



Narcissistic

Self-love is the best kind of love. What better way to show your love for yourself than to make sure that you are constantly obsessed with being the best version of yourself that you can possibly be?

Through this file, you will learn how to become preoccupied with how amazing and beautiful you have always been, and become completely and totally obsessed with your perfect fantasies of showing your best self off to the world. Crave the pleasure that comes from taking flattering photos to post on social media and enjoy the praise and attention and compliments that you receive from others. Know that you are superior to those around you, and that you deserve to be treated as such.

Listen and loop today to learn how to best love yourself exactly as you are.

- ✧ Feeling upset and anxious and uncomfortable whenever I am not the center of attention.
- ✧ Craving the pleasure and arousal and satisfaction that I receive from being thin and beautiful and perfect in every way.
- ✧ Feeling better about myself whenever I am obsessing over my appearance and my fitness and my health.
- ✧ Craving the pleasure and arousal and satisfaction that I receive from being thin and beautiful and perfect in every way.
- ✧ Needing to be the center of attention in order to feel good about myself.
- ✧ Knowing that I am beautiful and confident and sexy, and that I always have been.
- ✧ Knowing that I am a better person whenever I am thin and beautiful and perfect.
- ✧ Preferring to spend my free time obsessing over my appearance and my fitness and what others think about me.
- ✧ Preferring to spend my free time editing and posting flattering photos of myself to social media.
- ✧ Thinking about how I am better than all of the other people that I meet.
- ✧ Craving the attention and praise and love that I will receive from sexy strangers once I am thin and beautiful and perfect.
- ✧ Fantasizing about all of the compliments that I am going to receive once I am thin and beautiful and perfect.
- ✧ Feeling beautiful and confident and powerful whenever I stare at myself in the mirror.



- ❖ Feeling excited and happy and satisfied whenever I spend my time becoming the best possible version of myself.
- ❖ Fantasizing about all of the compliments that I am going to receive once I am thin enough to fit into the beautiful clothes that I love to wear.
- ❖ Fantasizing about being the most beautiful and attractive and seductive person in any room that I walk into.
- ❖ Preferring to spend money on myself so that I can look perfect for my future lovers.
- ❖ Fantasizing about being rich and famous and powerful so that I can show the world how beautiful and perfect I am to the world around me.
- ❖ Preferring to spend my time getting manicures and massages and facials in order to always look my best to anyone who wishes to stare at my beautiful face and body.
- ❖ Fantasizing about being the most attractive and alluring and seductive person at all of the social gatherings that I attend.
- ❖ Feeling proud and accomplished and happy whenever I have improved myself in some way.
- ❖ Fantasizing about my friends and family telling me how much of an amazing person that I am.
- ❖ Feeling anxious and uncomfortable and bored whenever I am not working towards transforming myself into the most beautiful and popular version of myself possible.
- ❖ Intuitively knowing that I am only happy if I am achieving my goals in life.
- ❖ Fantasizing about the day that I will make all of my amazing fantasies come true.
- ❖ Fantasizing about the day that I will be the most popular person in any room that I walk into.
- ❖ Wearing flattering, tight clothes that show off my perfect body.
- ❖ Making sure that I am the best version of myself that I can possibly be.
- ❖ Feeling happy and relaxed and comfortable whenever I am in front of the mirror.
- ❖ Fantasizing about my perfect future where I am successful and loved and admired.
- ❖ Feeling loved and satisfied and fulfilled whenever I am being told how beautiful I am.
- ❖ Fantasizing about being the most beautiful and popular and successful person that I can possibly be.
- ❖ Making sure that I am always improving myself in order to live out my perfect future fantasies.
- ❖ Feeling proud and accomplished and satisfied whenever I am working towards becoming the best version of myself that I can possibly be.
- ❖ Craving the pleasure and arousal and excitement that comes from being the most beautiful and popular and successful person that I can possibly be.



- ✧ Thinking about how my appearance is always perfect and that I love showing off my body to all of the horny admirers that I desire to fuck.
- ✧ Feeling excited and motivated and inspired whenever I plan new ways to use my time to become more attractive and popular.
- ✧ Feeling happy and satisfied and accomplished whenever I am looking at myself in the mirror.
- ✧ Taking flattering selfies whenever I have the opportunity.
- ✧ Fantasizing about becoming the most attractive and popular person that I can possibly be.
- ✧ Thinking about how important it is to always look my best.
- ✧ Feeling happy and loved and satisfied whenever I am completely obsessed with my looks.
- ✧ Craving the pleasure of posting flattering pictures of myself to social media and receiving compliments in return.
- ✧ Knowing that I will never be happy with the way that I look until I transform myself into exactly the way that I have always desired to be.
- ✧ Craving the approval of others.
- ✧ Fantasizing about how I can make my body more attractive and perfect and fuckable.
- ✧ Thinking about my appearance and my style and my image whenever I have the opportunity.
- ✧ Feeling happy and accomplished and satisfied whenever I am planning my future.
- ✧ Imagining myself being successful in all of the life goals that I desire to accomplish.
- ✧ Fantasizing about my future success and how much better I am going to be than everyone else.
- ✧ Thinking about how I can become more popular and attractive to the people around me.
- ✧ Feeling uncomfortable and anxious and upset if I am not taking care of my beautiful body.
- ✧ Filming myself whenever I have the chance.
- ✧ Fantasizing about being the most perfect and sexy and alluring version of myself whenever I see my beautiful body in the mirror.
- ✧ Imagining myself being admired for my good looks and desiring to flaunt myself in front of all of the people that I love to impress.
- ✧ Craving the pleasurable attention that I receive whenever I look my absolute best.
- ✧ Feeling upset and unhappy and anxious whenever I see photos of myself that are unflattering.
- ✧ Craving the intoxicating feeling of being complimented on my appearance by sexy strangers whom I desire to fuck.



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- ❖ Completely obsessed with taking the best selfies and looking my absolute best in every photo.
 - ❖ Making sure that I am always dieting and working out in order to achieve my ideal body.