

Multigenerational Clinical History of a Family with Several Members Carrying Narcissistic Personality Disorder



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ABSTRACT: To the interior of narcissistic families, children are assigned roles to control them, according to the interests of the narcissist or narcissists subjects. In these cases, it is common for the children and spouse to suffer abuse and/or violence in some of its variants, within family interactions, both by the narcissist and by other members of the family, while other children are given preferential treatment. All this generates pathological conditions in which children grow and develop. This puts obstacles in the proper development of the children of such a family, it all accentuated in their life as a couple where it is very likely to repeat family patterns. In this work, subjects from three generational cohorts of a family are studied, where the initial couple, made up of two narcissistic subjects, is called Zero Couple. At the same time, the characteristics of the children of the Zero Couple are studied, to them we refer to as the Alpha generation, which in turn are the parents of what we will call the Beta generation.

From the analysis carried out, a high incidence of narcissistic characteristics is found in the Alpha subjects, due to the upbringing by the Zero couple; with variants in the personality characteristics between the cohorts. The relevance of the study lies in the impact of narcissistic subjects on the family relationships they generate and their influence on the environment. A situation that today has become a public mental health problem, which give rise to social scourges such as: the daily life of aggressive or violent relationships in the population, abuse as a cultural phenomenon and the normalization of narcissistic traits and behaviors of the narcissistic spectrum in daily life.

KEYWORDS: Narcissism, Narcisists, Violence, Family interactions.

1. INTRODUCTION

To give a correct approach to the subject, it is pertinent to begin by framing the traits of the narcissistic subject; according to [1]: They are people with very low frustration tolerance, impulsive, irresponsible, trend to risk, with difficulties in establishing social relationships and maintaining them, once started. They are unable to experience feelings of guilt, despise traditional values, and are not interested in the feelings and needs of others. They, also, do not depend on the evaluation of others, are self-sufficient. Unlike most people, who repress or disguise unacceptable impulses, in these people the unacceptable impulses are discharged; have high novelty or sensation seeking, low harm avoidance, and low reward dependence.

With a sagittal cut, this study is based on the narcissistic Zero Couple, who we will talk about next.

1.1 Characteristics of Narcissistic Parents

The narcissistic father or mother has the following characteristics:

1. They do not feel love for their children, the love they feel for themselves predominates. They use their children to achieve their own goals, one of which is to control what is said and done in the family, reaching the point of objectifying the children. With their attitudes and actions towards their children, they generate low self-esteem.
2. They give different roles to the children. In the narcissistic family, there could be one or more golden children and one or more scapegoats. The treatment is different towards each of them.
3. They feel that one or more of the children are a competition for them, becoming envious and even hating them.
4. They do not let the individuality of their children to develop. They are intrusive in the affairs and things of their children and of their own partners. They are able to enter the children's room and go through their things.
5. They are inconsistent between what they say and what they do. They feign good parenting behavior in front of other people and generally talk about values, but their behavior contradicts what they say. To external people they hide the injustices that occur to the interior of the family.

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6. They show themselves as sacrificed parents for their family. They do not recognize that they as parents have the obligation to cover the basic needs of their children and provide them with the necessary resources for their development. Anything they do for their children is usually blamed, with several objectives:
 - a) To generate a feeling of guilt in the children and to have a narrative in which the children are in constant debt to them (it means, to the narcissistic parents).
 - b) To show themselves as who has achieved what the family has. This includes the achievements of their children, even though they have not been interested in their activities and much less have made any effort to support them.
 - c) To make their children feel the fear of abandonment.
7. They are inconsistent in their reactions to what happens in the family. They can highlight a mistake (no matter how small it is) particularly, if it was made by the scapegoat. However, they minimize serious events, such as blows from one son to another, when it is a golden child who performs this action.
8. They constantly lie. This has several perverse objectives, among which the following can be considered:
 - a) To present a family history according to their convenience. In their fictional stories, they are hardworking parents. A narcissistic parent is the one who most contributed to the family.
 - b) To misrepresent the image of their children to the outside. They attribute actions to the golden children to present them as supportive in the family, while they invent negative actions for the scapegoat. When in fact, many of these events did not occur.
 - c) To play the role of victims. They invent stories of mistreatment towards them.
9. They take other people's stories to describe them as their own. This identity theft operates together with continuous lies.
10. They normalize toxic patterns within the family. They cover this up with their narrative of a person sacrificed by their family. In addition, the golden children support the abusive behavior of the narcissistic parent.
11. The children have to fight for the love of their narcissistic parent and if they are not unconditional to this parent, then they do not deserve his/her love.

The narcissistic parent knows that one or more of their children may try to make clear what he/she is saying or doing and potentially question his/her at some point. The scapegoat makes the narcissistic parent to feel very uncomfortable. This is a reason why they give more rights and fewer duties to one or more of the children (the golden children). A golden child is protected and generally, he is the lowest contributor in the household, as if he was born in a golden cradle.

The narcissist generates competition between the children and induces conflicts between them. Generally, the scapegoat child points this out, being punished by the system created by the narcissistic parent. In this system, the golden children have privileges in exchange for unconditionally supporting the narcissist parent, who makes the scapegoat image as someone conflictive. For noting what happens in the family, the scapegoat is, even, branded as ungrateful and not recognizing everything that the narcissistic parent has done for the family. Since the scapegoat does not agree with the narrative of the narcissistic family, he is subject to constant mistreatment, both by the narcissist and by the golden children. In this dynamics, the narcissist generates alliances in his/her favor, where injustices prevail, but that he/she makes without hesitation and without any guilt, due to the lack of emotional sensitivity that characterizes a narcissist [2, 3, 4]. The achievements of the scapegoat are minimized, making him feel that these achievements do not matter, further diminishing his low self-esteem [5].

A sustained increase in cases of narcissistic subjects in society has been observed [6, 7]. This is worrying for many reasons. First, because each narcissist produces a sequel in people around him (environmental influence). Some of those marks stay for the whole life, particularly in their victims. The consequences of this can be transmitted for several generations and produce problems that later generations will eventually manifest. In addition, the lack of empathy, sensitivity and other characteristics of a narcissist leads them to criticize and avoid the measures taken in difficult situations in society, such as those generated by the Covid 19 pandemic [8].

2. METHODOLOGY

From an autoethnographic perspective and supported by the genogram technique, it has been possible to dialogue with members of the Alpha family, with spouses and children (Betas) with the aim of elucidating the family dynamics and the personality characteristics in their different generational cohorts. Although, we can consider a subject as a biologically established unit with specific biochemical effects, at the same time the personality of the subject is considered as an open process affected positively or negatively by parenting styles, the influence of the environment and the sum of experiences. All this collected in a narrative form from a participant observation in the reference group.

2.1 Transgenerational Analysis as a Method of Study

The study of the siblings of the same family, in relation to the symptoms of a narcissist, allows us to identify if any symptom prevails. That is, when several generational cohorts are included, it is possible to see if some symptoms are repeated in a greater number of subjects of the same generation. This, in addition, allows us to see if the predominant symptoms among the subjects of the same generation also occur and are predominant in others. The study of several generational cohorts is also very useful for identifying

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patterns, one of which corresponds to the behavior of a subject in their life as a couple. In this aspect, such study is more capable of identifying patterns, both, within the same generation and across generations, although there are few studies with this approach [9].

The study is based on several interviews with ten subjects from three generations. The total amount of interview time is more than thirty hours. Interviews were conducted both on their affective relationships and to collect sociodemographic data from the interviewee. From a methodological perspective of ethnography, the basis of the analysis arises from the interviewee, when he/she is subjected to a series of questions. This is done so that, based on short narratives, the subject can express his/her awareness of himself/herself, his/her problems and the contact he/she establishes with reality, as well as his/her evocation ability. When performed personally, all the paralinguistic signals of the subject are integrated to evaluate the congruence between his/her verbal and nonverbal answers. The interviewee describes facts that he/she experienced or that he/she knows about subjects of the three generations, as well as what is the concept he/she has of different members of the family. In addition, he/she expresses himself/herself about his/her relationships with them and how they have impacted his/her life and his/her current state.

3. THE CASE OF STUDY

3.1 Parents of the Alpha generation

We will refer to the couple that gave rise to the brothers of the Alpha generation Zero Couple. Both of them clearly displayed narcissistic symptoms. The genesis of the family under study is as follows:

The male from the Zero Couple was born in 1905 (Zero Male), grew up on a farm. Being teen-ager, he lived through the Mexican Revolution, after which he moved, from his place of origin, to a rural town near a developing city (which is not mentioned for reasons of discretion), where he worked as a bricklayer and peasant. In the family he formed, he was the patriarch, showing a traditional behavior of a macho structure, as well as selfish and imposing. He was little involved in their children's activities, and had no interest in forming emotional bonds with them. A tendency to cruelty and domestic violence was evident.

The mother of the Zero Couple (Zero Female) was born in 1910, she had four brothers, three men and one woman, who had a mental illness that incapacitated her, for which she required the permanent care of her mother. The Zero Female also moved from a rural environment to the same city as her future partner. The Zero Female had a rough character, she reproduced the patriarchal system in the family. In addition, she showed little interest in developing filial bonds with her children, even taking an inquisitive stance, with a tendency to violence and aggression, which led her to even have confrontations with one of her daughters. On the other hand, she had a differential treatment towards her sons and especially towards her daughters. While she kept some of them at home doing housework, without permission for fun or recreational activities, she allowed other daughters, and one of them in particular, to frequently go out with friends and even go to parties

The Zero Man had strong jealousy, while at the same time he was frequently unfaithful and it was common for him to beat his wife. In addition, the fact that he was continually looking for new conquests is outstanding, so he approached other women on the street. For this reason, his wife moved many times for periods of several weeks or even months to the house of one of her brothers. The youngest children were still living with their mother when this happened. The Zero Man was going to peek out from the fields in front of her brother's house to spy on the female of the Zero Couple.

The cruelty of the Zero Man, narrated in the family stories, is outstanding, the way of imparting his punishments was only physical. Some of the children were beaten frequently, without empathy or compassion, which is consistent with the characteristics of a structural narcissist [10].

3.2 Brothers of the Alpha Generation

• Subject 1

Narcissistic male who throughout his life has only worked episodically. With skills in various trades, he is very creative, which has allowed him to produce some attention-grabbing works. In addition, he is outgoing, knows how to conduct himself friendly and has many communication skills, with which he can have fun talks, whose content includes stories that mix reality and imagination, making them more interesting for those who listen to him for the first time.

His speech has great capabilities and he has experienced extraordinary events that show that he is a unique person, without regard to showing his megalomaniacal charm. Thus, he has met outstanding personalities from various fields, which he also frequently mentions in his narrative. All this allowed him at one time to start businesses that were potentially productive, but in practice, he carried them out with little responsibility and they failed. He repeatedly had difficulties due to work that he did not finish and even had legal problems, because his projects did not generate the expected resources. In addition, in his dealings with people, he frequently tends towards satire (full of passive aggression and qualifiers), which, in the long run, limits him in dealing with those who initially looked at him sympathetically. Repeatedly unfaithful in nature.

His wife was self-sacrificing and had great ability to start businesses, so she was key in supporting the family. She had health problems and passed away in middle adulthood. Symptomatology: Megalomania, manipulative, trickster, selfish, aggressive, violent with avoidance disorder.

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• Subject 2

Another narcissistic, controller male, his wife and children had to work and cover a good part of the family expenses. The wife was skilled in various trades, which allowed her to work at home and thus obtain the missing resources for the support of the family. This narcissistic father suffered from jealousy, and recurrently exercised physical violence towards his wife. Despite the fact that the income generated by his wife was necessary for the family support, he complained her about these activities and prohibited them (since he considered it a distraction). For this reason, she was in the need to work until late at night (when her husband was not at home), considerably sacrificing her rest time.

Due to the wife's living conditions and the constant stress in which she lived, her health was compromised and she died in middle adulthood. However, the narcissistic father has maintained a megalomaniac narrative over time, in which the effort and sacrifice of his wife and children do not appear, but rather he is the one who presents himself as the one who worked a lot, sacrificed himself and he obtained the achievements that the rest of the family now enjoys. He boasts of having given real estate to all his children, which is figuratively true, but in reality these assets were obtained thanks to family work. Now, he is an older adult economically dependent on some children, in whose families he continues to impose his order and macho rules.

Symptomatology: Controlling, aggressive, violent, trickster, parasitic, megalomaniac, selfish, without interest in establishing affective bonds, lacking empathy

• Subject 3

A narcissistic female, she established a business that she maintained for almost a decade, selling products to acquaintances and relatives. The earnings were few, but in her speech, she narrates that she paid for the family expenses with her work and also affirms that the achievements that allowed the family to improve their economic situation are hers alone. In her narrative, she argues that she is a hard worker, that she has been self-sacrificing and has sacrificed her life for her family, largely according to her speech, for being the victim of an irresponsible, vicious husband (a totally false situation). This mother and wife, almost half of her life (several decades) has dedicated herself exclusively to her indoctrinating religious activities, practically without any commitment to the family, for which she has benefited during that time, carrying out minimal activities at home. During the period in which she carries out her religious activities, her husband has continued to provide her with economic resources, with which she has maintained a privileged position, and has nurtured her messianic self-conception in her religious environment. The mechanics of this phenomenon is executed by performing her function as a religious savior. She presses the conversion of the people in exchange for economic sponsorship, buying wills under the promises of an improvement in their lives and exercising this control through economic power, obviously paid for at the expense of the financial contributions of the husband, originally intended for the economy and family savings. The contradiction between megalomaniac speech and her performance as a mother, as a wife and as a grandmother has been evidenced. Even so, throughout her life, she has spread fanciful stories in which she presents herself as an exemplary mother, saturated with responsibilities and full of suffering, due to the prevailing need to support her family. Additionally, now as an older adult, she has increased her repertoire of fantasy stories, in which she has reached identity theft by telling stories of other female members of the family as her own. In this way, she has covered up her parasitic attitude by adding himself a role of messiah (in addition to that of victim). She considers that her life was destined to spread kindness, compassion and other values in the world, although in practice, she mistreats domestic staff, her husband and resorts to schizophrenic language to control or disqualify members of her immediate circle if they do not behave unconditional.

Symptomatology: Aggressive, mythomaniac, trickster, parasitic behavior, megalomania, violent, selfish, messiah complex, lacking empathy, identity theft, etc. It is worth mentioning that this subject has the most representative case of the entire Alpha family.

• Subject 4

A man who established a business where his daughters and sons worked since they were children. He presented it as a family business, however he was absent most of the time and only attended it for a few moments throughout the day, with the aim of collecting the money earned, while the children stayed the whole day and longer after he. When the daughters or sons were at work late at night, they resorted to public transport to go home as minors. On the other hand, the father chose to take the female employees in his car rather than his children. The children financed school expenses and various personal expenses with their salary.

In his speech, this father evokes difficult situations in which he worked with relatives and with other people, where he suffered from adverse conditions and constant mistreatment. Arguing that, despite everything, he managed to get ahead, but does not recognize the role that his children have played in this and the sacrifices they have made, nullifying the importance of the work that the children did, such as the responsibility of keeping control of other workers, purchases and inventories of the business. The children, with their salary, also financed the family maintenance.

This subject used his position of authority in his business before the employees to manipulate their wills. His family life was marked by constant infidelity to his wife and by violence. All this generated a very strong emotional charge for the children, who were silent witnesses of everything. He boasts that he has acquired several properties thanks to his effort and because he has worked very hard and, according to him, his life has been one of constant sacrifice and much suffering. In his stories, it is recurrent to hear that he speaks with God, however, his children do not appear in his narrative of achievements. In the same way as in the

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previous subject, we find clear inconsistencies between his judgments and moral values, referenced in religious reasons, due to his lack of empathy and his contempt for others. Symptomatology: Manipulator, violence, jealousy, parasitism, infidelity, selfishness, lack of empathy, abuser, messiah complex.

• Subject 5

Female who professes the same religion as Subjects 3 and 6. Much of her time is dedicated to her religious activities. Of an indoctrinating nature inside and outside the family, she invited other people to change their religion, which continued to abuse the need of people by buying clothes and shoes, this to generate a moral debt to exercise control over wills and future acts of those who accepted financial support. The resources for this offer came from Subject 3, from cruel actions and inquisitive character towards others, with ordinary signs of contempt for all those who contradicted their philosophy of life or simply do not practice their religion. Symptomatology: Aggressive, manipulative, inquisitive, trickster, parasitic, messiah complex, cruel.

• Subject 6

Female who witnessed the continuous mistreatment of the Zero Male towards the Zero Female. She lived, together with her mother, the periods in which she moved to her brother's house. Currently, she professes the same religion as two of her sisters (Subjects 3 and 5). However, none of these sisters involved her in that religion, she herself became interested autonomously. In their activities, religion plays a central role. She has three children, a daughter and two boys. Their sons also prioritize their religious activities and profess the same religion, where they currently have important leadership roles, while their daughter professes another religion. Symptomatology: Aggressive, manipulative, inquisitive, trickster, parasitic, messiah complex, cruel.

• Subject 7

This member of the Alpha generation has great discursive skills and a great capacity for persuasion. His eloquence allowed him to have good results working as an employee, so after a while he started his own business, in which his wife and children worked. He said it was a family business. His routine included approaches to other women, taking advantage of his ability to convince, and infidelities with his wife were frequent. In addition, his marked jealousy led him to have outbursts of violence towards her. Her children witnessed these situations on many occasions and after several decades of having a life as a couple, his wife decided to leave him.

Symptomatology: infidelity, trickster, parasitic, jealousy, violence.

• Subject 8

This brother of the Alpha generation of homosexual orientation, studied arts, but due to his economic situation he had to work from a very young age. He achieved job stability with his own business. It should be noted that this subject had preferential treatment towards white people. Some family members are discriminated against. He also had discriminatory treatment towards the children of some relatives with whom he had disagreements.

Symptomatology: Racism, classism, egocentric, victim of abuse, victim of discrimination

An observable aspect in all the subjects of the Alpha generation is an extreme admiration for their father (the Zero Male), whom they describe as a superior person, someone who is quite a character, with unique abilities and who had great achievements, based on his effort and work, which they consider well above normal. Additionally, Alpha subjects outwardly support each other's stories of suffering, self-sacrifice, success, and being hard-working. However, they hide characteristics that they have and attribute them to other people, such as jealousy, aggressiveness, megalomania and others. In talks about the family, with people outside of it, they show the image of a harmonious life and are reluctant to listen to any comments different from this conception and to change their opinion. This is a position they maintain through a narrative based on stories that are sometimes fictional and in which they seem to have found a way to isolate themselves from reality [11]. Of the five sons, four are extremely sexist. The only son, who was an exception on this regard, was homosexual. In addition, one of the women also shows marked sexist traits and has even physically assaulted her partner, who is disabled.

From the above description, it can be seen that most subjects of the Alpha generation have a tendency to take advantage of others for their own interests or goals. In these cases, it is evident that their economic goals have been achieved, in a plan carried out over many years, according to their individualistic goals. In these goals, their personal economic situation and their position of power have been central aspects [12]. A sense of self-importance is clearly observed, exaggerating their achievements and constantly seeking recognition. In the same subjects, selfishness, lack of empathy, lack of guilt and inconsistency between what they say and what they do are also observed, and they have a sense of superiority, as well as messianic and do not accept criticism and do not show willingness to accept criticism and do not show willingness to accept and opinion different from theirs. These features denote their narcissism. Several subjects have suffered from various episodes of depression. Also, in addition to the case of the sister of Zero Female, who had an incapacitating mental problem, cases of schizophrenia, psychotic episodes and bipolarity have occurred in the same family in subjects of various generations. This is a factor to be taken into account in studies on the genesis of narcissism, its social character, its genetic loads and the conditions that produce some symptoms more marked in one subject than in another [13, 14, 15].

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3.3 Brothers of the Beta Generation

Subject 1

Male who dropped out of school as a child to enter working life in different places, including the family business. The work was physical and very intense, victim of mistreatment, especially being an employee of family businesses. He shows low self-esteem, of an aggressive-passive nature, especially towards his peers, behavior perceived since he was a child. In his youth, he started his own business and maintained it for several decades, but later he could not sustain it. He had several cases of breach of commitments at work, both in his own business and in others in which he worked, and his work activity has been intermittent. His family life has been stable, married to the same partner for several decades and living with his descendants on a daily basis. He frequently sought new conquests and infidelities towards his wife were frequent. However, unlike the subjects of the Alpha generation, this subject has not shown aggressiveness or violence in his relationships within the nuclear family. In his adulthood, he has placed his religious activities in a predominant place and gives a high priority to his beliefs of a parapsychological nature, to which he dedicates a lot of time. It is common for him to lead the dialogue towards this topic with the people he talks to and gives advice and information from said people about this, with the pretense of having developed extrasensory abilities.

Symptomatology: Victim of psychological abuse, low self-esteem, passive aggressive, inconstant, fanciful, extrapunitive, in constant need of reaffirmation.

Subject 2

Female with deep economic needs during childhood. She has suffered discrimination within the family by subjects of the Alpha generation, with constant events of emotional abuse, with low self-esteem and difficulty in establishing new relationships, she avoids festive events and meetings and her circle of friends is reduced. In her youth she did not work either. However, she concluded her professional studies satisfactorily, based on efforts and sacrifice, in which she worked until she retired. She has had only one partner, with whom she has been married for several decades and she is a victim of abuse by her partner; since their courtship, the abuse was emotional. However, by marrying that couple, she has also repeatedly suffered physical abuse, to the point of generating health problems, the recovery of which has required long periods of time. In recent years, she has changed the religion she professed for the one professed by various subjects of the Alpha generation. However, unlike the Alpha generation subjects, this subject goes out of her way to support her descendants. She has remained in her relationship, despite the mistreatment she is subjected to, although for some periods she spends her time caring for her parent of the Alpha generation and also, in other period, taking care of her descendants.

Symptoms: Victim of psychological, physical and emotional abuse, low self-esteem, intrapunitive.

Subject 3

A man who has exercised emotional and physical abuse towards his close younger peers. It is common for him to yell or make fun of people who do not share his point of view, tending to silence those who give him arguments that do not coincide with his own. In his youth, he also incurred animal abuse. In many of these attitudes, he was covered up, and even supported, by his parent with narcissistic traits. It was a support that allowed him to have better control of the children who questioned what he was doing, as well as the treatment he had towards some of them, although he also suffered physical and emotional abuse by the narcissistic parent. However, due to the permissiveness of the narcissistic parent towards this subject, he almost did not assume responsibilities at home, but the father in question gave great importance to any activity he carried out. Currently, this position is maintained, although to a lesser degree. He studied a professional career and his entire working life has been continuous and stable. Their family life has been stable for several decades. He has been imposing and controlling with his descendant, whom he hit as a child. For this subject, the relationship with him and with his family has been a priority, dedicating his time and attention. His controlling and aggressive attitude has been diminishing over the years.

Symptomatology: Narcissistic, aggressive, violent, the golden child of the narcissistic father, manipulative, controlling, selfish, psychopathic traits.

Subject 4

Female who worked in a family business since she was a child, victim of emotional abuse by her narcissistic father, enduring excessive pressure, for having to assume great responsibilities from an early age. In addition, she has witnessed the emotional and physical abuse of the father towards her brothers/sisters and her mother; He interrupted her professional studies for family and personal reasons. She got married and dedicated several years to her family life, to later get divorced, finding herself in the need to collaborate in the family business for several years. However, due to the conditions generated by the father and his narcissistic disorder, she decided to leave that job and has started businesses to support her family. She has presented various psychotic episodes, in at least a couple of them she has had to be admitted to mental health institutions, these caused by emotional stress or work pressures due to obsessive behaviors, however she has shown a particular resilience. In her activities and in her time, her descendants occupy a priority role, she attends and cares for them.

Symptoms: Victim of psychological and emotional abuse, low self-esteem, psychotic episodes, obsessive.

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Subject 5

Male who, with no economic deprivation, but in his childhood was subjected to emotional and physical abuse by the narcissistic parent. He presents low self-esteem, without socialization problems in his youth, nor in his early adulthood. He made a professional career and his academic activities have played a central role in his life and his environment. It is noticeable to mention that in choosing his partner he repeated various traits of his parent with narcissistic signs. His family life was unstable and after few years, he divorced. For this subject, his descendant also occupies a priority role in his life and in recent years, he has dedicated an important part of his life to caring for his father, the partner of a subject of the Alpha generation.

Symptoms: Victim of emotional abuse, low self-esteem, codependent, avoidance disorder.

4. DISCUSSION

From the analysis carried out, a high incidence of narcissistic characteristics is found in eight out of ten subjects that make up the entire Alpha generation [16], combining the symptomatological pictures, we find clear repetitive patterns that may be the subject of particular studies [17, 18, 19, 20]. There is clearly a tendency to violence and aggression in the subjects studied (including a female of the Alpha generation) [21]. These symptoms are related to narcissistic and dysfunctional family dynamics or to factors that occur within it, such as sectarianism, classism and marked preferences between different subjects [22, 23].

The high recurrence of narcissistic members in the Alphas studied, is a perspective object of study, with preventive purposes including environmental conditions (which can lead to collective narcissism) [24, 25], as well as the increase in the number of clinical cases that has been found in recent years [26, 27, 28,]. Also, the risk that it may even be considered normal must be taken into account, so it is important to assess the levels of narcissism in society [29, 30]. In particular, it is worrying because it hinders social solidarity and taking civic measures in situations of risk in the communities in which narcissistic subjects live. As above mentioned, this occurs, for example, in cases such as the Covid-19 pandemic, in which it was seen that narcissistic subjects tend not to be careful or follow preventive measures [31].

An outstanding aspect to take into account, are the cases of schizophrenia, psychotic episodes and bipolarity in subjects of several generations, which are common comorbidities to narcissism [32]. As these are transgenerational factors, their coexistence with narcissism also supports the efficiency of clinical practice that includes several generations, since it allows revealing aspects that may be hidden when studying a single family nucleus. This is key in addressing the situation, especially since narcissism is an egosyntonic disorder, which makes its identification and treatment difficult [33, 34, 35]. As a consequence, a study limited to one generation does not give a clear vision of the situation, its causes and consequences. In addition, the occurrence of narcissistic subjects in generations after the Alpha is not ruled out, which clinically gives even more weight to the type of transgenerational study. Alternatively, studying the narcissist's environment over several generations (as in this case, with three generational cohorts) can be a powerful tool, not only for its study, but also to support those who have suffered their abuse. Also, to suggest and take preventive measures that limit the affectations due to the perverse behavior of the narcissist, but even more, that can identify affectations and give them a better accompaniment to the new descending generations of narcissists, especially due to the current situation [36, 37, 38, 39, 40, 41, 42].

CONCLUSIONS

Based on the analysis carried out, it is necessary to contemplate the characteristics of the Zero Couple as a whole, with a complete symptomatological picture found in the DSM5 being notorious, where narcissism is evident in people with a cold character, uncompassionate, asocial, violent in more than one way, etc. The interrelational dynamics with the children shows a significant incidence when repeating patterns of narcissistic behavior in 8 of 10 conceived children. In the Development Zone of the Proximal Family of the Alphas, the performance and exemplification of the parents in everyday life influenced and shaped their behaviors, attitudes and pathologies. It is outstanding, that this resulted in cases that are not as defined as the first ones, but where symptoms are seen that characterize the generation of the Alphas. Among the repetitive features in the Alphas are the following: Parasitic life, mythomania, jealousy, megalomania, the firm need to reaffirm themselves in men and self-sacrifice among women, likewise highlights magical religious thought and in some cases a messianic delirium, as well as the firm lack of interest in bonding emotionally, leaving free passage only to economic or hierarchical interest.

On their side, the Betas, under the upbringing of the Alphas, were exposed to a previously mentioned symptomatology, appearing with a greater variety of personality characteristics. This derives in dichotomous roles, that is, the victims and the victimizers, in less quantity the latter, appear new and different symptoms such as the high incidence of divorces, codependent behaviors, psychotic outbreaks or episodes, attraction to narcissistic and/or dominant partners, with self-esteem problems and the regular presence of economic labor problems due to caring for others.

Having the full picture of this multigenerational study, the diverse characteristics and family patterns, it is intuited that this is only a portion of the life cycle of a family with a high incidence of narcissistic members in which we will eventually arrive at the starting point.

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Unfortunately, there is almost no study of issues like this to be taken and measured at a macro level; The influence of a subject with problems of alcoholism or drug addiction in the family is partially measurable, however, so far it is not possible to calculate the influence of a narcissist in his family or social environment. However, in everyday life, through its different scenarios and roles, we find patterns without communicational responsiveness, egocentric behaviors, individualistic acts, violence in its different variants in a certain normalized way, etc. Today represents a problem of Mental Health and Public Security that is increasing and is the subject of international agendas, possibly being a source of contagion from the micro to the macro.

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