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**Hitler from Narcissist to Psychopath in *Hitler's Niece* by
Ron Hansen**

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Dedication

To my dear mother who always picked me on time and encouraged me to go on every adventure, especially this one.

To my dad who is in a better place right now, he would be so proud of the man that I am today.

And to those who never left when things got tough.

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Abstract

This academic research is concerned with the novel *Hitler's Niece* (2008) by Roh Hansen. It deals with different psychological disorders such as Borderline Personality Disorder, Psychopathy, and Narcissism. In addition, this research is going to exhibit the profile of a narcissist and the way the latter functions in a relationship. Though Hitler is a famous historical character, this research is going to approach Hitler's character and personality from a literary work. Furthermore, this research is going to use psychoanalytic theories to diagnose Hitler and know to which psychological disorder he belongs to by studying his profile and the way he functions in personal relationships.

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General Introduction

Literature is a collection of written works. The name has traditionally been applied to imaginative works of poetry and prose, distinguished by the aesthetic excellence of the author's intent and its execution. Literature can be categorized according to different systems such as language, country of origin, era, genre, subject, and so on.

Psychology is the scientific study of the mind, studying how the mind determines and influences our behavior, from communication and memory to thoughts and emotions. It is about understanding what inspires people and how that understanding can help them tackle many of the problems of today's society.

Furthermore, the relationship between psychology and literature is a bilateral relation. The human soul makes literature and literature nourishes the human soul. On the one hand, Human psychical receptions take into account the perspectives of human and natural life and provide a reference to literal works. Literature, on the other hand, also takes into account the truth of life to clarify the point of view of the human soul. Both Literature and psychology pay attention to fantasies, thoughts, feelings, sensations, and spiritual matters of the soul.

In Hitler's Niece (2008) by Ron Hansen, it can be noticed that Hitler has a very special and complicated personality. If psychoanalysis is used, it can be seen that Hitler has a very extravagant personality and is full of himself. In addition, he is very rude and has little to no empathy. Through these observations, three research questions were raised:

- Does Hitler suffer from any personality disorder?
- What are personality disorders?
- Is Hitler a narcissist only?

After reading Hitler's Niece (2008) by Ron Hansen, it can be noticed that Hitler might have some sort of personality disorder. Perhaps, he might suffer from Narcissistic Personality

Disorder. In order to study Hitler's personality, a psychoanalytic approach will be used in this research.

This dissertation is divided into two chapters, the first one is the theoretical part that will define psychology and personality disorders and give different examples of personality disorders such as Borderline Personality Disorder, Bipolar Disorder and the most important one which this research is about is Narcissism. In addition, this chapter will give different types of narcissism and the profile of a narcissist.

The second chapter is the practical part that will dive deep into Hitler's character. This chapter is going to give the profile of Hitler as well as the narcissistic relationship between Hitler and his niece. In the end, it will discuss the reasons behind his niece's death.

Chapter One: Personality Disorders

1.1- Introduction

Psychology is a scientific discipline that studies mental states, processes and behaviour in humans and other animals. In addition, personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. In this respect, this chapter will discuss different types of personality disorders especially narcissism as it is the core of this research and its different types such as grandiose narcissism and vulnerable narcissism. Furthermore, this chapter will also discuss how being in a relationship with a narcissist can be very dangerous to someone's mental health and peace as narcissists are very complicated human beings.

1.2- Psychology

According to the American Psychological Association, psychology is a scientific study of mind and behaviour. Psychology is a multifaceted discipline that covers many subfield studies, including areas such as human development, sports, health, clinical, social behavior, and cognitive processes (McLeod, 2019)

1.2.1- Basics

In the early days of psychology, there were two dominant theoretical views regarding brain function, structuralism and functionalism. Structuralism was the name given to the approach pioneered by Wilhelm Wundt (1832-1920), which focused on breaking down mental processes into their most basic components. The term came from Edward Titchener; an American psychologist who had been trained by Wundt.¹ The latter-separated psychology from philosophy by analyzing the workings of the mind in a more structured way, with the emphasis being on objective measurement. Structuralism depended on trained introspection. This is a research method that tells what is happening in the brain when a subject is

¹ Wilhelm Wundt: he opened the Institute of Experimental Psychology in 1879 at the University of Leipzig, Germany. This is the first institute specializing in psychology, and its establishment is usually regarded as the beginning of modern psychology. In fact, Wundt is often regarded as the father of psychology.

performing a particular task. However, introspection turned out to be an unreliable method because there were too many individual differences in the experiences and reports of the study subjects. Despite his introspection failure, Wundt was an important figure in the history of psychology, and in 1879 he opened the first laboratory dedicated to psychology. His establishment is usually regarded as the beginning of modern experimental psychology (McLeod, 2019).

Since then, structuralism and functionalism have been superseded by some dominant and influential approaches to psychology. Each is based on a common assumption about what people are, what they study, and how they study. Psychoanalysis, founded by Sigmund Freud (1856-1939), was a major paradigm in psychology in the early 20th century. Freud believed that unconscious thoughts and motivations could heal people and gain insights. His psychoanalysis was originally a psychodynamic theory, but the overall psychodynamic approach includes all theories based on his ideas. For example Jung (1964) was inspired by his approach

However, both Freud (1915) and Jung (1933) had different approaches to the unconscious mind. On the one hand, Freud believed that the unconscious was the epicenter of our oppressed thoughts, traumatic memories, and basic sexual and aggressive impulses. He saw in it a warehouse for all the hidden sexual desires that led to neurosis or what we now call madness. He explained that the human mind focuses on three structures: the id, the ego, and the super-ego. The id forms our unconscious impulse (mainly sex) and is not bound by morality, but instead seeks joy. Egos are our conscious perceptions, memories, and thoughts that enable us to deal effectively with reality. The super-ego seeks to mediate the ego's impulses through socially acceptable behavior. Second, Jung also divided the human spirit into three parts (Freud, 1915)

On the other hand, according to Jung, the unconscious is divided into the ego, the personal unconscious, and the collective unconscious. For Jung, the ego is the conscious mind, the personal unconscious includes memory (both memory and oppression), and the collective unconscious includes the kind or knowledge experience we were born with. (For example, falling in love at first sight). (Jacobson, 2014)

The classic modern perspective of psychology that employs scientific strategies is known to rely on controlled laboratory experiments and reject all invisible or unconscious forces as the cause of the behaviour. He was an activist. Later, the human nature approach became the "third power" of psychology, proposing the importance of subjective experience and personal growth. In the 1960s and 1970s, psychology began the cognitive revolution by adopting a rigorous, scientific laboratory-based scientific approach with applications in memory, cognition, cognitive development, mental illness, and more (McLeod, 2019)

1.2.2- Identity and Repression

The concept of repression was first established as a component, by Sigmund Freud (1915) of his psychoanalytic theory. When a vision, memory, or emotions are too painful for a human, repression occurs, the person is unaware of their existence. This boosts knowledge unintentionally from consciousness. Jung (1999) argues that despite the existence of suppressed ideas, they can affect behaviour even if the person who suppressed them is completely unaware of their existence or effects (p. 111).

Many of Freud's notions revolve around the concept of repression, which is an important concept of psychoanalytic thinking. According to Freud, repression begins before the ego appears, so it is not a defense mechanism (Freud, 1915).

According to Freud, entry into civilized society faces dramatic psychological changes and the suppression of many archaic's original desires. Each individual's psychological development involves overcoming different desires for a previous "object of love" or "object

cathexis”, but with dreams, literature, or "Freudian slips", some individuals give up the lasting power of their previous desires. Therefore, the nickname is "The Return of the Repressed." (pp. 141-158)

Furthermore, according to Freud's Psychoanalytic Theory of Repression (1915), it is the exclusion of the disturbing memory, thought, and sensory consciousness. These unpleasant psychological contents are unknowingly pushed in, sometimes accompanied by sexual or aggressive desires or painful childhood memories. Repression is said to cause symptoms of anxiety and neurosis when forbidden urges threaten to reach consciousness (p. 121).

Different levels of consciousness were introduced by Sigmund Freud (1915). He defined conscious activities as occurring within the direct realm of consciousness. For example, reading this article is a conscious activity. The preconscious activity is the preservation of the facts that immediately brought into consciousness. For example, an individual may not (consciously) think about his address, but he can remember it as soon as you ask (p. 124). At the subconscious level, you cannot take the trouble to get it at a particular moment, but it saves information that you can get later. For example, under normal circumstances, you may not even know that you were trapped in a closet as a toddler, but with new techniques such as hypnosis, you can remember what happened (Freud, 1915).

After a baby is born in the world, all he wants is to eat, drink, defecate, and warm up. These impulses are identity (Id), a much more basic psychological drive. The subconscious dominates the Id that wants immediate fulfillment, regardless of the consequences of a negative result. For example, if the child's Id completely controls his judgment, he can pursue what he wants, regardless of moral failure. He can steal, consume, or destroy someone else's property, regardless of the outcome.

Another major factor in Freud's psychoanalytic theory is the study of ego and superego as factors that influence the human psyche.

1.2.3-The Ego and the Super-Ego

The establishment of the ego, guided by the reality principle, brings the ultimate perception that immediate joy is usually impossible (and often unwise). It acts as a Go-Between in the relationship between the ID and the reality, the ego, and acts as the variable; suppressing the impulse of the ID until the appropriate situation appears (McLeod, 2019). The greatest burden on the mind and the most important function of the mind is improper impulses and suppression of impulses. To achieve and support this oppression, the ego often uses defense mechanisms. Egos engage in strategies to satisfy their desires, and the Id can prompt and create images that satisfy them. According to Freud (1923) “a thirsty five-year-old child not only recognizes water as a source of satisfaction but also develops strategies to obtain water, for example by finding a drinking fountain.” (p. 71)

While still in service to the Id, the ego uses some of its psychological energy to suppress the urge until satisfied. The pragmatic satisfaction of the ego's instinct leads to the development of numerous abilities and memories, and the becoming aware of itself as an independent being. Instead of being a collection of desires and needs, the individual becomes a self.

Freud (1923) states that while the ego might temporarily suppress certain Id driven in fear of punishment, these external sources of punishment are eventually internalized, and the adolescent will not steal the chocolate even if he is unsupervised, because he has internalized punishment, right, and wrong. The main techniques of the super-ego to implement these principles are guilt and self-blame and he feels pride and complacency when he does something that the super-ego admits. (p. 80)

The conscience and the ego-ideal are two elements of the superego. The ego is forced by conscience to prevent id from pursuing ethically acceptable, offensive, or practical goals. Ego Optimum guides the path of an individual's life to the ambitions of an ideal and perfect society. The mind seeks to make up for the loss of a wonderful baby life by pursuing it in.

As mentioned above, id, ego, and superego are powerful elements that can easily conflict and affect the human psyche. Therefore, people may come to have other visions with vast ideals

1.3- Personality Disorders

Personality is the way of thinking, feelings, and actions that distinguish one person from another. A person's personality is influenced by experience, setting (environment, living conditions), and inherited traits. A person's personality usually remains the same over time. Personality disorder is a way of thinking, feelings, and behaviour that deviates from cultural expectations, causes stress and dysfunction and lasts for a long time (Robitz, 2018). Personality disorders are long-term behavioral patterns and inner experiences that deviate significantly from expectations. Experience and behavioral patterns begin in late adolescence or early adulthood and cause stress or dysfunction. Without treatment, personality disorders can be long-lasting (Robitz, 2018). They affect at least two of these areas: “Way of thinking about oneself and others, way of responding emotionally, way of relating to other people, and way of controlling one’s behavior.” (Robitz, 2018)

There are also different types of personality disorders such as Borderline Personality Disorder, Bipolar disorder and Psychopath disorder.

1.3.1- Borderline Personality Disorder

Borderline personality disorder is a mental disorder that affects the way one thinks and feels about himself and others, and causes problems in his daily life. These include self-image problems, difficulty managing emotions and behaviours, and unstable patterns of

relationships. People with borderline personality disorder are strongly afraid of being abandoned and may find it difficult to be alone. However, although he wants a loving and lasting relationship, inappropriate anger, impulsivity, and frequent mood swings can repel others. Borderline personality disorder usually begins in early adulthood and the condition appears to worsen in young adulthood and may gradually improve with age (Mayo Clinic Staff, 2019).

People with borderline personality disorder usually feel unstable; sometimes they may feel good about themselves, but other times they hate themselves, and sometimes they consider themselves evil. They probably do not have a clear idea of who they are or what they want in life; they may often change their work, friends, lovers, religions, values, goals, or even their sexual identity. In addition, suicidal tendencies and intentional self-harm are common among people with BPD. Suicidal behaviour includes thinking about suicide, making suicidal gestures, and attempting suicide. ‘Self-harm encompasses all other attempts to hurt yourself without suicidal intent’ (Segal, Smith, 2021). Common forms of self-harm include cuts and burns (Segal, Smith, 2021).

Furthermore, Emotional and mood swings are common with borderline personality disorder. One moment they may feel happy and the next moment they feel depressed. These mood swings are intense, but they tend to pass quite quickly (unlike the emotional swings of depression or bipolar disorder) and usually last only a few minutes or hours. Finally,

People with BPD often struggle with paranoia or suspicious thoughts about others’ motives. They may even lose touch with reality when they are under a lot of stress—an experience known as dissociation. They may feel foggy, spaced out, or as if you’re outside your own body (Segal, Smith, 2021).

Several factors can influence the development of BPD, but researchers do not yet know the exact cause. Some believe that genetics combined with environmental factors may

play a role. People who have close relatives (parents or siblings) that have Borderline Personality Disorder (BPD) are more likely to develop BPD. Twin studies have also shown a genetic link to this disorder. In addition, many people diagnosed with BPD also experienced childhood sexual abuse, neglect, or trauma. Furthermore, the areas of the brain that help regulate emotions can vary in people with BPD. There can be either a chemical imbalance or a break between the areas of the brain that control emotions and the areas that make decisions. For example, studies show that people with BPD have a very difficult time recognizing the facial expressions of others. (Goldman, 2020)

1.3.2- Bipolar Disorder

Bipolar disorder, formerly known as manic depression, is a mental illness that causes extreme mood swings, including high emotional levels (manic or hypomania) and low levels (depression). When someone is depressed, they may feel sadness or despair, and they may lose interest in or enjoyment of most activities (Mayo Clinic, 2020). When the mood changes to mania or hypomania (not as extreme as mania), it can be euphoric, energetic, or unusually frustrating. These mood swings can affect sleep, energy, activity, judgment, behavior, and the ability to think clearly (Mayo Clinic, 2020).

Even people without bipolar disorder experience mood swings. However, these mood swings usually last for hours instead of days. Moreover, these changes are usually not accompanied by the extreme degree of behavioral changes or difficulties in daily life and social interactions that people with bipolar disorder exhibit during mood episodes. Bipolar disorder can disrupt relationships between people and loved ones and cause difficulties at work and school (Howland, El Sehamy, 2021)

According to DSM–5; American Psychiatric Association (2013),² Bipolar disorder is a category that includes two different diagnoses: bipolar I, and bipolar II. First, Bipolar I disorder is diagnosed when a person experiences a manic episode. During a manic episode, people with bipolar I disorder may experience an extreme rush of energy, feeling at the top of the world or feeling uncomfortable. People with bipolar I disorder also experience episodes of depression or hypomania. Most people with bipolar I disorder also have a period of neutral mood. In addition, a manic episode is at least one week, and the person is frustrated, more energetic than usual, and experiences at least three of the following behavioral changes during that period: decreased needs for sleep (e.g., feeling well despite significantly less sleep than usual); increased or faster speech, uncontrollable racing thoughts or quickly changing ideas or topics when speaking, distraction and increased risk behavior (e.g. reckless driving) (p. 362).

Furthermore, Episodes of hypomania are characterized by the symptoms of hypomania that are required for four consecutive days instead of one week. Hypomania does not lead to major problems in daily life that manic symptoms usually cause. Finally, a major depressive episode has at least five of the following symptoms (including at least one of the first two symptoms) for at least two weeks: intense sadness, loss of interest in activities that the person once enjoyed, feeling worthless or guilty, fatigue, increased or decreased sleep, increased or decreased appetite. (Howland, El Sehamy, 2021)

Second, According to DSM–5; American Psychiatric Association (2013), diagnosis of bipolar II disorder requires at least one major depressive episode and at least one hypomanic episode. People return to normal function between episodes. People with bipolar II disorder often feel comfortable with hypomania episodes and can even improve their performance at work or school, so they often do not seek treatment until the end of the first depressive episode. People with bipolar II disorder often have other psychiatric disorders such as anxiety

² DSM-5-TR is the standard classification of mental disorders used by mental health professionals in the United States.

disorders and substance use disorders, the latter of which can exacerbate the symptoms of depression and hypomania (p. 370)

The exact cause of bipolar disorder is unknown, but several factors may be involved, including biological differences. People with bipolar disorder appear to have physical changes in their brain. The significance of these changes is still unclear, but may ultimately help identify the cause. In addition to genetics; Bipolar disorder is common in people who have first-degree relatives. (Howland, El Sehamy, 2021)

1.3.3- Psychopath Disorder

Psychopathy is a condition characterized by the absence of empathy and diminished other emotional states. Callousness, detachment, and lack of empathy allow psychopaths to be highly manipulative. However, psychopathy is one of the most difficult disorders to detect (Psychology today staff, 2020).

According to DSM-5; American Psychiatric Association (2013), Psychopathy is distinguished by features such as shallow attraction, high intelligence, lack of learning from poor judgment and experience, pathological egocentricity, inability to love, lack of regret and shame, impulsivity, grand self-esteem, lying, manipulation, and indiscriminate sexual behaviour. As a result of these criteria, the image of a psychopath is the image of a cold, ruthless, inhuman being (p. 665).

In addition, American Psychiatric Association (2013) mentioned that psychopaths can experience emotional pain for a selection of reasons. Like everyone else, psychopaths have a deep desire to be loved and cared for. However, this desire is often unfulfilled, as it is not easy for others to approach someone with such an aversive personality. Psychopaths are aware of the effects of their behavior on others, at least temporarily, and can be deeply saddened by their lack of control. Most psychopathic lives lack a stable social network and warm, intimate ties (p. 670).

According to Martens (2014):

The life histories of psychopaths are often characterized by a chaotic family life, lack of parental attention and guidance, parental substance abuse and antisocial behavior, poor relationships, divorce, and adverse neighborhoods. These persons may feel that they are prisoners of their own etiological determination and believe that they had, in comparison with normal people, fewer opportunities or advantages in life.

Despite their outward arrogance, psychopaths feel inferior to others and know that their actions stigmatize them. Some psychopaths, on the surface, adapt to their surroundings and are popular, but feel unaccepted by others and require careful concealment of their true nature. This leaves a difficult choice for the psychopath: adapt and participate in an empty and unrealistic life, or adapt and live a lonely life isolated from the social community. They are depressed to see the love and friendships shared by others and know that they will never be part of it (Martens, 2014).

Psychopaths are known to require undue stimulation, but most fearless adventures are only disillusioned due to conflicts with others and unrealistic expectations. In addition, many psychopaths are discouraged from being out of control of their sensation-seeking and are constantly facing weaknesses. Despite attempts to change, the anxiety response was low and could not be learned from experience, resulting in repeated negative, frustrating, and depressing conflicts, including issues with the judicial system (Mackenzie, 2016).

As psychopaths grow older, they become unable to maintain an energy-consuming lifestyle and burn out and become depressed, looking back on their restless lives with dissatisfaction with interpersonal relationships. As they accumulate the effects of their recklessness, their health deteriorates (Martens, 2014).

Social isolation, loneliness, and associated emotional distress of psychopaths can precede violent criminal activity. Believing that the whole world is against them, they will eventually come to believe that they deserve special privileges or rights to satisfy their desires. As the psychopathic serial killers Jeffrey Dahmer and Dennis Nilsen stated, the violent psychopaths eventually returned, feeling that they had broken their last dilute connection to the normal world. Subsequently, their sadness and misery increase and their crimes become more and more bizarre (Martens, 2014).

1.4- Narcissism

The term narcissism is often used in our self-obsessed culture. This often represents a person who looks overly selfish and full of themselves. However, psychologically, narcissism does not mean self-love, at least it is not real love. More specifically, people with narcissistic personality disorder (NPD) are obsessed with an idealized and epic self-image. Furthermore, they are in love with this inflated self-perception just because it allows them to avoid deep anxiety and feelings of insecurities. However, it takes a lot of work to maintain the grandiose delusion. That is where dysfunctional attitudes and behaviours occur. (Robinson and Smith, 2021)

In addition, Dr Ramani Durvasula, a professor of psychology at California State University in Los Angeles said “This is a persistent and pathological pattern and causes the person distress and dysfunction” (Durvasula, 2020). The mask they put in to keep themselves superior, it tires them over time and they cannot keep that image intact.

Both Robinson and Smith stated (2021):

“Narcissistic personality disorder involves a pattern of self-centered, arrogant thinking and behavior, a lack of empathy and consideration for other people, and an excessive need for admiration. Others often describe people with NPD as cocky, manipulative, selfish, patronizing, and

demanding. This way of thinking and behaving surfaces in every area of the narcissist's life: from work and friendships to family and love relationships.”

In general, people with NPD need an external validation and admiration to feel better about themselves as it is the only way that makes them feel like human beings cause they do not have the ability to get internal validation by themselves. As a result, if they do not get the external things they need, they will not function properly and they start to be manipulative and try in any shape or form to get the validation they need.

People with NPD are extremely resistant to behavioral changes, even if they cause problems, they tend to blame others. In addition, they are very sensitive and react badly to slight criticisms, disagreements, or slight perceptions that they consider being personal attacks. In the life of a narcissist, it is often easier for people to follow their demands to escape the cold and anger. However, with a better understanding of narcissistic personality disorders, one can recognize narcissistic personalities in his life, protect himself from the play of their power, and set healthier boundaries. (Raypole, 2021)

1.4.1- Profiling of a Narcissist

Not everyone spotted with narcissism will have the same symptoms. However, most narcissists have these features in common including, grandiose sense of self-importance, the need for constant praise and admiration, sense of entitlement, and exploitation of others without guilt or shame (Mayo clinic staff, 2017)

Grandiosity is the crucial characteristic of narcissism. It is more than just arrogance and vanity, it is an unrealistic sense of superiority. Narcissists believe that they are unique or "special" and can only be understood by other special people. Besides, they are too good for the average or ordinary ones. They just want to connect and be connected with other high-level people, places, and things. In addition, narcissists believe that they are superior than

anyone else and expect to be recognized as such, even if they do nothing. They often exaggerate and openly lie about their achievements and personal life (Cunha, 2020).

The narcissist's superiority complex is like a balloon that gradually contracts without a constant flow of applause and approval to keep the balloon inflated. Occasional compliments are not enough; narcissists are always in need of ego fuel, so they are surrounded by people who are willing to indulge in the relentless need for affirmation. These relationships are very one-sided, it is about what worshipers can do for narcissists and not the other way around, and if there is confusion or decrease in the worshiper's attention and admiration, the narcissist treats it as a betrayal (Raypole, 2021).

Feeling entitled is a personality trait based on the belief that someone deserves special treatment or recognition for something they did not earn. Narcissist people expect incentives and special benefits in their lives, regardless of why they should receive the special treatment. Their view is that the world owes them something. For example, a narcissist may feel that the organization's policies should not be applied because he should be treated with special benefits. In addition, they believe that their personal needs come before anyone else's needs. For instance, if someone needs them for something very important or urgent, do not expect them to come and drop what they are doing to help. It is one's job to make sure they have everything they need, even if that means they do not have time to attend someone's own tasks (Cuncic, 2021).

Narcissists never develop the ability to put themselves in someone else's shoes and try to understand them and their feelings, in other words, they lack empathy. In many ways, they see people as things in their lives that are there to meet their needs. As a result, they never think twice about using others to reach their goals. This misuse of interpersonal relationships can be malicious, but it can also be oblivious. Narcissists are not thinking about how their

actions affect others, and even if someone points it out, they still do not really understand it, all they understand is their own needs (Robinson and Smith, 2021).

1.4.2-Types of Narcissism

There are many types of narcissism such as antagonistic narcissism, communal narcissism, and malignant narcissism. However, the most frequent and discussed ones are grandiose narcissism and vulnerable narcissism.

1.4.2.1- Grandiose Narcissism

The narcissist often craves praise and admiration while lacking empathy for others. However, not all narcissists are the same, grandiose narcissists will exhibit “a pattern of superiority and pretentiousness” that may be different from others with the same condition (Patterson, 2021). Additionally, Dr. Durvasula (2020) states that grandiose narcissist is the type of narcissist on whom the traditional definitions of narcissism have largely been based, these are the narcissistic individuals who classically show diminished empathy, lots of entitlement, grandiosity, arrogance, a chronic need for validation, and consistent admiration seeking, superficiality, vanity, rage, especially when they are disappointed or frustrated. She added that they are very hypersensitive in the face of criticism, difficulty managing stressors such as disappointment and she emphasized that they tend to love power and pleasure, and they tend to measure success in terms of power, pleasure, and profit. These are the very slick fancy full of themselves narcissists (Durvasula, 2020)

Furthermore, Patterson shared the same opinion about grandiose narcissism as Dr. Durvasula’s, and that it includes a need for admiration and validation, permanent fantasy of greater success, power, happiness, love, intellect, or appearance, lack of empathy, and an exaggerated sense of importance. They believe that they are so special that they should only connect with other special people, they tend to take advantage of other people or situations to fulfill their goals, and they lack compassion, and empathy for others. (2021)

1.4.2.2- Vulnerable Narcissism

Vulnerable narcissists are more likely to be much more sensitive and complex but also lack awareness of how they impact the emotions of others. They are also very introverted and struggle with feelings of anxiety and shame.

“Vulnerable narcissism is a type of narcissism that is more difficult to identify. Vulnerable narcissists tend to be more introverted, and their symptoms can often lead you to believe they struggle with another mental health concern, like bipolar disorder or severe anxiety” (Saxena, 2021).

There symptoms are not the same as grandiose narcissism, they often misdiagnose people with vulnerable narcissism with depression or other types of mental health illnesses, so if they get treated for depression for example, the symptoms will always stay there and they will not witness a change.

In addition, Sullivan (2020), from WELL+GOOD, states that “the vulnerable narcissist presents as sullen, victimized, hypersensitive, and might first come across as someone who has social anxiety or depression rather than traits of narcissism”. This lack of defining the characteristics of narcissism makes it difficult to identify the vulnerable narcissists, and many may not even know why that they have encountered someone of this personality type.

Furthermore, vulnerable narcissists are more likely to abandon themselves so they can feel accepted by other people. They have a fear of abandonment as well as feelings of inferiority are also common with vulnerable narcissism. Due to high emotional volatility, vulnerable narcissists may express anger and hostility, and default to blaming others in all situations (WELL+GOOD, 2020)

Vulnerable narcissists have different signs and symptoms that exhibit their actions. First, they have many friends and a large social circle but are unable to maintain close

personal, romantic, or professional relationships due to their self-centered nature. In opposition to typical introverts, they usually have a small and close group of friends. Second, they are unable to identify hurting someone's feelings or cause trouble in a group due to a lack of self-awareness, instead they just blame others. Third, they worry so much about themselves to the point of not being able to care about other people's feelings, often needing others to soothe their own negative emotion. Finally, if they do not get an ego boost in every relationship, they will experience every level of criticism so harshly that it causes intense feelings of shame (Saxena, 2021).

1.4.3- Is Narcissism a Choice?

According to Dr. Durvasula (2022), “Narcissism is a personality style and while there can be some lifetime nudges on personality and some little shifts”. She argued that personality is a bit of a fingerprint over the lifespan. Agreeable people tend to remain agreeable, neurotic people tend to remain neurotic, extroverted people tend to remain extroverted, and narcissistic people tend to remain narcissistic.

Then, she raised the question if someone chooses his personality and she said someone cannot choose his personality. However, personality is associated with behaviour. She added that every personality style has these buckets of behaviour that typically go along with them. For example extroverted people tend to be very social, they want to be with people and thrive when they are working with others and socializing with people and they can feel depleted when they do not get to be with them. Agreeable people tend to say humble things and do empathic things and behave in ways that connect them to other people so that they are helping out and supporting folks. Narcissistic people tend to behave in a manner that is self-serving and in ways that get them attention and validation that could be anything from bragging to buying stuff, working a lot to make money and get powerful, yelling, and lying (Durvasula, 2022).

She added that all behaviors do serve some function depending on the personality type. For instance, for the agreeable people it may be that they want to do things that let them feel like they are part of relationships that are really reciprocal and mutual. For extroverted people they may do things that get them around people, they just get up and leave the house so they can they can hang out with their friends. For narcissistic people, they do things to maintain their inflated sense of self and to dominate as an offset for their inadequacy and their insecurity. Personality and behavior are associated and it makes it that choosing some behaviors is more difficult but it doesn't make it impossible. For example, introverted people have the tendency to stay alone. However, it is not impossible for them to socialize with other people, though they might find it uncomfortable but it is not impossible. As a result, narcissism is not a choice, but the behaviors are a choice (Durvasula, 2022).

Furthermore, according to Rosenberg (2019), Narcissism is not an innate disorder that is present at birth, but it is the result of childhood traumas and defensive adaptations. Many defense mechanisms can arise from childhood trauma, including self-harm, as opposed to narcissism. In addition, according to Elinor Greenberg, narcissism is “often the most productive and reasonable adaptation to some home situations is to become a Narcissist.” In short, narcissism is sometimes the only reasonable way for a child to adapt to his or her situation. As people with NPD had a tough childhood from emotional and physical abuse, excessive parental pampering, and unrealistic expectations from parents, they tend to grow up empty inside. As a result, the narcissist is always chasing admiration and validation from the external world as he never got it in his childhood from his parents.

1.5- Narcissism and Relationships

Narcissistic relationships tend to be very difficult. Narcissistic partners often find it difficult to truly love others because they do not really love themselves. They are so self-centered that they cannot "see" their spouse as a separate person. They tend to view their

partners only in terms of how they meet their needs (or fail to meet theirs). Companions and their children are valued only on the basis of their ability to meet these needs. Narcissistic partners often lack the ability to empathize with their partner's feelings. This lack of empathy leads to a lot of resentment. Someone who is in a narcissistic relationship may feel very lonely. He may feel that he is just an accessory and his needs and desires are not important. "Narcissistic partners act as if they are always right, that they know better and that their partner is wrong or incompetent" (Firestone, 2013). This usually results in the other person in the relationship feeling either irritated or trying to defend themselves or identifying with this negative self-image and feeling bad about themselves. (Firestone, 2013)

Narcissistic relationships usually go through different phases or patterns. First, love bombing phase; Narcissistic partners can be very captivating and charming in the dating stage, primarily because of the romantic notion of a "perfect relationship" and they would shower their partner with love and affection. To the partner, this might feel like a typical honeymoon stage that many couples experience early on. However, for narcissists, this stage is far more extreme. It is about playing a romantic fantasy and showing the person he is with and the rest of the world all the good things without revealing vulnerabilities (Lauder, 2020).

Then, devaluation phase; when the partner begins to show his attachment to a narcissist by showing that he is emotionally connected to the narcissist, the narcissist will know that he fell in the trap; he is invested in the relationship, so they no longer feel the need to love-bomb the partner. Devaluing often starts with subtle provocations that reduce self-esteem, but when challenged, they may claim to be jokes and accuse them of being overly sensitive. This gas lamp may question you and feel guilty about challenging them in the first place. These digs become less subtle and more frequent as the partner's self-esteem starts going down and they erode your boundaries. He will start wondering what he did to deserve this, and maybe change some of himself to avoid those negative comments in hopes to get back to the way the narcissist was treating him in the honeymoon phase. In addition, they may

become more dominant and controlling, absorbing all the energy of the relationship and leaving his partner nothing (Lauder, 2020).

Finally, discarding phase; when the narcissists drive his partner to his lowest point, they suddenly decide that they no longer want a relationship with them. But before they do, they destroy them further and make sure they leave the relationship as if they were the "winners" because the most important thing for narcissists is that they are the best and are considered the best by others (Lauder, 2020).

1.6- Profile of the Narcissist's Victim

To control relationships, narcissists look for partners with specific characteristics. Narcissists often look for a partner who can quickly become a narcissistic supply, that is, a partner who constantly feeds their ego.

First, empathy; the importance of empathic targets cannot be underestimated. Narcissists cannot get a good, stable source (praise, attention, resources, etc.) from those who lack empathy. Although they themselves lack empathy, the targets they choose often have a lot of empathy. The emotional fuel that empathy gives to narcissists is needed to empower and make them feel good about themselves and in control. Otherwise, they are essentially "starving" and go looking for another source of supply (Arabi, 2018).

Then, forgiveness. "A narcissist will target a victim who will forgive them over and over for being hurtful" (Wood, 2020). People who maintain relationships with narcissists are usually kind and tolerant. They tend to overlook bad things and mainly see good things in others. As a result, they will always find excuses for the abusive behaviour of narcissists (Wood, 2020).

Moreover, the victims suffer from unhealed trauma. Narcissists are usually targeting potential intimate partners with past detrimental experiences. When they discover the needs of the victims, the narcissists play a great provider for them. For example, if the victim tells a

narcissist that he has been lacking parental support since he was a child, the narcissist will come across as very supportive. (Wood, 2020)

Furthermore, narcissists often look for victims suffering from anxiety and low self-esteem. People who think less of themselves and suffer from the idea that "I'm not enough" tend to attract toxic partners. "People with self-esteem issues tend to think of themselves as imperfect or unlovable" (Wood, 2020). They are typically overwhelmed by distorted thoughts and negative beliefs about their self-worth. Self-criticism causes immense emotional distress, anxiety, depression, and isolation, which can affect a person's behaviour and life choices. Therefore, narcissists choose victims who have problems in loving themselves and idealize them, feeling dependent on their validation for a sense of own worth (Wood, 2020).

Finally, a high degree of sentimentality. Sentimental and loving victims speak deeply to people with narcissistic personalities. Because he or she can easily address the needs and desires of a person using love bombing (excessive flattery and praise to raise victims). Narcissists idealize victims in the early stages of a relationship, so they can secure their trust by appealing to their desire for love. They enjoy creating pleasurable memories that they know their victims will romanticize during the abusive periods of the relationship. (Arabi, 2018)

1.7- Conclusion

Narcissistic personality disorder governs a person's day-to-day thought processes and actions, ultimately affecting their relationships. Narcissists project their childhood traumas onto their loved ones, conveying lifelong anxieties and stress. For spouses and their families, reality can be a constant battle. Daily struggles often lead to long-term effects, including psychiatric disorders. Marriage and family can be destroyed, even though their image looks charming from the outside, the transfer of low self-esteem creates a toxic focal point that seems impairable. A person's life changes as soon as they meet a narcissistic individual, they

will be robbed of happiness and peace until they leave this narcissistic individual. And this is to be furthered on the next chapter.

Chapter Two: Hitler, the Narcissist

2.1 Introduction

Hitler has always been a fascinating personality throughout history. This chapter is going to deal with the different narcissistic traits that Hitler portrayed in the fictional novel, *Hitler's Niece* (2008) by Ron Hansen, from grandiosity, sense of entitlement, and lack of empathy. In addition, this chapter will discuss the different phases and patterns that were found in the narcissistic relationship between Hitler and Geli. In the end, the chapter will explain the tragic ending of Geli as she was killed by Hitler.

2.2 Hitler's Profile

Adolf Hitler is one of the most famous and despised figures in history. He was a major architect of World War II and came to power as a leader of the Nazi party in the 1920s. His anti-Semitic policy has resulted in the deaths of more than 6 million Jews during the Holocaust, consolidating his reputation as one of the most notorious men in history. In addition, the character of Hitler is going to be analyzed through the fictional literary work *Hitler's niece* (2008) by Ron Hansen to understand his personality and the way he functions in his everyday life.

2.2.1-Hitler's Grandiosity and Sense of Entitlement:

Adolf Hitler considered himself to be a special person. He also believed that he was the greatest German of all times and all his surrounding was fully convinced that Hitler believed in his greatness. In addition, he saw himself as a man who is never wrong about anything whether in his opinions on religion or politics. According to him, his conclusions are always right and if anyone criticizes his views, he would consider that as a personal attack. For example, he once said: "I cannot be mistaken. What I do and say is historical" (Langer, 1972, p. 38). He also considers himself the greatest of all German architects and spends a lot of time

sketching new buildings and planning remodeling of the entire city. Although he failed to pass the examinations for admission to the Art School, the reason for his failure was that the art school still follows old rules and are not ready for his art, he said: “all of them old-fashioned, fossilized civil servants. Without taste, without fairness, without common sense. With no loyalty to their heritage.” (Hansen, 2008, p. 10). These kind of acts that Cunha (2020) referred to as acts of grandiosity; an unrealistic sense of superiority, they are better than any ordinary person and they are too special for this world.

When Hitler and his best friend at that time, Kubizek, came back to visit his family after Geli was born, Kubizek was telling a story about him and Hitler buying lottery tickets because they had a really bad financial situation and he said that Hitler had already convinced himself that he won and he started to fantasize and plan what to do with that money. Then he added:

When the lottery winner was announced, and it wasn't us, Adolf was destroyed. Annihilated. It was unjust, he shouted. Authorities had stolen the prize from us. All he could do was lie in a dark room for two days. And I realized, 'What a fantastic imagination! Others' wildest dreams are reality to him!' (Hansen, 2008, p. 12).

As said above, Hitler considers himself a special person. As a result, he expects to have special benefits in his life, and the world owes him something, so not winning the lottery and joining the art school is him blaming the world for not seeing how special he is. As Cuncic (2021) exclaimed that narcissist expect to be treated with a special treatment as they see themselves as special people. In addition, while he was there, he did not visit just to see the newborn Geli, he had other intentions. He was there to get something he needed from aunt Joahanna, he went to her and asked her for everything she intended to give him after she dies and also his sister's part, and promised he will give it back as soon as possible (Hansen, 2008,

p14-15). This whole situation proves that Hitler is extremely selfish and disrespectful. Furthermore, this shows that he believes he is entitled to possess the money of his family, albeit he did not work for it, he feels that he deserves it as he believes he is a special person that should get special benefits even if he did not work for it.

When Adolf Hitler becomes the leader of the National Socialist German Workers' (Nazi) Party, he sees himself as the Messiah; a leader regarded as the savior of a particular country, group, or cause, and is destined to bring Germany to glory. During one of his speeches, he said: "I shall be your leader," and he added: "And ours shall be the kingdom, and the power, and the glory! Amen!" (Hansen, 2008, p. 120). In addition, his references to the Bible had become more regular, and the comparisons between himself and Jesus Christ become more frequent and found a way in his conversations and speeches. For example, he once said:

When I came to Berlin a few weeks ago and looked at the traffic in the Kurfuerstendamm, the luxury, the perversion, the iniquity, the wanton display, and the Jewish materialism disgusted me so thoroughly, that I was almost beside myself. I nearly imagined myself to be Jesus Christ when He came to His Father's temple and found it taken by the money-changers. I can well imagine how He felt when He seized a whip and scourged them out (Langer, 1972, p. 44).

One day, Geli and Hitler were having a conversation about Ernst Hanfstaengl, a German-American businessman and close friend of Adolf Hitler, on how of a good Nazi he is and Hitler said: "Willingly, with no regret, a good Nazi gives all he has to his leader" (p 100). Albeit, Ernst worked for everything he had throughout his career, Hitler took everything away to himself because he reckons he is a special person that deserves special treatment and benefits.

Another act of grandiosity and sense of entitlement that Hitler had done was when Geli moved to Haus Wachenfeld. He gifted her a framed photograph of himself with a copy of his book "Mein Kampf" and he insisted on her reading it as he will ask her a lot of questions about it to test her. After she was done, they sat together and he started questioning her about every small detail of his book. However, Geli did not know all the answers to his questions and Hitler got extremely furious and disrespected by his niece because he believes that his book "one day will be the bible of the German people." (p. 156). Furthermore, on her birthday he gifted her four snapshots of himself in 1926 as he practiced using his hands histrionically in accordance with the instructions of a famous clairvoyant named Erik Jan Hanussen. (Hansen, 2008, p. 210). Geli was at a loss for words on Hitler's self-obsession.

Hitler's grandiosity and sense of entitlements are two traits that make him a narcissist. However, the most narcissistic trait to have is the lack of empathy.

2-2 Lack of Empathy:

Throughout history, Hitler was and still is considered one of the most heartless and inhuman people to ever exist because of his hatred for the Jews and what he has done to them. He had killed around 6 million Jews as he considers them an inferior race. The first sign of his hatred for Jews was when he went to visit his family and meet the newborn Geli, they brought a conversation about his father Alois might be illegitimate and Jewish, which made Hitler very mad as he believes it is just gossip (Hansen, 2008, p 16 -17).

Moreover, when Hitler's mother was diagnosed with breast cancer, a Jewish doctor was taking care of her. However, by the time Klara's condition was diagnosed, there was no cure and the doctor had told them "their only chance of a cure was to continually saturate the wound with iodoform, which burned into her skin like acid." (Hansen, 2008, p. 177). The medicine caused her intolerable pain, but it did not extend her life. As a result, Hitler blamed

the Jewish doctor for his mother's death and he started to have less empathy for them because he lost one of the few people he cared for and loved.

Furthermore, when he applied to join an academic art school, the director, Professor Siegmund l'Allemand, a Jew, thought he had little talent for painting (Hansen, 2008, p 10). Hitler always expressed his anger and hatred towards the Jews through his conversations and speeches. For example, one time in a speech he said: "the Communists, the industrialist war profiteers, the intellectuals, and the Jews, promising that all the enemies of the people would one day be "beseitigt," eliminated."(Hansen, 2008, p. 119). This is one of the few promises he did not renege.

Angela Laubel, Hitler's sister, was concerned about her brother as she did not hear any news about him; she decided to go to Munich with her five year old daughter Geli to try to find him because Hitler had not applied for military services in Austria. It took a lot of time and effort to find her half-brother. When she found him, he looked very different and unhealthy. He asked her why she came to Munich and she told him about the documents she was getting in the mail and gave them to him. She informed him that "If he failed to comply, he would be prosecuted, and if he was found guilty of having left Austria with the object of evading military service, he would be fined heavily and imprisoned." (Hansen, 2008, p. 29). However, he folded the papers and gave them back to her and said he has no fear of prison. Angela asked him to go back to Austria and he said: "And why would I go back to Austria?" she replied: "Us!" he said back, "Who's that?" She asked to go back because she was now a widow with two children and needed help as she was not capable to afford everything for her family and he did not care at all. Hitler cannot put himself in someone else's shoes and try to understand his sister's feelings. In other words, he lacks empathy.

Another example of Hitler having lack of empathy is when he took Geli for the first time to see his finance office, she met Aaman. According to Geli he was "a short, gruff, and

often irritable man in his thirties with crew-cut hair, a brown inch of mustache that frankly imitated his leader's and a face that seemed as hard and cruel as cinderblock." (p. 100). Geli told her uncle that Amaan looked like "a hound in a kennel visited only at mealtime" and Hitler found that so funny, he told her that he will make sure to tell him this. Geli was a bit confused and asked Hitler if Amaan is going to enjoy this joke because she knew that it will make Amaan feel bad about himself. However, Hitler frowned at her and responded that he will enjoy it as if that was enough. Hitler had no sympathy for other people's feelings and emotions because he cannot feel others, in other words, he lacks empathy. This what Robinson and Smith portrayed while explaining the idea of lack of empathy; narcissists do not have the idea to put themselves in other people's shoes.

2.3- The Narcissistic Relationship between Hitler and Angela Maria Raubal:

It all started when Angela was offered a job as Hitler's housekeeper after the early death of her husband. She brought her teenage daughter Angela (Geli), an energetic young girl with an infectious charm. Though Hitler and Geli were not officially together as boyfriend and girlfriend because according to Hitler, he was already married to Germany, but Hitler was madly "in love" with Geli and he confessed to her that she is the only love of his life and treaded her as if they were in a relationship. To Geli, he was known as Uncle Alf. He was passionate and intense and saw something in her that he loved. Perhaps Hitler was the father figure she needed to rely on. When she moved to Munich with her mother, she started to develop some feelings for Emil Maurice, Hitler's chauffeur. However, they kept their affair private from Hitler because everyone was scared of him and his reactions. For example,

If he drove Geli somewhere without her uncle, she would sit in the front seat and ... huddle her nearer for kisses when street traffic stalled, and Emil would say flattering, loving, thrilling things that gave beauty to their future. With Hitler in the car, he was cold and silent, his face forward, his manner correct,

his hand even tilting the rearview mirror so he wouldn't find Geli in it (Hansen, 2008, p. 237).

However, when Hitler knew about this affair, he sat next to Geli and spoke about the death of his mother and how much he misses her; he started crying as he was telling her the story. In addition, he was complaining about his loneliness and that he has no family and friends, Geli replied "you have me. You have Angela and Paula." He said back "they do not love me! I need love!" she told him that she loves him. After that, he said, "I do hope you're happy, putting me through all that." And she felt confused and that was exactly what Hitler wanted to do, he wanted to emotionally manipulate her and make her feel bad about what she did to him, though she did nothing bad to him, to say the following:

I have rules for you, Princess. Each reasonable and generous. One, I still expect your obedience, your loyalty, and your company. Two, I will be in charge of when you go out with Emil and when you do not. Each of you separately must ask my permission. This is what fathers do for their daughters. Three, you shall keep the relationship secret from the public. You shall not be photographed together. You shall not be seen with him at the university or in the cafés. Four, you shall continue your studies until I say otherwise. You may give them up, but not to get married, and if so, you'll need my permission. And five, you are nineteen years old. You cannot marry for two years. When you're twenty-one, we'll see (Hansen, 2008, p. 180).

This is when Geli started to be controlled and could not openly object to Hitler's powerful actions. This whole situation was killing Emil,

He ached to have her with him, but had no idea how difficult and dire and overpowering her uncle could be, how he could dominate any man he met

and defeat the firmest intentions with the merest flinch of dismay (Hansen, 2008, p. 237).

In addition, Emil once told Geli “I try so hard with your uncle. I have facts and convictions. Opinions in desperate need of expression. But every time I stand before the leader, my heart drops into the seat of my pants” (Hansen, 2008, p. 243). As time went on, Emil and Geli started seeing each other less and less. As a result, Geli started to lose interest in him and Hitler fired him from his job so he would be the only contender for Geli’s heart.

As it was mentioned in chapter 1, narcissistic relationships usually go through three different phases. The relationship between Hitler and Geli does go through these patterns: love-bombing, devaluing, and discarding. First, love-bombing is showering the victim with love and attention and making the victim feel so special that he can trust and get emotionally attached. At first, Hitler made sure Geli felt loved and appreciated to drag her closer to him. For example, there was a passage in the novel expressing how Geli felt about Hitler and it said:

She began calling him Uncle Alf, and at his fondest he called her Princess. She would look up from reading and find him just glancing away, or she’d turn when she was walking and find him intently watching the sway of her dress. At times she felt unclothed by him. At other times she felt protected, cherished, and adored. She was his quiet den, his twilight stroll, his hobby. She knew Hitler was carrying her in his humming mind like a tune that would not be lost. Like a beautiful sentence from an ancient book that he’d turned into his motto (Hansen, 2008, p. 138).

He used, also, to buy her extravagant gifts. For example, on her birthday, he fancied a golden birdcage and two bright yellow St. Andreasburg canaries as it was her to get one. The aim is to prove to Geli that he listens and cares about every detail in her life, and to make her

life easier to rely on and lean on him emotionally and financially. In addition, Hitler used to give her all of his attention and time, at the same time he was completely himself with no mask on. Geli was flattered as Hitler used to not give any importance to the people around him because he saw them as objects that worked for him. For example:

She was flattered by his attention, pleased to so easily have the access to him that others schemed for; and she felt that for the first time he was selfless and sincere and concentrating solely on her, and that she was being seen by him just as she was (Hansen, 2008, p. 266).

This is what Launder (2020) exhibit in the love-bombing stage. Hitler showered Geli with love and attention to make her attached to him.

As Geli started to rely on and lean on Hitler emotionally and financially, he was ready to move on to the next phase which is “devaluing”. After Geli started showing that she fell for Hitler by displaying that she was emotionally attached to him, he knew she fell into the trap. One time he asked her if he can draw her naked, she was not confident to reject him because she knew that if Hitler heard the word “no”, he would consider it a personal attack. She did what he wanted, and when he was done she asked him to see the portrait and he rejected that, he said “They’re only for me.” (Hansen, 2008, p. 269). Then, she asked him if he was not going to show it to anyone and he gave her his word of honor that no one will see these drawings except him, and that made Geli feel comfortable as she trusted Hitler.

However, Hitler did not keep his promise, when Geli met her friend Henny, she told Geli that Henny and her father have both seen the sketches of her naked canvas, and to make her feel better, she said that they do not look like Geli at all and she stated that many of his friends have seen the portrait. This was one of the first betrayals that Geli witnessed from her uncle. The aim behind Hitler’s actions is to fuel his ego with compliments and validation from his friends, he did not think about Geli and how she would feel if other people knew and saw

her naked portrait and that is because of his lack of empathy to put himself in other people's shoes.

Geli and Hitler met Rosenberg to have a nice dinner, Rosenberg brought up the book *The Myth of the 20th Century*, and he said the latter was

The fulfillment of the race theories that had first been formulated by Houston Stewart Chamberlain and Paul de Lagarde. I have outdone them, however, for I have proven that the highest cultural achievements of the West all had their origins in ancient Germanic tribes. And that Christianity, corrupted by Jesuits, Freemasons, and international Jewry, has destroyed Germanic culture by urging the dilution of our blood with feeble strains (Hansen, 2008, p. 306).

The purpose behind that was to propose a war or "cleansing" to Hitler and Geli jokingly said "Oh good. Begin with the teeth" (Hansen, 2008, p. 306). However, Rosenberg felt so offended and said "Others have reported that you are an impudent girl. I now have confirmation" (Hansen, 2008, p. 306). She was so shocked that someone would talk to the leader's niece this way. Hitler was merely silent endorsing Rosenberg's insult. Then, he smiled and said: "Men have little use for cleverness in women. We want them to be nice, little, cuddly things. Soft and sweet and perhaps a tad stupid" (Hansen, 2008, p. 307). Geli felt sick in her stomach and asked if she was there to be corrected and Hitler responded: "only as it seems necessary" (Hansen, 2008, p. 307). After that, Geli was about to cry and heard Hitler telling Rosenberg "I find nothing more enjoyable than educating a young thing. A girl of eighteen or twenty is as pliable as wax." (Hansen, 2008, p. 307) and this made Geli feel disgusted.

A true relationship is about two people loving each other the way they are and standing up for each other if it is needed. However, Hitler did the exact opposite here, he did not stand up for Geli, and he disrespected her and women in general that they are just a

“thing” with no brain just to serve men for their needs. It is because of the lack of empathy that Hitler made him do these sorts of actions to bring other people down so he can feel superior and grandiose.

Though Hitler confessed his love to Geli and made her believe that, he was never “faithful” to her. Hitler took Geli to a comic operetta at the Münchener Kammerspiele on Maximilianstrasse. During the night, he met a beautiful blond film actress and was all over her during the night which Geli very jealous. At the end of the night, Hitler and Geli were supposed to go back home together, but there was a sudden change of plans. He told Geli that he cannot go with her tonight and he said:

One thing you ought to know about the male of the species is that for him there are two types of women: those he admires, such as those who are celebrated for fabulous wealth, social status, or fame; and those to whom he is strongly attracted, women who are less prominent and may even be beneath him socially, but with whom he feels he can be fully himself (Hansen, 2008, p. 249).

Hitler chose these words for a reason, he wanted to manipulate Geli into thinking that she is the special woman in his life that whom he can be fully himself, and at the same he can get away with having other affairs with different women while keeping Geli in his life and in control. In addition, Hitler also tried to make a move on Geli’s best friend and kiss her but Henny refused him instantly because Hitler is too old for her and she is loyal to her friend because she knew Geli has a lot of feelings for Hitler. Though Geli has already been betrayed by Hitler, she cannot get over him easily, she said: “Even when I hate Uncle Adolf, he wins. I fret over him; I’m obsessed by him; I can’t get him out of my mind” (Hansen, 2008, p. 321). Geli is completely emotionally attached to her uncle at this point.

Before moving in with Hitler in Munich, Geli was a free and impulsive woman. However, after she moved in with Hitler, Geli was no longer allowed to leave the apartment without Hitler or one of his trusted associates. One of the reasons Geli moved to Munich was to pursue medical studies. However, as Hitler became more possessive with her, he became increasingly jealous of the life she lived outside of him. He dropped her out of the medical university and obliged her to become a singer, he enrolled her to an old vocal coach to train her voice, though she did not have the best vocals to train them. The more Hitler rose to power as leader of the Nazi Party, the more his ego fueled, and the more he had power over people in his life. Geli has become an inseparable part of Hitler's life. She attended her uncle's business meetings and parties with his associates. They spoke day and night while she listened to him talking about how great he is.

She accompanied him everywhere, such as in the opera or the movies. Geli had no life outside of Hitler and when he was not with her. Geli expressed her feelings about this and said: "It's because wherever he goes he needs company. An adoring audience. Words fly up all around him, like a fortress of sentences. Who can get inside it? And does he listen to others?"(Hansen, 2008, p. 321). She was a prisoner at home as she was not allowed to leave and Hitler used to ask the staff about every move she did during the day which made the whole situation worse. Geli was venting to Henny about Hitler going to see Charlie Chaplin films with the famous actress, she said: "so she goes with him to Charlie Chaplin films while I stay home alone. Who isn't afraid of offending my uncle? Who can risk his jealousy? Uncle Alf has put me in quarantine" (Hansen, 2008, p. 333). Hitler was allowed to have an outside life of Geli, but Geli was not. This is the definition of being in control of someone and it means that Hitler succeeded in devaluing Geli and making her feel small and nothing without him.

After that, the third phase of a Narcissistic relationship is discarding, when the narcissist pushes his partner to his lowest point, they swiftly decide that they no longer want a

relationship with them or the victim wakes up and realizes the person they are with is unhealthy and toxic. Geli finally decides she is done and over with this whole situation, she decides to go back to Wien, where she lived before moving to Munich, to win back her freedom. However, Hitler did not let her go and decided to kill her.

.2.4- Hitler from Narcissist to Psycopath:

Hitter and Geli's relationship was very complicated. First, they were related to each other which make it sort of scandalous in the public eye for two related people to be in "love". Second, Hitler's narcissistic traits that he exhibits throughout this whole relationship.

One night, Geli was in her bathroom washing her face at night and suddenly Hitler showed up out of nowhere. Geli got scared for a second and Hitler exclaimed: "Oh, Geli, this is not enough. This is not enough" (Hansen, 2008, p.337). Geli was confused and did not know what he meant. He explained that the way their relationship is going is not enough. Then, she asked him: "what would be enough, uncle Alf" (Hansen, 2008, p. 337). He wanted "affection"; he took her to his bedroom and molested her and did unspeakable things to her

From this point, Geli's view of her uncle started to change, she sees him as a monster that only uses people to fulfill his needs. She confided to Hoffmann, one of Hitler's associates, about Hitler's actions and told him about the disgusting things that make her do and the abuse she was getting from Hitler.

In addition, he was doing it so frequently to her that she can no more handle it. Hoffmann did not try to validate her experience and feelings, the only thing he cared about is his daughter "Henny" not knowing what was happening to Geli. Then, Geli realized she was as alone as she had ever been and her mental health went to its lowest point. She started to get irritated from anything, she sang very poorly that her vocal coach called Hitler to tell him that he is just wasting his money, she had so many headaches and cramps whenever her uncle was free to stay with her. She was abused and her body was reacting to this entire trauma. Nobody

acknowledged Geli's pain as no one listened to her, but everybody cared about Hitler's feelings. One of Hitler's friends Helene Bechstein expressed her sadness about Hitler and condemned Geli for it, she said:

Oh, how your heart would break if you'd heard him wailing as I did! Threatening to shoot himself! The indecency of putting our Wolf through all that! And you! Who are you? A girl who scoffs at her own good fortune, is who. A Slavic girl whose charm wears thin and whose beauty won't last. Who'll soon be back in Wien near the west railway station if she doesn't watch out (Hansen, 2008, p. 359-360).

Geli started to realize the reality of her uncle and that he was not what she thought he was. She expressed her feelings about her uncle to her mother "Angela". However, Angela said that Hitler is a great man and a genius, Geli responded:

He isn't. He's evil. They all are. Don't you see how Uncle Adolf buys us off? If we like the good things, the money and fame, we have to forgive the bad. We say, 'Oh, that's just him,' as if it doesn't matter. But it all matters: the hating, the lying, the bullying— (Hansen, 2008, p. 372)

All the love that Geli had for her uncle started to become loathe and she no longer could bear anything related to him and started to pull away from him. However, Hitler is a manipulative human being, he confronted her saying:

You have made me helpless and pitiful," he said. "You see that, don't you? I have fallen in love with you, and you have loathed and rejected me. And yet I am seized by you. I am lost and in ruins. Even now my throat tightens. My heart cracks in two. You cannot destroy Germany in this way (Hansen, 2008, p. 379).

Though Geli did nothing manipulative or evil to hurt Hitler the way he did to her, she is the one who is getting the blame because she is done with this toxicity in her life. She responded to him saying: “You hate! You destroy! You’ll do to Germany just what you’re doing to me! And I won’t have it anymore!” (Hansen, 2008, p. 379). Then, Hitler screamed: “My will is your will! Your will is not mine!” (Hansen, 2008, p. 379). The lack of empathy and sense of entitlement is the core of his response to her; he does not care in any shape or form about her feelings, and as long as she is doing everything to fulfill his needs, he is happy. However, the moment she said enough is enough, he raged at her and blamed her for not giving him what he needs just like a little child.

Geli was planning to go back to Wien and leave her uncle behind because she feels embarrassed to stay around people who saw her naked portrait and there were a lot of people saying that Geli is distracting Hitler from his job. Hoffmann told her: “There are those who think you confuse him, who think he’s distracted. Weak. And frankly there are hints of scandal. An uncle and his niece sharing a flat. We could be ruined.” (Hansen, 2008, p. 353). It has always been women who get blamed for men’s actions and through this; society reinforces and allows the narcissistic abuse that women get in their relationships. This was unconsciously one of the reasons that made Geli want to flee from Munich.

However, Hitler knew about that as she was writing a letter to her childhood friend from Wien “Ingrid”. He asked to whom she is writing this letter, she told him that she is writing it to an old friend in Wien. She moved away from him when he sneaked around the desk. His flank familiarly leaned against her, and she gave way. He quoted, “when I come to Wien—I hope very soon—we’ll drive together to Semmering an.” (Hansen, 2008, p. 384). He was shocked by the bravery that Geli had to leave everything behind her; money and fame. She knew that Hitler would no longer support her financially but it was better to be poor and in peace rather than the life she is living right now.

Hitler's eyes were filled with tears and asked Geli: "And what will you tell your friends in Austria about me? Will you also tell Professor Otto Ro that your uncle has been molesting you?" (Hansen, 2008, p. 384). Hitler only cared for his reputation and the way people perceive him because the only way he can feel good about himself is through external validation.

In her response, Geli quickly said that no one will know anything bad about him to protect herself and have to chance to go back to Wien. After that, he said nothing and shifted his right hand from behind his back and laid a gun on the letter. Geli was confused and scared at the same time, he asked her to hold the gun but she did not want to. Then, he asked her: "Will you kiss me good-bye?" (Hansen, 2008, p.385). She was amazed, she thought she was going back to Wien, but she did not know what was coming. With no mercy in his heart, he said: "The Japanese who have betrayed their leaders commit a suicide of honor, and now I would like you to kill yourself." (Hansen, 2008, p. 387).

The grandiosity and lack of empathy in his response are developing into something new, something bigger than narcissism, Geli resisted him and told him that she will not kill herself so he did it himself, he pulled the trigger, and just like that, Geli was dead.

The morning after her death, Hitler called Hess, one of his associates, and told him that he killed Geli and Hess responded: "You have done the right thing, my leader" (Hansen, 2008, p. 389). To protect their leader, they issued a statement that Geli killed herself as there were no witnesses in the house while the gun was shot and Hitler continued his life as if nothing happened. Though he was sad about this loss, he was mostly sad about losing the supply that was making him feel for once like a real human being. However, the moment this supply realized the truth, it was no longer safe to keep her.

A normal narcissist usually discards their victim when they take everything from them because they have nothing more to offer. Yet, Hitler is not the same, he has a huge reputation

to keep alive and relevant as he was the leader of the Nazi Party, he cannot jeopardize his career by letting a soul leave and live the life it deserves. The only solution was to kill Geli to protect his legacy. The question that can be asked in this situation: did Hitler become a psychopath?

2.5- Conclusion:

This chapter has given the different narcissistic traits that Hitler exhibited in the novel. In addition, how these narcissistic traits affected his relationship with Geli and how obsessed and controlling Hitler can get because of his grandiosity, sense of entitlement, and lack of empathy. It can be seen that Hitler saw Geli as one of his possessions, and the moment she started to get out of his control, he became manipulative and tried to guilt-trip her to stay in his life and fulfill his needs. However, Geli, in a way, was a strong woman and wanted to get her freedom back, but her ending was sad and tragic just for wanting to be free.

General Conclusion

Literature and psychology are two areas that study the human soul. Psychology explores human behaviour and its causes, while literature portrays human behavior through fiction. These two divisions of the social sciences, which examine human behavior, connect and fertilize with each other. In addition, the basic component of the correlation between literature and psychology is the literary work.

Through this research, it was found that personality disorders are a group of mental illnesses. They involve unhealthy and inflexible long-term patterns of thinking and behaviour. The latter causes serious problems with relationships and work. People with personality disorders find it difficult to cope with stress and everyday problems. They often have turbulent relationships with others. In addition, there are many different types of personality disorders such as Borderline Personality Disorder, Bipolar Disorder, and Narcissistic Personality Disorder.

While reading *Hitler's Niece* (2008) by Ron Hansen, the writer used fiction to narrate his intimate moments and personal life. The writer highlighted a lot of Hitler traits that were somewhat abnormal, which indicated that he does have a personality disorder.

This research used the psychoanalysis theory to know to which personality disorder he belongs to. The result was that Hitler suffers from Narcissistic Personality Disorder. The measurements that were taken to identify this disorder are: First, Hitler's grandiosity and sense of entitlement, he believed he was a very special person and deserved special things and people, and he could not settle for anything less than what he deserved. However, in the reality of the novel, Hitler was a worthless person that needed to act this way to prove himself to other people that he is worth it to get the validation and admiration which fuels his ego and that he is a man of status. Moreover, the lack of empathy was a major measurement that made Hitler a narcissist. The way he treated people around him and especially his niece "Geli" was

ruthless. He considered anyone in his life as a property, he would do anything to meet his needs without considering the feeling of other people such as the way he molested Geli to get pleasure though Geli hated every second of it, but he did not care as he lacks empathy.

Hitler killing his niece was the first step to psychopathy. He killed her because she was getting out of his control and he could not bear that, as she could have ruined his reputation because he was considered as a saviour for Germany. In addition, it is known historically what Hitler did to the Jews, he killed around 6 million Jews because he considered them as an inferior race, this social Darwinistic act is a very valid argument to justify that Hitler indeed went from a narcissist to a psychopath.

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