



THE
M
E
N
O
F
E
N
E
M
E
N

OCTOBER 2023 ISSUE
FALL EDITION

PRECIOUSHEARTS
FOUNDATION

TABLE OF CONTENTS

11 Signs You're Dating a Narcissist

12

Men's Mental Health:
Warning Signs &
Where to Go for Help

Inspirational Corner

19

3

**ABUSE IS NEVER OKAY
IF YOU OR SOMEONE YOU
KNOW
IS A VICTIM OF DOMESTIC
ABUSE,
CALL 9-1-1 OR YOUR LOCAL
DOMESTIC ABUSE SHELTER**

1-877-731-2210

FLAGLER BEACH
EMERGENCY
SHELTER
FOR MEN

PALM COAST
EMERGENCY
SHELTER FOR
WOMEN AND
CHILDREN



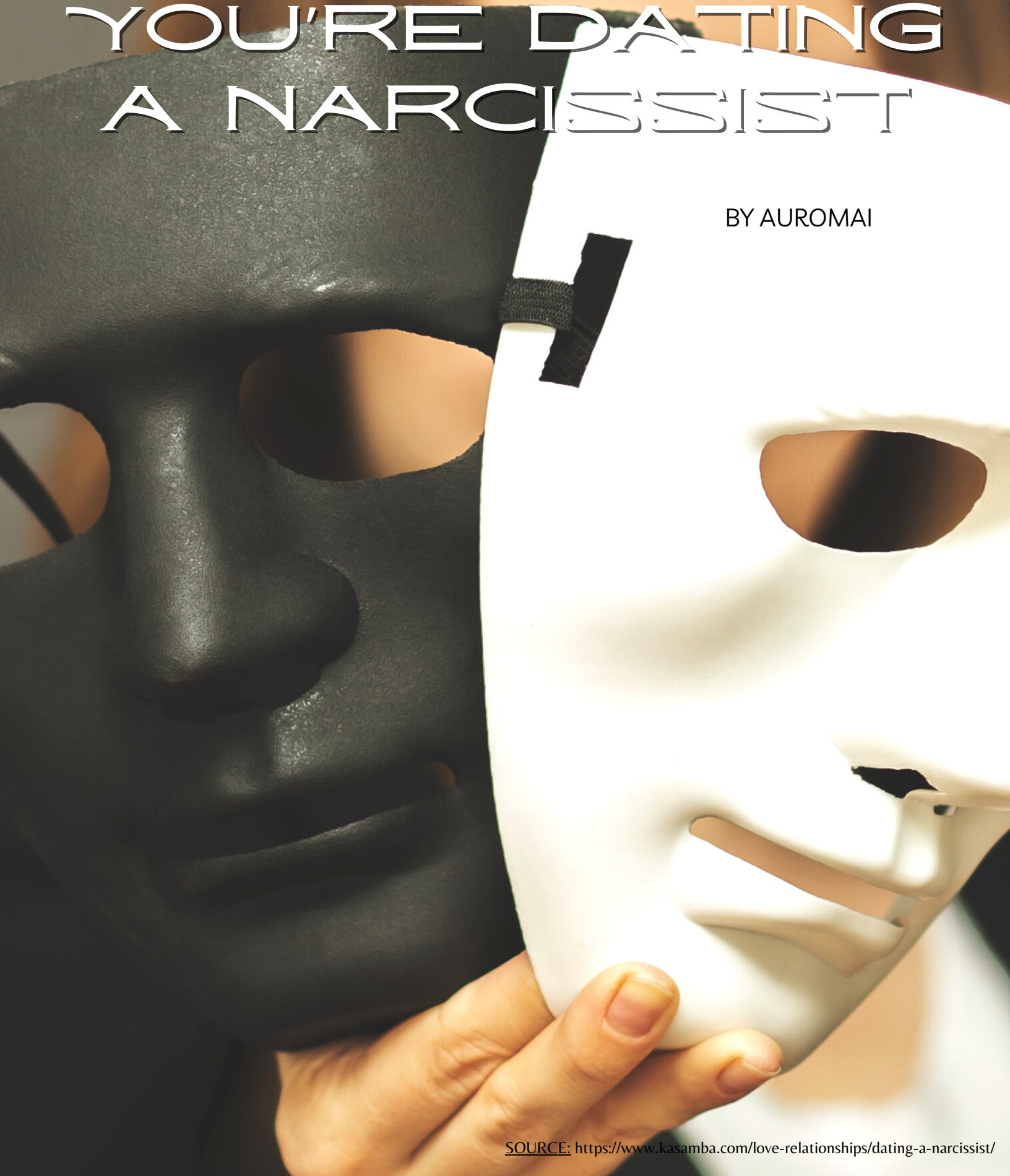
PRECIOUSHEARTS
F O U N D A T I O N

THE ABUSE **STOPS** HERE!

WWW.PRECIOUSHEARTSFOUNDATION.ORG

11 SIGNS YOU'RE DATING A NARCISSIST

BY AUROMAI



SPOT THE WARNING SIGNS EARLY!

In the beginning stages of dating, people are often on their best behavior. So how can you tell if someone is a true Narcissist, or just trying to make a good impression?

Every new romantic relationship comes with its own list of unknowns. One of the most important things you want to become aware of early on in the relationship is whether the person you're dating is a narcissist.

Having a relationship with a narcissist can be unnerving, confusing and even downright messy as the relationship can suddenly become emotionally manipulative and abusive. Narcissists are not all the same, they may vary in their behavior, but luckily there are red flags that you can watch out for.

WHAT ARE NARCISSISTS?

Let's take a step back to define what a narcissist is: narcissism is a personality disorder that's often a result of the combination of genetics and one's upbringing. People with narcissistic personality disorders are not grounded in their own personalities. They are largely reactive, drawing from your emotional response, which they get through a series of manipulative behaviors, such as grandiosity, antagonism, and attention-seeking.

Narcissists experience extremely low levels of empathy and do not consider the repercussions of their behavior towards others. Their relationships are shallow, which means that you are merely a means to an end. That "end" is the satisfaction of boosted self-esteem or energy, while lowering your own. Pay attention, and you'll notice that when you are in the presence of a narcissist you feel drained and tired.

ARE YOU DATING A NARCISSIST?

Here are the most common narcissistic traits to watch out for when you're dating:

- **Excessive, obsessive bragging in an exhibition of grandiosity.** As mentioned above, this is one of the main signs of narcissism. That's particularly so if this showy behavior is done while acting in a condescending manner towards other people.
- **Self-centeredness.** A true narcissist has disregard for others' thoughts, feelings, possessions, time, and physical space. They'll use you without a hint of consideration or sensitivity. Caring for others is only done if it's for their benefit. For example, keeping up the good image of a perfect family member or friend with good deeds that are later used as leverage to get what they want.
- **Narcissists dominate a conversation.** Listen to the way they speak. Has your date spoken only about themselves all night? A pathological narcissist loves to brag about their accomplishments and achievements. Narcissists are generally excited about their "envy-worthy" activities. There's an excessive focus on personal ideals and concerns, as well as on outer appearances and materialistic achievements.
- **Skin-deep charm.** Narcissists often appear to be very alluring and attractive, especially during the early stages of a relationship. They're often charismatic and work hard to get your attention. They'll masterfully flatter you to make you feel special. They'll seduce you through vices such as flirting, gifts, dinners, sex, etc. But make no mistake: this is all part of persuading you to get you to give them what they want. Remember they seek your energy in this way, but you have to willingly give it to them.
- **Constant attention-seeking.** Narcissists draw meaning in their lives through being needed. They fulfill that need by taking up as much space in your life as they can. They'll often seek to fill their emptiness through physical and emotional intimacy.

- **Unreliability.** Narcissists don't give a second thought when it comes to breaking promises or appointments. You make plans, but you never really know if a narcissist will actually show up. When you're already living with a narcissist, you'll find your schedule and routine constantly disrupted.
- **Instant Gratification.** This is a common trait in every narcissist. They expect to receive whatever they want, the moment they want it. Not only that, but if they want you to give it to them, you must. If you want to test this person, state "No, let me think." If their immediate reaction is to be aggressive and throw a child-like temper-tantrum, you're likely dealing with a narcissistic personality. In fact, when any of the above criteria are not fulfilled, the narcissist will easily become angry or depressed.
- **Require a constant line of communication.** A narcissist will expect you to answer their texts or calls immediately. If you do not answer their phone call, they will call you multiple times, and perhaps try to reach you via other mediums as well. Their goal is to condition you to be constantly looking out for their phone calls or texts.
- **High sense of entitlement.** Narcissists expect preferential treatment from others. They need it in order to feel special. A narcissist will want you to foresee any needs they may have, and tend to them fully, regardless of your feelings, time or energy. Pay attention to how your date treats service people, such as a waitress or waiter, during dates.
- **Gas lighting.** The pathological narcissist manipulates you into no longer trusting your own view of reality. If you're dating a narcissist, they'll do anything in their power to make you believe that they are right and you are wrong.

- **Sudden emotional detachment.** Narcissists have a distinctive strategy. They start off as seemingly the perfect partner in the first week of dating. They flatter you, build you up, and make you feel validated and special. Then they suddenly become cold and distant towards you. They tear down your self-confidence with their unhealthy cycle of manipulation.

BE MINDFUL OF EMOTIONAL DETACHMENT!

This is the most telling sign, but it is unfortunately only apparent when you have already entered into their cycle of manipulation. Know that narcissists constantly create drama to get your attention, and they'll blame the drama on you. Narcissists are both survivalists and predatory by nature. Their goal is to create an ongoing channel that draws your energy from you.

Any of the above behaviors look familiar? Here's how to handle a narcissist that's already in your life:

- **Simply say "NO!"** Narcissists need to feed off your emotional reactions to sustain their codependency. Emotional reactions from you such as terror, chaos, sympathy, compassion, massive amounts of admiration, overwhelming loss or godlike worship are what they live for.
- **Make sure you have a support system.** A narcissist will have taken all your attention away from your other important relationship. If you've already distanced yourself from friends and family members, get back in touch with them. Choose a select few to confide in to get the support you need to move forward.

- **Get professional help in times of crisis.** Untangling yourself from a relationship with a narcissist is no easy feat. A professional therapist can teach you how to deal with a narcissist, as well as help you refocus on your own needs and deal with any repercussions of your relationship with a narcissist.

When you're dating, remember that, as an adult, you have control over who you allow to be in your life. As with any healthy relationship, a romantic relationship should be one of mutual give and take, and one that brings you joy.

Feel free to **OPT OUT** at any time that you feel unhappy about the relationship with the person you're dating for any reason, especially if you're dating a narcissist.

15 SIGNS THAT YOU'RE A NARCISSIST

1. You're a bad sport.

Some narcissists are bullies and tend to be both **sore losers** and **sore winners**. For example, when they lose in a sports match, they might try to humiliate the referee. When they win, they might gloat excessively.



2. You always feel underappreciated.

"Grandiose" narcissists always hold a **grievance against the world**. They typically feel entitled to something better and think they're not getting the recognition they deserve from others.



3. You think everyone is stupid.

Many narcissists are know-it-alls, and have a hard time getting along with people because they refuse to believe they could possibly be wrong about anything. They have a "**my way or the highway**" approach to decision-making.



4. You often swear at people.

A Washington University in St. Louis study found that subjects who scored higher in narcissism are **argumentative and curse more** than their modest counterparts.



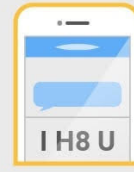
5. You're self-righteous.

Narcissists often believe their views are inherently superior to other people's perspectives. But what they truly value is the **attention and acknowledgement** they receive for holding those views.



6. You feel justified being mean.

"Vindictive" narcissists generally know vengeful or antisocial behavior isn't acceptable. But they feel okay about acting that way because they **constantly feel they've been wronged**.



7. You enjoy leading others.

Narcissists typically enjoy leadership positions since they are able to **dominate others** and fulfill their need for constant positive reinforcement.



8. You're an entertainer.

"A narcissist monk would not be good, but to be Kanye West and a narcissist is fantastic," said University of Western Sydney psychologist Peter Jonason, an expert on social psychology.



9. You hate having to feel emotion.

Feeling an emotion "**challenges their sense of perfect autonomy**," says Harvard Medical School psychologist Craig Malkin. As a result, narcissists tend to change the topic of conversation when feelings come up.



10. You're likely young and male.

After 34,653 face-to-face interviews, psychologist Frederick Stinson found that men tend to be more narcissistic than women across their lifespans. Narcissism is believed to **peak during adolescence**.



11. You're regarded as attractive.

Narcissists are generally rated as **more stylish and physically attractive**, according to a study conducted by Simine Vazire, a psychologist at Washington University.



12. You're a bad listener.

A University of Texas in Austin study found that narcissists typically prefer to keep the conversation **centered on themselves**, "making exaggerated hand movements, talking loudly, and showing disinterest by 'glazing over' when others speak."



13. You're a serial romantic.

"Seductive" narcissists fall in and out of love quickly and easily, often with people they don't know very well. Until reality sets in, they think their partner is absolutely perfect — **a complement to their own perfection**.



14. You cheat in relationships.

Narcissists are more likely to cheat once they think their partners are committed. They also seem to get a rush out of convincing others to engage in **promiscuous sexual acts** that they normally do not participate in.



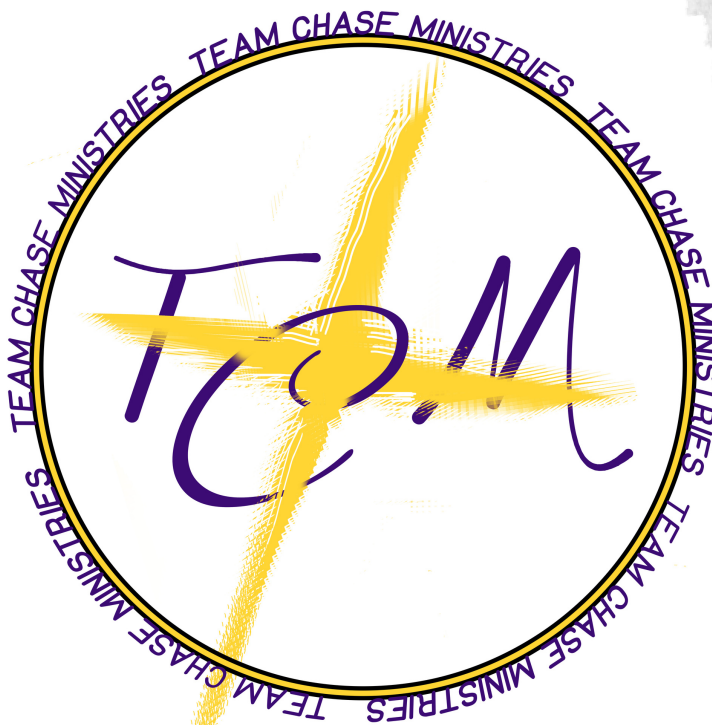
15. You always have to be in control.

Narcissists are more likely to control people with disapproving glances, calls to change plans, and chronic lateness. This allows them to **undermine other people's ability to make choices** and maintain their sense of total autonomy.



***PROVIDING
SUPPORT,
HOPE &
HEALING
TO THE
COMMUNITY***

- Christian Counseling
- Virtual Seminars
- Food Boxes
- Clothing
- Toiletries
- Blankets
- Tents, & MORE...



877-731-2210

info@teamchaseministries.org

www.preciousheartsfoundation.org





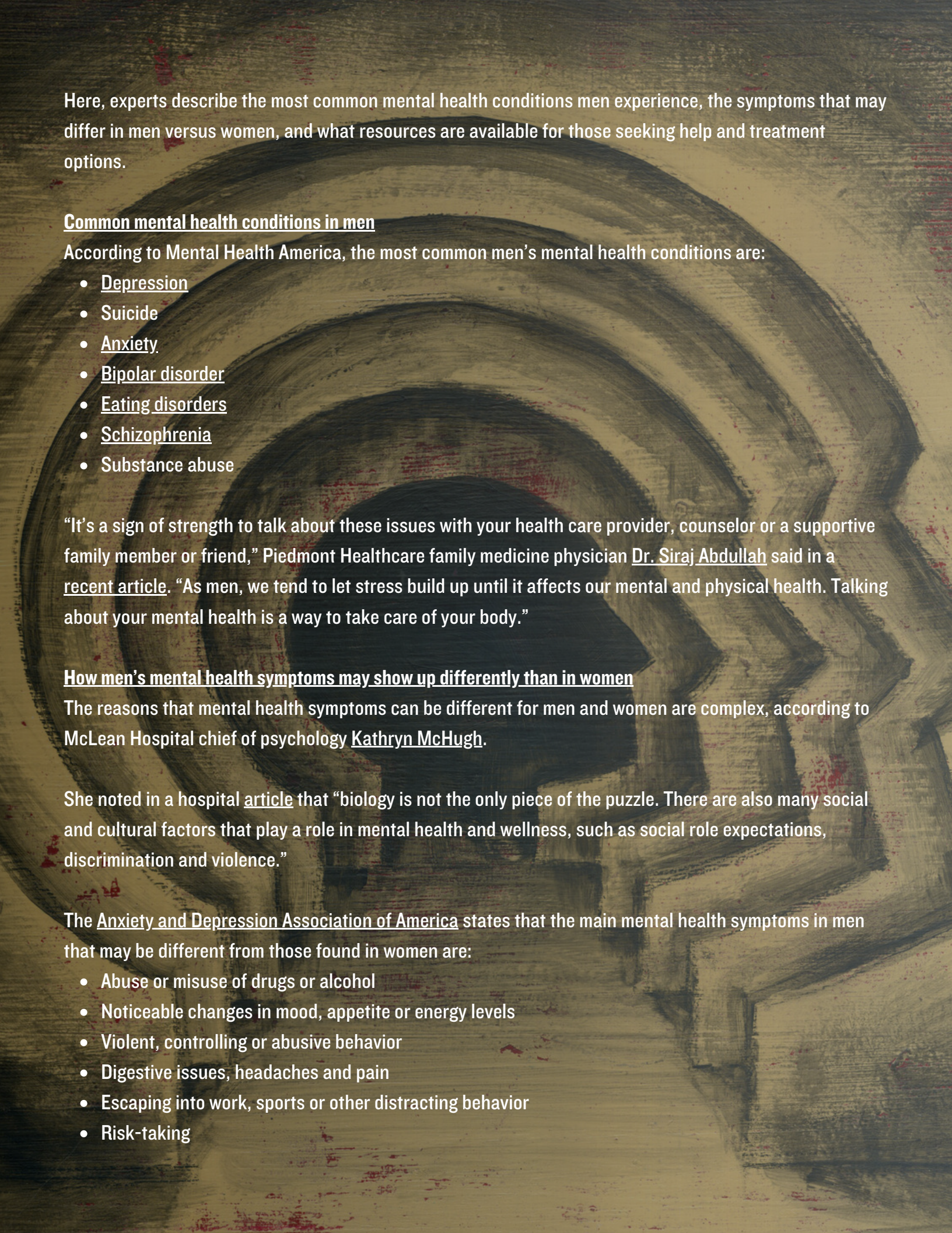
Men's Mental Health: Warning Signs & Where to Go for Help

By Kirstie Ganobsik HealthDay Reporter

SOURCE: https://www.usnews.com/news/health-news/articles/2023-06-12/mens-mental-health-warning-signs-where-to-go-for-help?src=usn_tw



Men typically don't want to discuss mental health issues, much less get treatment for one. That's a problem, given how many males struggle with mental health problems: Six million American men suffer from depression every year, while 3 million struggle with anxiety disorder, according to [Mental Health America](#). Beyond that, 90% of those diagnosed with schizophrenia by age 30 are men, and 25% of those with binge eating disorder are males. Unfortunately, men are less likely to seek professional help for their problems. When it comes to suicide, the picture is also troubling. While women are more likely to attempt suicide, it is the 7th leading cause of death among males, and white men over the age of 85 are the most likely to die by suicide.



Here, experts describe the most common mental health conditions men experience, the symptoms that may differ in men versus women, and what resources are available for those seeking help and treatment options.

Common mental health conditions in men

According to Mental Health America, the most common men's mental health conditions are:

- Depression
- Suicide
- Anxiety
- Bipolar disorder
- Eating disorders
- Schizophrenia
- Substance abuse

"It's a sign of strength to talk about these issues with your health care provider, counselor or a supportive family member or friend," Piedmont Healthcare family medicine physician Dr. Siraj Abdullah said in a recent article. "As men, we tend to let stress build up until it affects our mental and physical health. Talking about your mental health is a way to take care of your body."

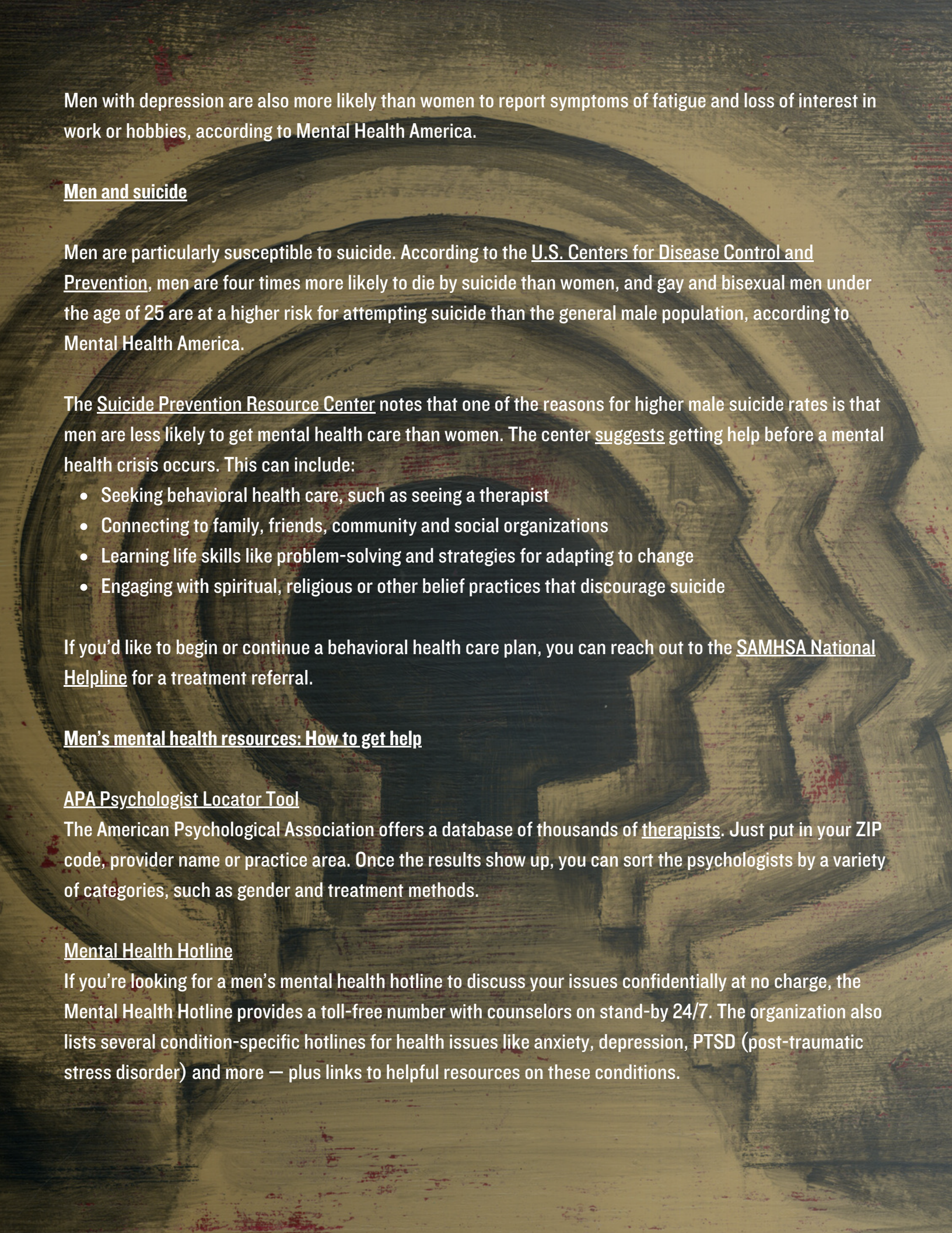
How men's mental health symptoms may show up differently than in women

The reasons that mental health symptoms can be different for men and women are complex, according to McLean Hospital chief of psychology Kathryn McHugh.

She noted in a hospital article that "biology is not the only piece of the puzzle. There are also many social and cultural factors that play a role in mental health and wellness, such as social role expectations, discrimination and violence."

The Anxiety and Depression Association of America states that the main mental health symptoms in men that may be different from those found in women are:

- Abuse or misuse of drugs or alcohol
- Noticeable changes in mood, appetite or energy levels
- Violent, controlling or abusive behavior
- Digestive issues, headaches and pain
- Escaping into work, sports or other distracting behavior
- Risk-taking



Men with depression are also more likely than women to report symptoms of fatigue and loss of interest in work or hobbies, according to Mental Health America.

Men and suicide

Men are particularly susceptible to suicide. According to the [U.S. Centers for Disease Control and Prevention](#), men are four times more likely to die by suicide than women, and gay and bisexual men under the age of 25 are at a higher risk for attempting suicide than the general male population, according to Mental Health America.

The [Suicide Prevention Resource Center](#) notes that one of the reasons for higher male suicide rates is that men are less likely to get mental health care than women. The center suggests getting help before a mental health crisis occurs. This can include:

- Seeking behavioral health care, such as seeing a therapist
- Connecting to family, friends, community and social organizations
- Learning life skills like problem-solving and strategies for adapting to change
- Engaging with spiritual, religious or other belief practices that discourage suicide

If you'd like to begin or continue a behavioral health care plan, you can reach out to the [SAMHSA National Helpline](#) for a treatment referral.

Men's mental health resources: How to get help

APA Psychologist Locator Tool

The American Psychological Association offers a database of thousands of [therapists](#). Just put in your ZIP code, provider name or practice area. Once the results show up, you can sort the psychologists by a variety of categories, such as gender and treatment methods.

Mental Health Hotline

If you're looking for a men's mental health hotline to discuss your issues confidentially at no charge, the Mental Health Hotline provides a toll-free number with counselors on stand-by 24/7. The organization also lists several condition-specific hotlines for health issues like anxiety, depression, PTSD (post-traumatic stress disorder) and more — plus links to helpful resources on these conditions.

Man Therapy

Fictional Dr. Rich Mahogany “runs” this site, which is actually administered by multiple agencies, including the Colorado Department of Public Health. It combines helpful mental health techniques and quizzes with humor and a uniquely human touch. There’s an online [peer chat](#), [20-point head inspection](#) and a [worried-about-someone](#) page to help loved ones of men who may be experiencing mental health issues.

Therapy for Black Men

Multicultural care meets mutual aid at Therapy for Black Men, where the [coaches and counselors](#) strive to offer free or discounted services to Black men with mental health issues. You can meet in person or online for a session, and there’s also a host of articles and [social resources](#), including community organizations aimed at helping your mental health thrive.

Mental health medications

Several medications may be prescribed by your doctor to help you improve your mental health. According to the [U.S. National Institute of Mental Health](#), these include:

- Antidepressants
- Anti-anxiety medications
- Antipsychotics
- Stimulants
- Mood stabilizers

If you’re experiencing a mental health crisis or suicidal ideation and need to talk to someone, call [988, the Suicide & Crisis Lifeline](#). The Lifeline offers free, confidential emotional support across the United States, 24 hours a day, 7 days a week.

Precious Hearts Foundation's Caring Closet for ALL provides free clothing and accessories for men, women and children in need. We are happy to have been providing clothing to our community for a decade and counting.

Call for an appointment 1-877-731-2210



PRECIOUS HEARTS
F O U N D A T I O N

*Caring Closet
For All*

Men, Women & Children

Many victims of domestic violence have been forced to leave their homes because of abuse, which results in homelessness. Please consider donating.

Visit: <https://www.preciousheartsfoundation.org/caringcloset.htm>

**Your contribution is tax-deductible to the extent allowed by law.*

No goods or services were provided in exchange for your generous financial donation.

PHIL

GREEN TV



PHIL GREEN OF PHILGREENTV HOLDS A BACHELOR OF ARTS IN BIBLICAL THEOLOGY AND A SUBJECT MATTER EXPERT IN NARCISSISTIC PERSONALITY DISORDERS.

ENGAGE AND CONNECT WITH PHIL TO BREAK THE TRAUMA BOND.



Instagram (@philgreentv)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/philgreentv)



philgreentv

Follow

Message

...

77 posts

31.7K followers

260 following

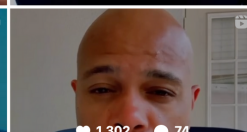
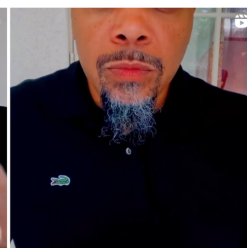
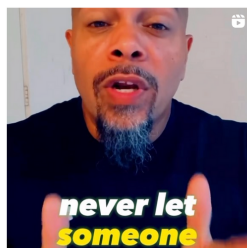
PHIL GREEN

DM me to schedule an online one on one therapy session.
[@ vote44.com/2023/mayra-martinez](https://www.vote44.com/2023/mayra-martinez)

POSTS

REELS

TAGGED





Live Unfazed.
Overcome great challenges.
Elevate Your Life.

*Inspirational
Coaches*

Tony Warrick
@IAmTonyWarrick
www.TonyWarrick.com

You can put your hope in God,
knowing with absolute confidence that
He is never going to let you down or
lead you astray.

He is faithful, and He is with you!

Faith is a verb, and it requires
action. Doubt will stagnate your
spiritual life, arrest your
dreams, and make you feel
imprisoned. Faith will free you if
you are in bondage.

When you fall; god stands
before you with arms open
wide. he longs for you to run
to him; not from him.

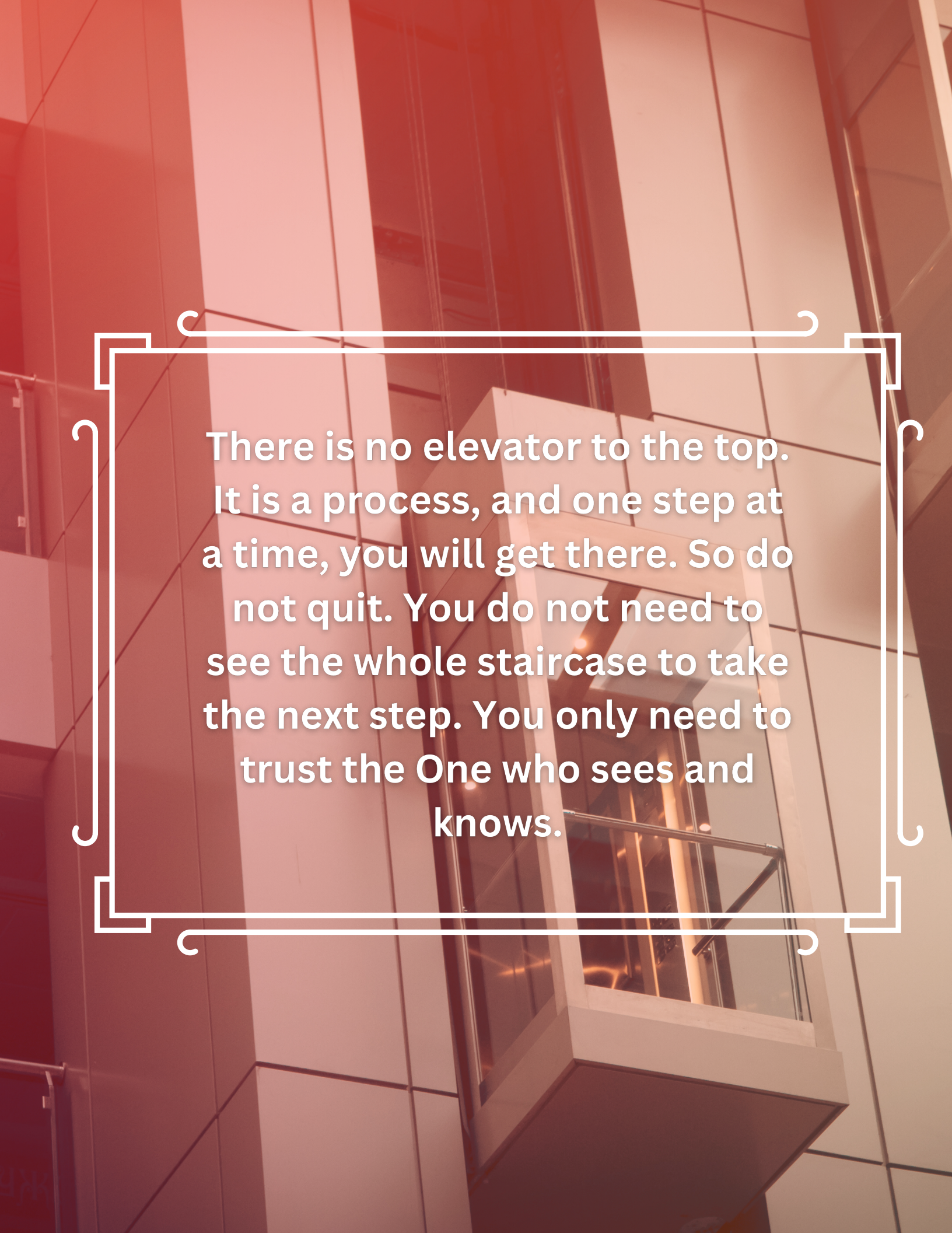
People have been removed from
your life because God is getting
ready to elevate your life, and they
cannot go where God is taking you.

“
WALK IN CONFIDENCE, KNOWING
GOD IS WITH YOU, LOVES YOU,
AND WANTS THE VERY BEST FOR
YOU. BELIEVE GOD, RATHER THAN
YOUR ADVERSARIES.
”


Life will test you, and life will try you,
but life can never take the victory that
God has already given to you!

You can get off the treadmill of defeated
thinking by choosing to renew your mind daily.
Change your attitude, and you will change your
perspective.

You can focus on the
person who hurt you or
God who can heal
you.

A low-angle photograph of a modern building's glass facade, showing a grid of windows and a prominent white decorative frame. The frame is composed of multiple overlapping lines with ornate, curved corners. The text is centered within this frame. The background is a warm, reddish-orange color, likely due to the lighting or a color filter applied to the image.

There is no elevator to the top.
It is a process, and one step at
a time, you will get there. So do
not quit. You do not need to
see the whole staircase to take
the next step. You only need to
trust the One who sees and
knows.



"Life Begins Where
Your Comfort Zone
Ends"



“
Designs Unparallel
Always Provides
Quality Work & Fast
Turnaround.”

WEB DESIGN PACKAGES

 **\$999**

ECOMMERCE WEB DESIGN

Unlimited eCommerce website with custom header, 7-20+ pages including all of the features in our previous packages with additional pages for more content and functionality. Loaded with advanced features and search engine ready code this site can be completed quickly with customized content.

 **\$699**

STANDARD WEB DESIGN

7-10 pages including customized header, all of the features in our Basic Package with additional pages for more content and functionality. Loaded with advanced features and search engine ready code this site can be completed quickly with customized content.

 **\$499**

BASIC WEB DESIGN

3-5 pages including contact page complete with contact form submitted to your email. Advanced features with search engine ready code and completed quickly with customized content.

***ADD ECOMMERCE TO ANY PACKAGE FOR ONLY \$150**



GET IN TOUCH

TEL: 800-501-7640
WWW.DESIGNSUNPARALLEL.NET
DESIGNUNPARALLEL@GMAIL.COM



PRECIOUS HEARTS
F O U N D A T I O N

MOBILE FOOD PANTRY

Every Tuesday & Thursday 10AM-1PM

Precious Hearts Foundation, Inc. is a 501(c)(3) nonprofit organization. We are faith-driven and recognize the diverse faith groups. We welcome and invite **ALL** people of **ALL** denominations. We are the **ONLY** agencies in the State of Florida that serve men, women, children, and the elderly who are victims of domestic abuse, bullying, and homelessness.

APPOINTMENTS

To schedule visit:

www.PreciousHeartsFoundation.org

Slots are first come, first served • Special dietary needs are accommodated