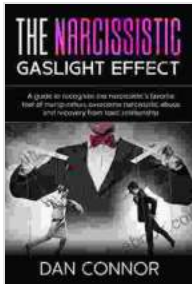


# Comprehensive Guide to Recognizing and Countering the Narcissistic Favorite Tool of Manipulation



**The Narcissistic Gaslight Effect: A Guide To Recognize The Narcissistic's Favorite Tool Of Manipulation, Overcome Narcissistic Abuse And Recovery From Toxic Relationships** by Jana Aston

★★★★☆ 4.7 out of 5

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Narcissistic manipulation can be incredibly damaging, and one of their favorite tools is the Golden Child or Favorite Person. This tactic involves choosing one person in a family or group and lavishing them with attention, praise, and special privileges. The goal is to create a sense of division and competition within the group, and to make the Golden Child feel superior to others.

## Recognizing the Narcissistic Favorite

There are several key signs that someone may be a narcissistic favorite:

- They are constantly praised and admired by the narcissist.
- They receive special treatment and privileges.
- They are allowed to get away with things that others are not.
- They are often used as a scapegoat for the narcissist's own mistakes.
- They may be isolated from other family members or friends.

It is important to note that not all narcissistic favorites are children. They can be adults, friends, coworkers, or even romantic partners.

### **The Effects of Narcissistic Favoritism**

Narcissistic favoritism can have a devastating impact on both the Golden Child and the other members of the group. The Golden Child may develop a sense of entitlement and superiority, and may become manipulative and controlling. They may also have difficulty forming healthy relationships, as they may expect others to treat them with the same level of admiration and attention as the narcissist.

The other members of the group may feel resentful and jealous of the Golden Child. They may also feel devalued and unimportant. This can lead to conflict, tension, and even estrangement within the group.

### **Overcoming Narcissistic Favoritism**

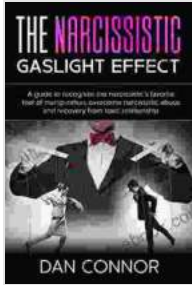
If you are the target of narcissistic favoritism, it is important to remember that you are not alone. There are many others who have experienced similar situations, and there is help available. Here are some tips for overcoming narcissistic favoritism:

- **Recognize the manipulation.** The first step to overcoming narcissistic favoritism is to recognize that it is happening. This can be difficult, as the narcissist may be very skilled at manipulating you. However, it is important to remember that you are not crazy, and that you deserve to be treated with respect.
- **Set boundaries.** Once you have recognized the manipulation, it is important to set boundaries with the narcissist. This means setting limits on what you will and will not tolerate. For example, you may need to limit your contact with the narcissist, or you may need to refuse to participate in their manipulative games.
- **Focus on your own needs.** It is important to focus on your own needs and well-being. This means taking care of yourself physically, emotionally, and mentally. It also means spending time with people who make you feel good about yourself.
- **Seek professional help.** If you are struggling to overcome narcissistic favoritism on your own, it is important to seek professional help. A therapist can help you to understand the manipulation, set boundaries, and heal from the damage that has been done.

Remember, you are not alone. There is help available, and you can overcome narcissistic favoritism.

### **Additional Resources**

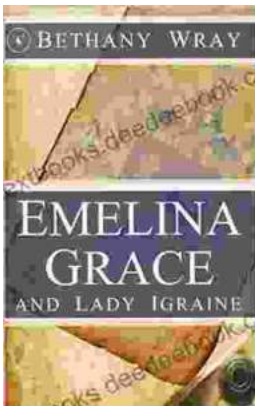
- The Golden Child: The Narcissist's Favorite Person
- The Golden Child in Narcissistic Families
- Golden Child Syndrome: Effects and Breaking Free



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