W. Keith Campbell - The Psychology of Narcissism

Target language & lesson focus B2: IELTS practice; listening for detail and understanding; supporting an opinion in discussion; compound adjectives.

Aims & Objectives:
Students will watch a short film about narcissism and listen for detail.
Student will discuss the theme of narcissism.
Student will practice giving and supporting an opinion.
Students will be able to answer questions about the details of a recording.
Students will be able to use language to support an opinion.

1. Starter question: What is narcissism?
What is vanity? Do you think you are vain?
What is narcissism? What is the difference between narcissism and vanity?

2. Play video: https://www.youtube.com/watch?v=arJLy3hX1E8

Give students the questions for exercise 1 to read through before playing 0-1.07 of the film.

1) Listen to the first part of the recording (0-1.07) and answer the questions, TRUE (T), FALSE (F) or NO INFORMATION GIVEN (NG)

The story of Narcissus is a Greek myth. (T)
The Romans worshipped Narcissus. (NG)
The story of Narcissus is not historical fact. (T)
Narcissus was a Greek God. (NG)
Narcissus fell in love with a nymph called Echo. (F)
Narcissus was drowned by his lover. (F)
Most people have narcissistic personality traits. (NG)
Narcissists feel superior to other people. (T)

3. Give students instructions for questions 2 and 3 before listening to part 1.07-2.29 of the film.
TIP: For exercise 2 students must try to guess the answers and rephrase the statements before completing the task.

2. Complete the sentence with the exact word that you hear in the recording. (1.07-2.29)

i. According to psychologists, there are two forms of narcissistic personality traits.
ii. Narcissistic Personality Disorder is an extreme form of narcissism.
iii. Grandiose narcissism is more familiar than vulnerable narcissism.
iv. The pursuit of attention and power is important to a grandiose narcissist.
v. Everyone who pursues a position of power isn’t a narcissist.
3. Select one correct statement from A, B or C.

   The speaker says that...
   A) Vulnerable narcissists are offended easily. (T)
   B) Narcissistic behaviour doesn't last long. (F)
   C) Narcissistic people seek to make people’s lives better. (F)

   The speaker says that narcissistic...
   A) …rulers’ decision making is often ruthless and reckless. (T)
   B) …partners are always dishonest and unfaithful. (F)
   C) …people are always bitter and hostile (F)

4. Play the rest of the video and give students instructions for completing questions 4 & 5

4. Select all the statements that are true. (2.29 – 5.09)

   A) Narcissistic personality disorder affects about 2 percent of the population. (T)
   B) Only adults can be diagnosed with narcissistic personality disorder (T)
   C) Narcissism does not become a personality disorder until it starts to control a person’s life. (T)
   D) Narcissists respond well to criticism. (F)

5. Complete the sentences with no more than three words.

   i. Parents who are cold and controlling can contribute to vulnerable narcissism in their children.
   ii. In the United States, there has been a rise in narcissism since the 1970’s.
   iii. The possibilities for self-promotion have been multiplied by social media.
   iv. Social media has given narcissists a means to seek social status.
   v. Psychotherapy and practising compassion toward other people can help narcissists.

6. well-balanced/irrational; kind/mean-spirited; good-natured/hateful; broad-minded/conservative; humble/self-obsessed; unselfish/self-centred; self-assured/insecure.

Discussion: You are now going to watch the film again and I want you to think about the following questions:
• What is your opinion on the issues featured in the video?
• Having watched the film, do you or anybody you know have some of the personality traits of a narcissist?
• Give your opinion on the following statement and support your opinion: People in general are more narcissistic than they used to be?
• How do you think the social media, advertising and media industry encourage and exploit narcissism?
• Having talked about narcissism, list your five best skills or personal traits.
1. Listen to the first part of the video (0.00-1.07) and answer the following question: Which of the following statements are TRUE (T), FALSE (F) or NO INFORMATION GIVEN (NG)

   a. The story of Narcissus is a Greek myth.
   b. The Romans worshipped Narcissus.
   c. The story of Narcissus is not historical fact.
   d. Narcissus was a Greek God.
   e. Narcissus fell in love with a nymph called Echo.
   f. Narcissus was drowned by his lover.
   g. Most people have narcissistic personality traits.
   h. Narcissists feel superior to other people.

These questions are based on typical IELTS exam questions.

Now listen to the second part of the video (1.07-2.29), read the instructions and complete questions 2 and 3.

2. Complete the sentences below with the exact word or words that you hear in the video. Use no more than three words.

   i. According to psychologists, there are two __________ of narcissistic personality traits.
   ii. Narcissistic Personality Disorder is an __________ form of narcissism.
   iii. Grandiose narcissism is more __________ than vulnerable narcissism.
   iv. The pursuit of __________ and power is important to a grandiose narcissist.
   v. Everyone who pursues a __________ isn’t a narcissist.

3. Select one correct statement from A, B or C.

The speaker says that...

   A) Vulnerable narcissists are offended easily.
   B) Narcissistic behaviour doesn’t last long.
   C) Narcissistic people seek to make people’s lives better.

The speaker says that narcissistic...

   A) …rulers’ decision making is often ruthless and reckless.
   B) …partners are always dishonest and unfaithful.
   C) …people are always bitter and hostile.
Listen to the final part of the video (2.29 – 5.09), read the instructions and complete questions 4-5

4. Select all the statements that are true.

A) Narcissistic personality disorder affects about 2 percent of the population.
B) Only adults can be diagnosed with narcissistic personality disorder.
C) Narcissism does not become a personality disorder until it starts to control a person’s life.
D) Narcissists respond well to criticism.

5. Complete the sentences with no more than three words.

i. Parents who are cold and controlling can __________ vulnerable narcissism in their children.
ii. In the United States, there has been a rise in narcissism __________ the 1970’s.
iii. The __________ for self-promotion have been multiplied by social media.
iv. Social media has given narcissists a __________ social status.
v. Psychotherapy and __________ compassion toward other people can help narcissists.

6. LEARN NEW WORDS: Look at the two lists of adjectives that describe character. Each list contains compound adjective, adjectives that are made by combining two adjectives. The compound-adjectives in each column have the opposite meaning of the single word adjectives in the other column.

a) Using a dictionary, find the most accurate opposites for each of the compound adjectives each column.

<table>
<thead>
<tr>
<th>well-balanced</th>
<th>self-centred</th>
</tr>
</thead>
<tbody>
<tr>
<td>kind</td>
<td>conservative</td>
</tr>
<tr>
<td>good-natured</td>
<td>self-obsessed</td>
</tr>
<tr>
<td>broad-minded</td>
<td>hateful</td>
</tr>
<tr>
<td>humble</td>
<td>mean-spirited</td>
</tr>
<tr>
<td>unselfish</td>
<td>insecure</td>
</tr>
<tr>
<td>self-assured</td>
<td>irrational</td>
</tr>
</tbody>
</table>
b) Find synonyms for each of the compound adjectives and write them down in the space provided. Use a dictionary if you need to.

well-balanced: ________________________________________
good-natured: ________________________________________
broad-minded: ________________________________________
self-centred: ________________________________________
self-assured: ________________________________________
self-obsessed: ________________________________________
mean-spirited: ________________________________________

Discussion.

You are now going to watch the film again and I want you to think about the following questions:

• **What is your opinion on the issues featured in the video?**

• **Having watched the film, do you think you or anybody you know have some of the personality traits of a narcissist? Why?**

• **Are people in general are more narcissistic than they used to be? Support your answer.**

• **How do you think the social media, advertising and media industry encourage and exploit narcissism?**

Now, having talked about narcissism, let's see how difficult you find it to list your five best skills or characteristics.

1 _______________________________________________________
2 _______________________________________________________
3 _______________________________________________________
4 _______________________________________________________
5 _______________________________________________________