği konusunda endişeliyim.					
11	Anne babaların çoğu çocukların büyüyerek kontrollerinden çıkmasını istemezler.					
12	Öğretmenimin benimle ilgili düşünceleri benim için çok önemlidir.					
13	Çevremdeki insanların aşırı güçlü olduklarını ve onlar tarafından denetleneceğimi hissediyorum.					
14	Çok önem verdiğim kişileri düşündüğümde, keşke onlarla daha çok birlikte olsam ve duygusal olarak onlarla daha yakın olsam diye düşünürüm.					
15	Geceleri yatağıma gittiğim zaman, kendimi bazen yalnız hissederim ve yanımda konuşacak ya da sadece yanımda olacağım birisi olsun isterim.					
16	Hiç kimseyi tanımadığım büyük bir partiye gitme fikri, benim için ürkütücüdür.					
17	Öğretmenlerim tarafından onaylanmamaktan endişelenirim.					
18	Eğer öğretmenim bana kızdığını ya da benimle ilgili hayal kırıklığını yaşadığını öğrenirsem, üzülürüm.					
19	Bazen insanlar gerçekten beni incitmek istiyormuş gibi görünüyorlar					
20	Yaşadığım sıkıntıları birine anlatsam, muhtemelen anlamayacaktır.					

21	Ailemin benden istedikleri, sık sık bana isyan duygusu yaşatır.					
22	Annem babam benim planlarımdan çok, kendilerinininkileriyle ilgileniyorlar.					
23	Gerçekten ihtiyacım olduğunda, en iyi arkadaşlarımdan bile yanımda olacağına güvenemiyorum.					
24	Ailem benimle ilgili ne olup bittiği konusunda çok ilgisiz görünüyor.					
25	Bazen annem babam bana sahip olmasalar daha mutlu olacaklarmış gibi görünüyor					
26	Birine güven duymak benim için zordur.					
27	Kimse beni anlıyormuş gibi görünmüyor					
28	Eğer birisiyle yaklaşsam, muhtemelen “bu yandığının resmidir.”					
29	Bazen anne babam, benden gerçekten nefret ediyormuş gibi görünüyorlar.					
30	Başkalarına bağımlı olmadığım sürece incinmem.					
31	Evde çoğunlukla ”ayakaltında” gibi görünüyorum					

Appendix F: Reflective Functioning Questionnaire (RFQ)- Short Version

Lütfen aşağıdaki cümleleri dikkatlice okuyunuz. Her bir cümle için, cümleye ne kadar katıldığınızı ifade etmek üzere 1 ile 7 arasında bir numara seçip cümlelerin yanına yazınız. Cümleler üzerinde çok fazla düşünmeyin- ilk tepkiniz genellikle en iyisidir. Teşekkür ederiz.

1'den 7'ye kadar olan aşağıdaki ölçeği kullanın:

Kesinlikle Katılmıyorum	Kesinlikle Katılıyorum
----------------------------	---------------------------

1. İnsanların düşünceleri benim için bir bilinmezdir.
2. Neyi neden yaptığımı her zaman bilmem.
3. Sinirlendiğimde, neden söylediğimi gerçekten bilmediğim şeyler söylerim.
4. Sinirlendiğimde, sonradan pişman olacağım şeyler söylerim.
5. Eğer güvensiz hissedersen, diğerlerini sinirlendirecek şekilde davranırım.
6. Bazen neden yaptığımı gerçekten bilmediğim şeyler yaparım.
7. Ne hissettiğimi her zaman bilirim.
8. Güçlü duygular genellikle düşüncelerimi bulanıklaştırır.

**ETİK KURUL DEĞERLENDİRME SONUCU/RESULT OF EVALUATION BY
THE ETHICS COMMITTEE**

(Bu bölüm İstanbul Bilgi Üniversitesi İnsan Araştırmaları Etik Kurul tarafından
doldurulacaktır /This section to be completed by the Committee on Ethics in research
on Humans)

Başvuru Sahibi / Applicant: Ece Yayla

Proje Başlığı / Project Title: The relationship of Narcissism with Childhood Trauma
and Separation Individuation and the Mediating Role of Reflex Functioning

Proje No. / Project Number: 2019-20024-150

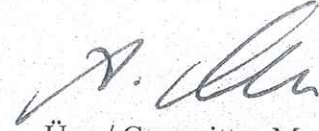
1.	Herhangi bir değişikliğe gerek yoktur / There is no need for revision	XX
2.	Ret/ Application Rejected Reddin gerekçesi / Reason for Rejection	

Değerlendirme Tarihi / Date of Evaluation: 5 Kasım 2019



Kurul Başkanı / Committee Chair

Doç. Dr. İtir Erhart



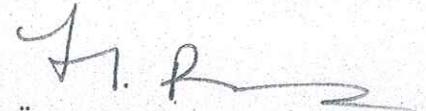
Üye / Committee Member

Prof. Dr. Aslı Tunç



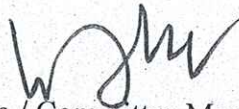
Üye / Committee Member

Prof. Dr. Turgut Tarhanlı



Üye / Committee Member

Prof. Dr. Hale Bolak Boratav



Üye / Committee Member

Prof. Dr. Koray Akay