**The Roles We Play in Narcissistic Relationships**

**“You didn’t choose the role—they assigned it to you. But you can choose to step out of it.”**  
*By Misfit Minds Therapy*

| **Role** | **Assigned Function** | **How It Feels** | **You Might Hear** | **Impact** | **Long-Term Wound** | **Hidden Strength** |
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| **1. The Scapegoat** | Blamed for everything. | Confusing, unfair, isolating. | “You’re too sensitive.” “You ruin everything.” | Carries deep shame and self-doubt. | Chronic self-blame, people-pleasing, need to over-explain. | Fierce integrity and deep empathy. |
| **2. The Golden Child** | Makes the narcissist look good. | Pressured to be perfect. | “You’re the only one I can count on.” | Adored then discarded; internalizes conditional worth. | Loss of identity, fear of failure, burnout. | Drive, capability, and compassion. |
| **3. The Truth Teller** | Calls out the dysfunction. | Lonely, attacked, gaslit. | “You’re imagining things.” “You’re always so negative.” | Alienated for speaking up. | Fear of trusting your perception. | Clarity, courage, resilience. |
| **4. The Flying Monkey** | Defends/executes narcissist’s wishes. | Loyal, often unaware. | “They’re misunderstood.” “You’re dramatic.” | Either deceived or scared. | Guilt, regret if realization occurs. | Can become a justice-seeker. |
| **5. The Enabler / Apologist** | Maintains narcissist’s comfort. | Walking on eggshells. | “They didn’t mean it.” | Justifies or downplays harm. | Codependency, emotional suppression. | A tender heart turned strong advocate. |
| **6. The Lost Child** | Stays quiet to stay safe. | Unnoticed, emotionally starved. | “You were the easy one.” | Struggles with visibility and needs. | Emotional neglect, abandonment. | Inner wisdom, introspection, creativity. |
| **7. The Rescuer / Fixer** | Tries to save or heal them. | Love feels earned through pain. | “I can love them into healing.” | Trapped in trauma bond. | Burnout, self-abandonment. | Compassion with power to reclaim. |
| **8. The Mascot / Clown** | Distracts with humor. | Funny outside, hurting inside. | “You always make things better.” | Deflects pain, rarely taken seriously. | Repressed pain, identity confusion. | Emotional intelligence, creative brilliance. |
| **9. The Proxy Narcissist** | Inherits narcissistic traits. | Entitled, feared, hollow inside. | Echoes narcissist’s cruelty. | May be abusive or in denial. | Fragile ego, lack of empathy. | Can break generational patterns. |
| **10. The Truth Seeker** *(chosen)* | Reclaims truth after escape. | Painful but empowering. | “I’m not crazy—I was controlled.” | Reclaims autonomy, voice, and clarity. | Grief, rage, growth. |  |