

ANGELINA
SOURÉN

DO YOU HAVE NPD? WANT SOMEONE TO LISTEN TO YOU?

PEOPLE WITH NARCISSISTIC
PERSONALITY DISORDERS ARE
HUMAN BEINGS TOO.



The above image is not a photo of me, but represents what I would like you to feel like if you have NPD. Happy and relaxed. Appreciated. Accepted.

How come? It is a long story... I am a migrant in the UK. I have an earth & life science background and am my own boss. I moved here from Amsterdam, to Hampshire, and I've also lived in the US for a while. In balmy Florida.

In my quest to figure out England and the rest of the UK, I started to read a lot. At some point, I began to indulge in bioethics and I also looked into personality disorders. That's because I became the target of what is known as sadistic stalking. I suspect that it is often carried out in frustration by people with personality disorders, who are desperate for someone who listens to them or at least accepts them the way they are. Because they can't change themselves. That's when I found out that I had an American friend with a narcissistic personality disorder. NPD.

Virtual appointments only!
(Zoom, Skype, Telegram, Google Meet)

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She had already been my friend for decades by then. She has taught me a lot and not only about NPD. She's cool. The better I got to know her, the more I liked her. I see her condition as sneezing and having the flu. She is a person in her own right.

I discovered that narcissistic personality disorder is often talked about in a negative manner. Professionals in the fields of psychology and psychiatry mostly create fear and wariness with regard to people who have NPD. That is not necessarily helpful, even though it is very human. I have even seen videos in which so-called life coaches make fun of people with NPD. I believe that these "life coaches" are people who feel hurt and are mostly still venting. (Oh, I do understand where they are coming from!)

NPD is not a choice. Birds fly, gazelles run, dolphins swim. People with NPD have NPD. Other than that, they have two eyes and two ears and basically everything else that all human beings have.

NPD is an expression of neurodiversity. You did not invent it. You probably wish you didn't have it. In spite of that, people keep telling you that it is all your own fault, not realizing that they're merely making matters worse and are making themselves part of the problem instead of the solution. You try so hard to be who they want you to be. You try so hard to be perfect. They don't know that you are your own harshest critic.

They don't understand how it makes you feel when they tell you all the things they think are wrong with you, do they?

Many people with NPD must often be excruciatingly lonely.

There is rarely anyone who people with NPD can talk with freely and be themselves without getting criticized, hence having to defend themselves. You can't call the Samaritans either.

But you can call me.

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You need to know why I decided to start doing this. I guess you can say that I got a little bit stuck, in the UK. I also saw, though, that maybe I could really make a difference by giving people with NPD someone to talk freely with, even though I am not at all the social worker type or whatever. But I was not too keen on restricting myself too much and I was also still looking for some kind of balance.

Then my main stalker — who is also a hacker — made a big mistake. He interfered with a grant proposal that I was working on, for a client, for a EUR 800,000 grant. It meant that I definitely had to stop working with my existing clients (scientists etc).

From that point on, I also became driven to support the victims of sadistic stalking (who often have lost their source of income). I had considered that before too but had negative feelings about it. Those feelings have disappeared. I have gained a lot more insight in why society can do so little for stalking victims at the moment.

Suddenly, I suddenly saw a great solution. By assisting both stalking victims and people with NPD, I can create a new balance in my life. Financially as well.

I won't cut you off while we're talking. I won't feel needed by anything you say and lash out at you, though I know you are going to try. I won't get drawn into arguments.

I feel that I am responsible for how someone else makes me feel during a conversation. I can choose my response.

I know that many people with NPD are uniquely talented. I also know that many people with NPD try very hard to find an environment for themselves in which they can flourish and in which most people are strong enough not to get blown over by them and run out of the room every time they say something.

But there is a lot more to NPD than meets the eye. So I am inviting you to talk with me.

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Before you ask yourself again why on earth I would do this, well, it's simple. I charge a fee for it. That also guarantees that I will be there for you, remember?

I am not a psychologist or psychiatrist or anything like that. I used to work in tourism and hospitality before I became an earth/life scientist. I grew up, however, with a dad who I later diagnosed with a pretty serious borderline personality disorder. (It formally didn't exist yet back then.) I was the eldest of three and my mother passed away when she was still quite young (42). My dad essentially taught me to be myself no matter what. To be true to myself. Zen-inspired plain vanilla.

So I find people with NPD usually pretty easy to communicate with. (Still with me?)

"What does she charge for that?" you may be wondering by now.

That depends.

- I offer individual sessions of 30 minutes at £35 and of 1 hour at £65.
- I have the option for £500 per three months, with one 1-hour session per week.
- In addition, I provide the possibility of thirteen 1-hour sessions, spread over twelve months from the moment of payment, for £500.

The first conversation of 5 to 15 minutes is free, of course. How that works is that I request a payment of £20, which I refund after we've talked. I have to do it this way to stop lots of jokers and angry people making appointments for fun, taking time and energy away from real appointments.

I limit the number of bookings that I accept and I also limit the number of people I have appointments with. This is random, not personal. Please keep this in mind. (If you want, I can place you on my waiting list.)

I want to be able to give you my undivided attention and if I work with too many different people, that won't be possible. It's hard to get to know anyone a little bit if I interact with too many people. You are special. This is about you. For you.

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