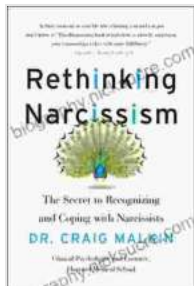


The Bad and Surprising Good About Feeling Special



Rethinking Narcissism: The Bad---and Surprising Good---About Feeling Special by Dr. Craig Malkin

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2463 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 256 pages



Feeling special is a complex emotion that can have both positive and negative effects on our lives. On the one hand, it can give us a sense of purpose and belonging, and it can motivate us to achieve great things. On the other hand, it can also lead to feelings of isolation and superiority, and it can make it difficult to connect with others.

The Good

There are a number of benefits to feeling special. For one, it can give us a sense of purpose and belonging. When we feel like we are unique and valued, it can make us feel like we have a place in the world. This can be especially important for people who have experienced trauma or neglect, as it can help them to feel like they are worthy of love and attention.

Feeling special can also motivate us to achieve great things. When we believe that we are capable of something, we are more likely to put in the effort to achieve it. This can lead to success in all areas of our lives, from our careers to our relationships.

The Bad

While there are many benefits to feeling special, there are also some potential drawbacks. For one, it can lead to feelings of isolation. When we feel like we are different from others, it can be difficult to connect with them. This can lead to feelings of loneliness and isolation, which can have a negative impact on our mental and physical health.

Feeling special can also lead to feelings of superiority. When we believe that we are better than others, it can make it difficult to empathize with them and to see the world from their perspective. This can lead to conflict and division, and it can make it difficult to build meaningful relationships.

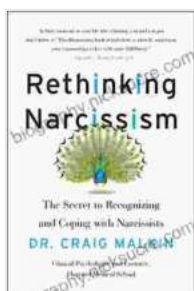
How to Use Feeling Special to Live a More Fulfilling Life

So, what is the key to using feeling special to live a more fulfilling life? The key is to find a balance between feeling special and feeling connected. We need to feel like we are unique and valued, but we also need to feel like we are part of something larger than ourselves. When we can find this balance, we can experience the benefits of feeling special without the drawbacks.

Here are a few tips for finding a balance between feeling special and feeling connected:

- **Practice self-compassion.** When you make mistakes or fall short, don't beat yourself up. Everyone makes mistakes, and it's important to forgive yourself. Be kind and understanding to yourself, and remember that you are still worthy of love and respect, even when you don't feel your best.
- **Connect with others.** Spend time with people who make you feel good about yourself. Surround yourself with people who support you and who believe in you. When you feel connected to others, it can help to reduce feelings of loneliness and isolation.
- **Help others.** One of the best ways to feel good about yourself is to help others. When you help others, it can give you a sense of purpose and belonging. It can also help you to develop empathy and compassion, which can make it easier to connect with others.

Feeling special is a complex emotion that can have both positive and negative effects on our lives. By understanding the benefits and drawbacks of feeling special, and by practicing self-compassion, connecting with others, and helping others, we can use this feeling to live more fulfilling lives.

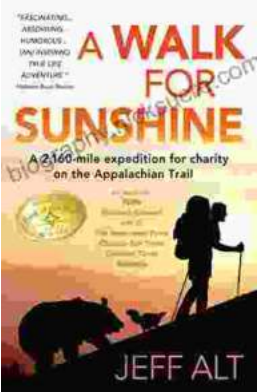


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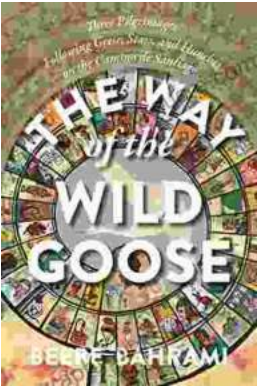
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