

The Part Nobody Talks About: There Are Also Good Parts

The word narcissist has become so ugly that the second you say it, people act like you are describing the devil. A horrible man. A monster. Someone with no good qualities at all. I do not see it that black and white.

If that were true, most of us would not still be here. We would not have fallen in love with him. We would not have built a life with him. And we definitely would not be sitting here trying to figure out how to make the relationship work.

There are real good parts.

- ♥ He can be ambitious.
- ♥ Funny.
- ♥ Generous.
- ♥ Protective.
- ♥ Romantic.
- ♥ Exciting.
- ♥ Decisive.
- ♥ Successful.
- ♥ He can walk into a room and own it.
- ♥ He can make things happen.
- ♥ He can make you feel incredibly chosen.

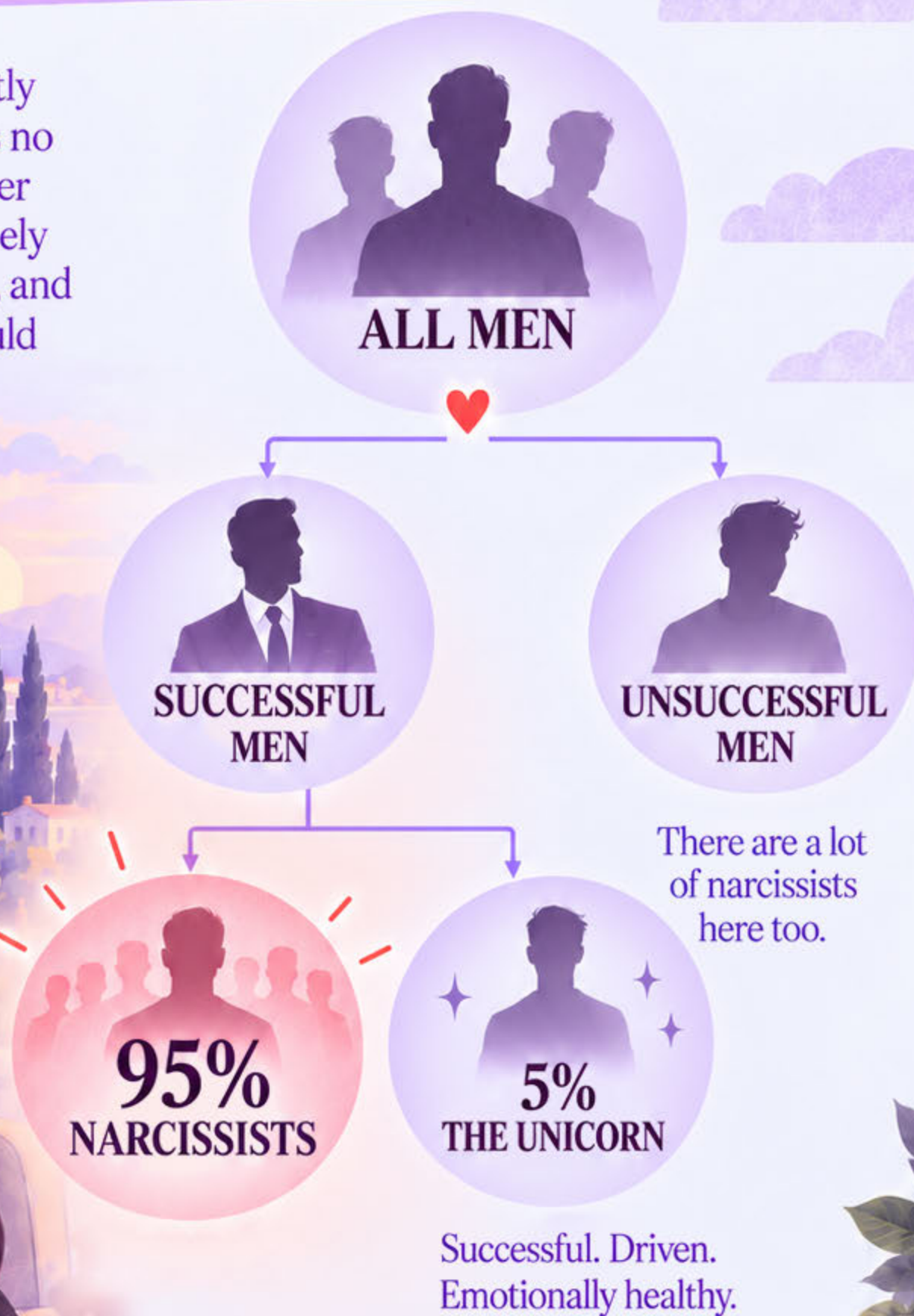
Those parts are not fake just because the difficult parts are real too.

And I actually think understanding the good side matters. If you paint him as one hundred percent evil, you are not looking at your actual relationship anymore. You are looking at the harsh cartoon version society gives you. I want you to see the whole man, because when you see the whole package, you can react to the relationship you actually have instead of the one everybody else tells you that you should have.



The Part Nobody Says Out Loud

Now I am going to say this exactly as strongly as I mean it. There is no clinical study proving the number I am about to give you. I genuinely believe it from what I have seen, and honestly, I think somebody should study it.



Not clinical. A provocative personal take.

95% OF ALL SUCCESSFUL MEN ARE NARCISSISTS.



The 5 Percent Unicorn

That is how I see it. Do you want the unsuccessful man? Fine. But even that does not magically protect you from narcissism. There are plenty of unsuccessful narcissists too. So that is not exactly the safe little exit door people like to imagine.

Or do you want the very successful man? The one who is driven, competitive, intense, ambitious, persistent, demanding, and absolutely convinced that he is going to win? Then you may also have to deal with the other side of that package.



And yes, maybe you find the 5 percent unicorn.

- ♥ Successful.
- ♥ Driven.
- ♥ Ambitious.
- ♥ Confident.
- ♥ Emotionally healthy.
- ♥ Accountable.
- ♥ Empathetic.
- ♥ Great under criticism.

If you have one of those, congratulations. Seriously.



Success Did Not Create the Traits

This part is extremely important to me. We love saying, “He became successful and then his ego got too big.” Sometimes I think we have that completely backwards.

Success did not turn him into a narcissist. The narcissistic traits helped him.



Confidence. Ambition. Drive. Competitiveness. Persistence. High standards. The refusal to lose. The belief that he can do something even when everyone around him thinks he is crazy. Those qualities can be unbelievably powerful out in the world.

They can build companies. They can build careers. They can make somebody get back up after everyone else would have quit. They can make somebody take risks a more cautious person would never take. They can make him push through walls that stop other people.



And yes, some of those exact qualities can make him an absolute pain in the ass at home. Confidence can become arrogance. High standards can become impossible expectations. Persistence can become an inability to let anything go. Competitiveness can become needing to win against you too. Believing in himself can become believing he cannot possibly be wrong.

The thing that makes him incredible in a boardroom can make you want to strangle him in your kitchen. Same man. Same traits. Different setting.

The Good Does Not Cancel the Hard Part

I am not telling you this so you excuse bad behavior. Success does not give him permission to control you, dismiss you, blame you, punish you, or speak to you however he wants. That is not the point.

The point is that good qualities and difficult traits can live in the same person. The good periods matter because they are real too. He can genuinely love you. He can be funny. He can be protective. He can be generous. He can make you feel like the luckiest woman alive. And then he can also make a Tuesday night absolutely unbearable because you said one sentence the wrong way.

*Seeing the good
does not erase
the hard part.*

GOOD THINGS
HARD DAYS
SAME PERSON
REAL LOVE ♥

*It's
Complicated
and Real*
♥

*Same
Man.
Real
Feelings.*
♥

*Real
People
Both
And*
♥

*Better
Together*
♥

If he were horrible one hundred percent of the time, this would be a much easier decision for a lot of women. The confusing part is the mix. The man you love is real. The difficult version is real too.

♥
*And seeing the hard part
does not require you
to erase the good.*

That is what I want you to keep in your head. Do not turn him into the devil just because society loves that story. And do not turn the good parts into an excuse for everything else either. See the whole package. That is the only version that is actually useful.

♥
*A kinder perspective
creates a brighter tomorrow.*

*A fuller perspective
A kinder tomorrow* ♥

- ✓ Reflect
 - ✓ See the whole picture
 - ✓ Choose with clarity
 - ✓ Be kinder to yourself
- ♥

