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## Narcissistic Personality Patterns And Neuroticism: A Conceptual Exploration Of Their Impact On Modern Youth And The Role Of Subconscious Energy Healing Therapy

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### Abstract

This paper examines the rising convergence of narcissistic personality patterns and neuroticism among contemporary youth and its psychological, emotional, and sociocultural implications. In a digital age characterized by validation-driven self-worth, impulsivity, and heightened emotional reactivity, the fusion of narcissistic traits and neurotic tendencies has led to growing mental distress and relational instability. Drawing from the clinical and therapeutic insights of Dr. Amita Puri, this paper conceptualizes how Subconscious Energy Healing Therapy (SEHT) can address the subconscious roots of these maladaptive patterns, offering a transformative approach for emotional balance, self-awareness, and sustainable psychological well-being.

**Keywords:** Narcissistic Personality Pattern Test; Neuroticism; Youth

### Introduction

In recent years, the personality structure of youth has undergone a paradigm shift. Puri (2023), a leading clinical psychologist and subconscious energy healer with over three decades of practice, observed the emerging generation presents an alarming blend of narcissistic defenses and neurotic vulnerabilities in her various researches. The rise of social media culture, instant gratification, and digital comparison has amplified the “performance self” while weakening emotional resilience and authentic self-connection.

This dual pattern; narcissism’s need for external validation and neuroticism’s internal insecurity; has resulted in chronic anxiety, relationship breakdowns, and identity confusion. The purpose of this conceptual paper is to explore how these intertwined traits are shaping the psychological reality of today’s youth and how Subconscious Energy Healing Therapy (SEHT) offers a path to inner recalibration and emotional wholeness.

## 1. Conceptual Framework: Narcissistic and Neurotic Personality Patterns

### 1.1 Narcissistic Personality Dynamics

Narcissistic patterns are characterized by grandiosity, entitlement, fragile self-esteem, and a deep, unconscious fear of rejection. In youth, this manifests as:

The compulsive need for admiration and social validation.

Shallow relationships driven by image and approval.

Emotional instability when faced with criticism or indifference.

While often perceived as confidence, such traits are compensatory mechanisms to mask inner insecurity and emptiness.

### 1.2 Neuroticism: The Internal Conflict

Neuroticism refers to a heightened tendency toward emotional reactivity, anxiety, and vulnerability. In youth, this takes the form of:

Overthinking, fear of failure, and self-doubt.

Emotional volatility in interpersonal relationships.

Low stress tolerance and difficulty with uncertainty.

The neurotic individual is internally driven by fear, while the narcissistic individual seeks external admiration; together forming a fragile personality core.

## 2. The Interplay Between Narcissism and Neuroticism in Modern Youth

This combination creates what Dr. Puri terms the “Insecure Grandiose Self”, a personality structure oscillating between superiority and self-loathing.

In digital ecosystems, youth are constantly exposed to idealized images of success and perfection, reinforcing external validation while deepening internal insecurity.

### Consequences include:

Emotional exhaustion from constant self-comparison.

Fear of authenticity and vulnerability.

Difficulty sustaining meaningful relationships.

High rates of anxiety, depression, and burnout.

This dual personality configuration often leads to fragmented self-identity, where one's sense of worth is dependent on fluctuating external stimuli; likes, followers, and approval.

### 3. The Futuristic Lens: Psychological Implications in the Coming Decade

If unaddressed, the fusion of narcissism and neuroticism could evolve into a collective emotional crisis among youth.

The world may see:

A surge in digital dependency and emotional desensitization.

Increased narcissistic injuries leading to online aggression and alienation.

Heightened existential anxiety and inability to experience inner peace.

Erosion of empathy, authenticity, and introspective capacity.

Hence, a futuristic intervention model must move beyond cognitive-level therapy to engage with the subconscious patterns that drive these traits.

### 4. Healing the Root: Subconscious Energy Healing Therapy (SEHT)

Developed and practiced by Dr. Amita Puri, Subconscious Energy Healing Therapy (SEHT) is a transformative modality that integrates principles of clinical psychology, energy science, and subconscious reprogramming. It operates on the belief that narcissistic and neurotic patterns are energetic imprints formed through early emotional wounds, unmet needs, and subconscious belief systems.

#### 4.1 Core Principles of SEHT

The subconscious mind governs 95% of emotional responses and behaviors.

Energy blocks in the subtle body correspond to psychological resistance and trauma.

Healing must occur both at the energetic and cognitive levels for sustainable change.

#### 4.2 Therapeutic Process

**SEHT sessions typically include:**

**Chakra and Aura Scanning:** To identify energy blockages related to ego-inflation and emotional insecurity.

**Regression Healing:** To release subconscious imprints of rejection, shame, or abandonment.

**Affirmation Reprogramming:** To replace self-critical patterns with self-compassion and authenticity.

**Energy Balancing:** To restore harmony between the emotional and higher self.

Through SEHT, individuals begin to dissolve egoic defenses, cultivate empathy, and embrace emotional equilibrium; shifting from external validation to inner fulfillment.

### 5. Recommendations for Integration into Youth Mental Health Frameworks

To prevent the deepening of narcissistic-neurotic distress, mental health systems must integrate subconscious-based approaches alongside traditional psychotherapy. Recommended strategies include:

1. Inclusion of SEHT modules in university and counseling centers.
2. Workshops on emotional regulation and energy awareness for youth and educators.

3. Parental psychoeducation to recognize early patterns of entitlement and insecurity.
4. Mindfulness and self-compassion practices as part of academic life.
5. Digital detox and identity integration programs guided by trained subconscious energy healers.

## Conclusion

The youth of today stand at a psychological crossroads; torn between the illusion of perfection and the pain of insecurity. The intersection of narcissism and neuroticism represents not just a clinical phenomenon but a spiritual imbalance within the collective psyche.

As Dr. Amita Puri emphasizes, healing must transcend talk therapy and reach the subconscious layers where emotional wounds are imprinted. Through Subconscious Energy Healing Therapy, individuals can rediscover authenticity, empathy, and balance; evolving from reactive minds to awakened beings.

The future of mental health depends on this integrative vision; one that unites psychology with consciousness, science with soul.

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