

# Toxic Magnetism: How And Why Empaths Attract Narcissists

Empaths, individuals characterized by their heightened sensitivity and deep emotional capacity, often find themselves in relationships with narcissists. The puzzle of why these two personality types attract one another has intrigued psychologists and researchers for decades. This article explores the fascinating dynamics of toxic magnetism between empaths and narcissists, shedding light on the reasons behind this complex attraction.

## The Empath-Narcissist Connection: Understanding the Paradox

It seems counterintuitive that those with an abundance of empathy would attract, and sometimes even become entangled with, individuals who lack empathy entirely. The empath's strong ability to understand and connect with others acts like a powerful magnet for the narcissist, who seeks attention and validation above all else.

The narcissist recognizes the empath's eagerness to please, selflessness, and unwavering support as a perfect opportunity to fulfill their insatiable need for admiration. In turn, the empath is initially drawn to the narcissist's charm, charisma, and self-assurance, mistaking it for confidence and strength.

**TOXIC MAGNETISM - How and why EMPATHS attract NARCISSISTS: Survival, recovery, and boundaries guide for highly sensitive people healing from narcissism, narcissistic relationship abuse, and attached** by Kara Lawrence (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English



File size	: 1872 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 138 pages
Lending	: Enabled



## The Dance of Toxic Attraction

Empaths radiate a sense of security and warmth, which often becomes a haven for narcissists who harbor deep-seated insecurities beneath their facade. The empath, unknowingly and unintentionally, becomes a source of validation and emotional nourishment for the narcissist.

As the relationship progresses, the empath's selfless nature becomes a double-edged sword. Their desire to heal and fix others leads them to stay committed to the narcissist, even when faced with manipulation, emotional abuse, and constant criticism. The narcissist, fueled by their need for power and control, expertly exploits the empath's vulnerability.

## Understanding the Empath

Empaths possess an innate ability to sense and absorb the emotions and energies of those around them. This heightened sensitivity can be a strength, allowing them to connect deeply with others and offer unparalleled compassion and support. However, it also makes them susceptible to emotional vampires like narcissists.

Empaths often struggle with establishing clear boundaries, as their desire to please and help others can override their own needs and well-being. They are natural caregivers, putting others first to the detriment of their own mental and emotional health.

## **Unveiling the Narcissist**

Narcissistic individuals, on the other hand, exhibit inflated egos and an excessive need for admiration. Behind their charming and charismatic façade lies deep-rooted insecurity and a profound lack of empathy. They manipulate and exploit others to maintain their grandiose self-image, discarding them when they no longer serve their purpose.

While the empath seeks emotional connection and harmony, the narcissist thrives on constant attention and adoration. This underlying disparity creates a destructive dynamic, where the empath willingly gives and sacrifices, while the narcissist selfishly takes and exploits.

## **Breaking the Cycle: Empaths Healing from Narcissistic Relationships**

Escaping from the clutches of a narcissistic relationship is a challenging journey for empaths, but it is essential for their well-being. Recognizing the toxic dynamics and understanding their own worth are crucial steps in breaking free from the toxic magnetism.

Empaths must learn to prioritize their own needs, establish firm boundaries, and cultivate self-love and self-care. Building resilience and seeking support from therapists or support groups can aid in the healing process.

The toxic magnetism between empaths and narcissists is a complex and captivating phenomenon. Understanding the dynamics and reasons behind this

attraction can help empaths identify unhealthy relationships and find ways to heal. Breaking free from the cycle of toxic relationships empowers empaths to regain control over their lives, embrace their empathy as a gift, and build healthier connections with those who will reciprocate their emotional capacity.



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**Are you caught in an exhausting, repeating cycle of bad relationships that always turn out the same, and suspect there must be some root cause driving your attraction to the wrong people, and them to you?**

Are you naturally giving and constantly find yourself being taken advantage of by chronic takers?

Have you ever noticed that you attract the same type of person again and again and wonder why? Would you like to understand the elements that are driving this

attraction and fueling this frustrating, toxic cycle? If you answered “yes” to any of these questions, keep reading!

Hoping that a new relationship will turn out different than the last, and then being disappointed by not only the same result, but arriving there through the same familiar negative patterns along the way can be discouraging. It can leave you wondering if there is a way out of this cycle.

Sure, there are many books that aim to help you recover after the damage from a toxic relationship is already done, but there are none that solely explore the root cause of the attraction that sensitive people and narcissists have for each other, until now!

Explore this groundbreaking book that finally uncovers the reasons why empaths and narcissists are so irresistibly drawn to each other, and the ways that, armed with the truth, you can finally break the cycle as others have and avoid these relationships in the future so you can finally meet the person you were meant for!

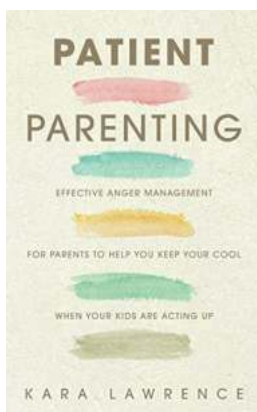
Inside you'll find:

- The single, harmless-seeming trait that draws in narcissists like moths to flame
- 15 must-know warning signs of a toxic relationship
- The true reason behind why empaths often feel compelled to “fix” broken partners
- The 7 unmistakable stages of a toxic relationship (see if you relate!)
- How energy vampires and codependency may be affecting you without you knowing

- Why enforcing your own boundaries can completely change a relationship dynamic
- How toxic relationships are preventing you from meeting the one you were meant to be with, and the ultimate tool to break free from the cycle for good!

And much more...

Even with a track record a mile long of toxic, unhealthy, and even abusive relationships, there is a way to empower yourself to break the cycle and climb out of the spin cycle you've been in. If you are finally ready to never deal with another dead end, hurtful relationship again, [scroll up and click "Buy now with 1-Click"!](#)



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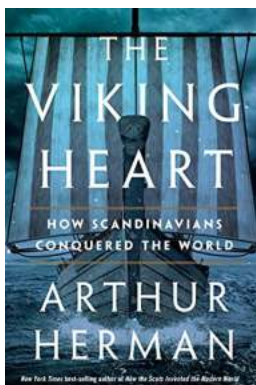
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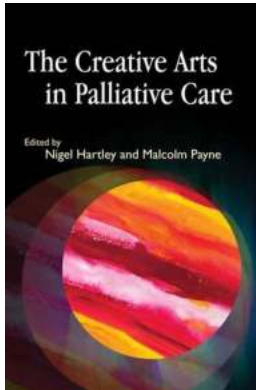
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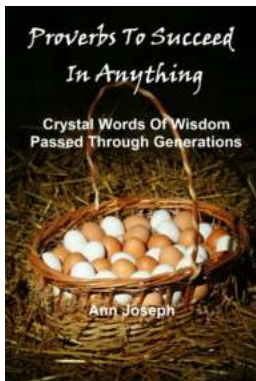
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