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When a Narcissist Pretends to Appreciate Women

Public praise, private cruelty – the hypocrisy of a narcissist in action



Elena Byron

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Author via DALL·E

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Despite going no contact with the narcissist in my life, I still hear about him from time to time. Today, common acquaintances didn't fail to let me know

that, for International Women's Day, he posted online wishing all women joy and appreciation.

When I hear things like this, I never know whether to burst out laughing or crying. Because if it weren't so tragically sad, the contradiction would actually be funny!

Hang on a moment. My brain starts trying to make sense of the cognitive dissonance. He wishes *all* women joy and appreciation — yet he certainly didn't appreciate me, and I felt miserable with him.

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happened. How can someone who treated a woman (probably not the first, and certainly not the last) so cruelly — manipulating, diminishing, and invalidating her for so long — have the nerve to say that women should be appreciated?

It's probably just another performance, another attempt to gain online validation. Followers, admiration, supply. A desperate effort to uphold his own distorted version of events.

"I screamed at you in public because I cared." "I reduced you to tears because you were just too sensitive." "I wasn't criticizing you — I was just trying to make you a better person."

That's how he justified it. That's how he twisted his cruelty into something he could live with.

I know it's silly, but it's hard to reconcile the hypocrisy. And lately, I keep asking myself: does he actually understand what he's doing and lie to

himself, or does he truly believe his own lies? The best answer I've come up with so far is that the truth is somewhere in between. His constant performance — performing happiness, performing success, performing kindness and empathy, performing life — isn't just for others. It's a defence mechanism, something essential for his survival. A way to silence that part of him that might feel the emptiness behind the act.

If this resonated with you, *follow me for more raw and honest stories on healing from narcissistic abuse. I'd love to hear your thoughts in the comments.*

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Written by Elena Byron

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What are your thoughts?



Elena Byron she/her Author

Mar 20



This moment really stuck with me. It still amazes me how someone can perform kindness while being so cruel behind the scenes.



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Naomi Shippen

Mar 26



My ex left a post saying “Family is everything.” I think he was referring to his new family, not the one he walked out on.



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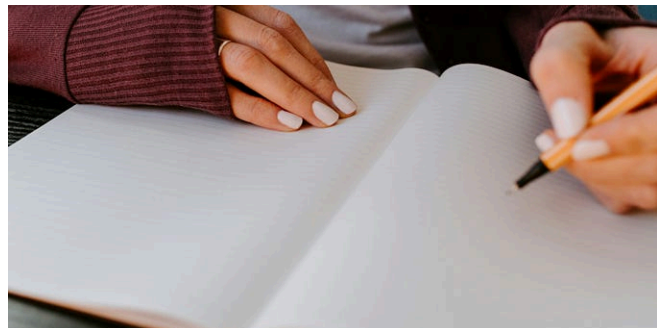
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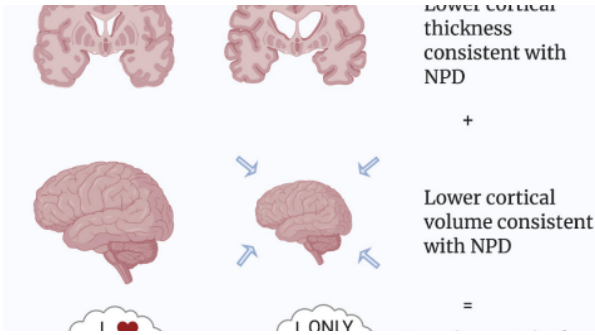
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