

## Grandiosity Bubbles

By Sam Vaknin

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As one Source of Narcissistic Supply dwindles, the narcissist finds himself trapped in a frantic (though, at times, unconscious) effort to secure alternatives. As one Pathological Narcissistic Space (the narcissist's stomping grounds) is rendered "uninhabitable" (too many people "see through" the narcissist's manipulation and machinations) – the narcissist wanders off to find another.

These hysterical endeavors sometimes lead to boom-bust cycles which involve, in the first stage, the formation of a Grandiosity Bubble.

A Grandiosity Bubble is an imagined, self-aggrandizing, narrative involving the narcissist and elements from his real life – people around him, places he frequents, or conversations he is having. The narcissist weaves a story incorporating these facts, inflating them in the process and endowing them with bogus internal meaning and consistency. In other words: he confabulates – but, this time, his confabulation is loosely based on reality.

In the process, the narcissist re-invents himself and his life to fit the new-fangled tale. He re-casts himself in newly adopted roles. He suddenly fancies himself an actor, a guru, a political activist, an entrepreneur, or an irresistible hunk. He modifies his behavior to conform to these new functions. He gradually morphs into the fabricated character and "becomes" the fictitious protagonist he has created.

All the mechanisms of pathological narcissism are at work during the bubble phase. The narcissist idealizes the situation, the other "actors", and the environment. He tries to control and manipulate his milieu into buttressing his false notions and perceptions. Faced with an inevitable Grandiosity Gap, he becomes disillusioned and bitter and devalues and discards the people, places, and circumstances involved in the bubble.

Still, Grandiosity Bubbles are not part of the normal narcissistic mini-cycle (see the resources in the section titled "Also Read" below). They are rare events, much like trying on a new outfit for size and comfort. They fizzle out rapidly and the narcissist reverts to his regular pattern: idealizing new Sources of Supply, devaluing and discarding them, pursuing the next victims to be drained.

Actually, the deflation of a grandiosity bubble is met with relief by the narcissist. It does not involve a narcissistic injury. The narcissist views the bubble as merely an

experiment at being someone else for a while. It is a safety valve, allowing the narcissist to effectively cope with negative emotions and frustration. Thus cleansed, the narcissist can go back to doing what he does best – projecting a False Self and garnering attention from others.

Sam Vaknin ( <http://samvak.tripod.com> ) is the author of Malignant Self Love - Narcissism Revisited and After the Rain - How the West Lost the East. He served as a columnist for Central Europe Review, PopMatters, and eBookWeb , and Bellaonline, and as a United Press International (UPI) Senior Business Correspondent. He is the the editor of mental health and Central East Europe categories in The Open Directory and Suite101.

**A Blowing Bubble Activity that will Blow the Kids Away!**

**By Anne-Marie Killer**

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I bet you haven't given this blowing bubble activity any thought as a child party activity?

I'm not talking about little kids blowing little bubbles from those little containers - no, I'm talking about blowing HUGE bubbles. I bet you didn't even know that it was possible? Yes, your bigger kids and their friends can have a lot of fun with this blowing bubble activity and what's more, it's inexpensive too... especially if you know how to make the right bubble solution and tools.

I'll give you a few recipes to try out and also a couple of tool ideas. You can have lots of fun experimenting with the mixtures and creating your own original bubble making tools.

### Bubble Tools

There are so many things around you that can be used to make bubbles. Wire hangers bent into different shapes, empty milk containers, string, plastic bowls, or even your bare hands held in the right position. Make a circle with your thumb and index finger or make an even bigger circle using both hands' thumbs and index fingers.

### Bubble Solution

The really big bubbles need lots of solution which can get quite expensive. It's therefore a lot more economical to mix your own.

The best detergents to use are Joy and Dawn detergents but you need to experiment to see what works best for you.

You also need either glycerine or white Karo Syrup. This ensures colorful, sturdy bubbles. Glycerine can be bought from most drug stores, but it is expensive. Karo Syrup is available at the grocery store and is less expensive.

Amazingly enough, not any water is suitable! Hard water does not work whereas soft water does. Try using your tap water, but if you fail to get good bubbles, try using distilled water.

### Solution 1:

1 Part Dawn Ultra/Joy Ultra : 15 parts distilled/soft water : 0.25 part glycerine/white Karo Syrup

### Solution 2:

1 Part Regular Dawn /Regular Joy : 10 parts distilled/soft water : 0.25 part glycerine/white Karo Syrup

Solution 3:

2 Parts Regular Dawn /Regular Joy : 4 parts glycerine : 1 part white Karo Syrup

Most importantly - just have FUN!

Anne-Marie Killer is a mother of two teenagers and a toddler. She is the webmaster and owner of [www.Perfect-Party-Ideas.com](http://www.Perfect-Party-Ideas.com) Read her blog where she documents the process of setting up <http://www.Perfect-Party-Ideas.com> at <http://www.perfect-party-ideas.blogspot.com>

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