



## ROUND 37

# Why is everyone so worried about 'Narcissism'?

Source: The School of Life

### 토크샵 관련 링크

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### 알림 Notice

## 토크샵 '23 Batch 5 (Sep.-Nov.)

Round #33 ~ 44, 12회, 1회 2시간

요일	타입	마스터	국적	위치	세션 스케줄
Mon.	Study	Alex	Korea	GangNam	Sep 18, 25, Oct9(변경) 16 Oct 23, 30, Nov6,13 Nov20, 27, Dec4, 11
Wed.	Study	Alex	Korea	GangNam	Sep13, 20, Oct4, 11 Oct18, 25, Nov8, 15 Nov22, 29, Dec5, 12
Thu.	Class	Ben	U.S.	GangNam	Sep 7, 14, 21, Oct19 Oct26, Nov2,9,16 Nov23,30,Dec7,14
Sat.	Class	Ben	U.S.	GangNam	Sep 9, 16, 23, Oct21 Oct28, Nov4, 11, 18 Nov25, Dec2,9, 16
Sat.	Study	Alex	Korea	GangNam	Sep 16, 23, Oct7,14 Oct 21, 28, Nov11, 18 Nov25,Dec2,9,16

1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

💡 Today's Expression(오른쪽 링크 클릭) - [cut and dried](#)

- Definition
- Example

QR코드를 통해 **Cut and Dried** 의 설명 영상을 보실 수 있습니다.



1. **Overweening** (adjective) - showing excessive confidence or pride  
ex) His **overweening** arrogance often rubbed people the wrong way.

"...one whose **overweening** pride leaves them no room for empathy or kindness..."

2. **Bequeath** (verb) - leave (property) to a person or other beneficiary by a will  
ex) The wealthy philanthropist decided to **bequeath** her entire estate to charity.

"...a sense of our lovability and rightful place in the world **bequeathed** to us via the approbation of kindly and enthusiastic caregivers in our early years."

3. **Approbation** (noun) - approval or praise  
ex) The student sought the **approbation** of the professor for his research project.

"...bequeathed to us via the **approbation** of kindly and enthusiastic caregivers in our early years."

4. **Haste** (noun) - excessive speed or urgency of movement or action  
ex) In his **haste** to catch the train, he forgot his bag at home.

"In our **haste** to condemn selfishness and pride..."

5. **Condemn** (verb) - express complete disapproval of; censure  
ex) The committee chose to **condemn** the offensive remarks made by the politician.

"In our haste to **condemn** selfishness and pride..."

6. **Primordial** (adjective) - existing at or from the beginning of time; primal  
ex) The **primordial** forests are home to a diverse range of ancient species.

"...miss out on the **primordial** importance of self-esteem and confidence generated by love."

7. **Fixate** (verb) - cause (someone) to develop an obsessive attachment to someone or something  
ex) She tended to **fixate** on small details and lose sight of the bigger picture.

"...Narcissus didn't get **fixated** on his reflection..."

8. **Poignantly** (adverb) - in a way that evokes a keen sense of sadness or regret  
ex) The movie ended **poignantly**, leaving the audience in tears.

"a good deal more **poignantly**, he did so because some form of early deprivation had bred in him a need to manically keep checking in on himself in a doomed search for a value he clearly couldn't believe in."

## 1. Vocabulary *Check the meaning of these words/expressions in the dictionary.*

9. **Deprivation** (noun) - the damaging lack of material benefits considered to be basic necessities in a society

ex) The poverty-stricken area faced severe **deprivation** of healthcare facilities.

"...he did so because some form of early **deprivation** had bred in him a need to manically keep checking in on himself..."

10. **Manically** (adverb) - in a frenzied and overly excited manner

ex) She cleaned the house **manically** before the guests arrived.

"...a need to **manically** keep checking in on himself in a doomed search..."

11. **Precipitate** (verb) - cause (an event or situation, typically one that is bad or undesirable) to happen suddenly, unexpectedly, or prematurely

ex) The sudden announcement seemed to **precipitate** a panic among the crowd.

"...and thereby often **precipitate** - the end of anything positive or kind."

12. **Salve** (noun) - a medicinal ointment for healing or soothing

ex) She applied a **salve** to the wound to reduce inflammation.

"...try to **salve** them through intense doses of the very same sort of love..."

## 2. Listening Drill

"Narcissism is one of the most misunderstood terms ***of our time***. We're so aware of the bad narcissist - one whose overweening pride leaves them no room for empathy or kindness - that we are at risk of missing the central role that narcissism should play in the development of any healthy human.

None of us is able to thrive without a chance to deeply like ourselves. As psychotherapy recognizes, we universally require a dose of ***what is termed*** 'healthy narcissism', a sense of our lovability and rightful place in the world ***bequeathed to us*** via the approbation of kindly and enthusiastic caregivers in our early years.

In our haste to condemn selfishness and pride, we miss out on the primordial importance of self-esteem and confidence generated by love. If we analyze his situation from a clinical point of view, the mythological Narcissus didn't get ***fixated on his reflection*** to the exclusion of others because he loved himself too much; a good deal more poignantly, he did so because some form of early deprivation had bred in him a need to manically keep checking in on himself in a doomed search for a value he clearly couldn't believe in.

Without adequate approval, we develop what is known as a 'narcissistic wound' - a feeling of profound inadequacy in relation to elements like our looks, our status or our intelligence. As ***wounded people***, we will then keep being drawn - despite ourselves - to scenarios that scratch at our perceived flaws. We'll be alive to every criticism about us, we'll pick partners who can't reassure us and we'll anticipate - and thereby often precipitate - the end of anything positive or kind.

We hear too much about a character who grows evil and selfish because they think too well of themselves. The reality is far more complex and sad. Everyone needs to be adored and will suffer immensely if they are not.

We should strive to become ***more conscious of*** our narcissistic wounds and try to salve them through intense doses of the very same sort of love whose original absence created them. As we need to keep reminding ourselves, no one ever grew ill from too much love."

### 3. Summary

*Summarize what you have seen/heard in two or three sentences*

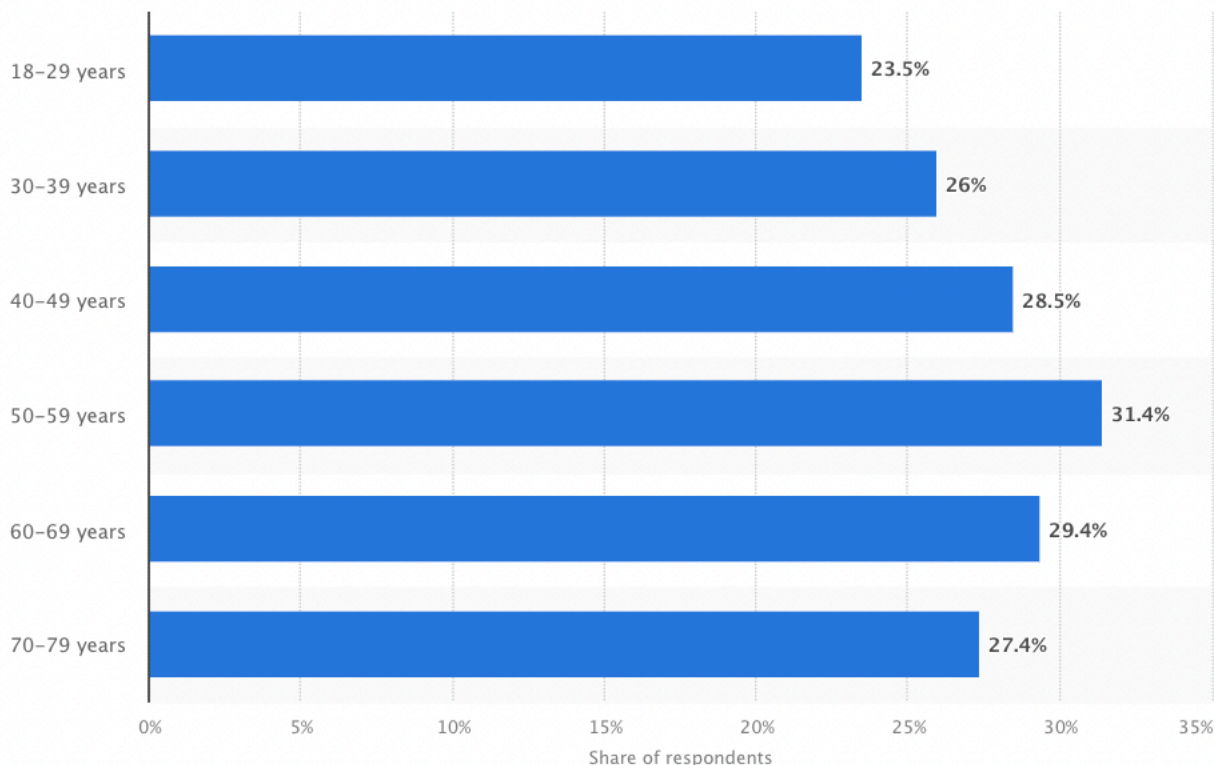
**Tip.**

Answer the questions using vocabularies that you learned in the vocabulary section.

### 4. Describing The Chart

*Describe what is the general idea being expressed by the graph. Discuss it to your class. Try to interpret what you see in the chart.*

## Lifetime prevalence of mental health problems in South Korea as of August 2021, by age group



## Lifetime prevalence of mental disorders in South Korea 2021, by age group

Published by Statista Research Department, Jun 1, 2022

According to a survey conducted in South Korea in 2021, around 31 percent of respondents in their fifties stated that they experienced mental health problems at one point in their life. Lifetime prevalence of mental disorders increased by age group before dropping off again after the age group including 50 to 59 year old.

### Questions

1. What 's the take away of the graph?
2. What extra information can help you understand the graph even better?
3. Do you have any interesting findings? What's your guess about it?

## 5. Discussion Questions

*Let's begin at the easy category. You are expected to have prepared your answers already before the class begins.*

### Easy

1. What comes to your mind when you hear Narcissism?
  - Do you believe you possess narcissistic traits?

### Average

1. Do you agree with the idea that nobody ever grows ill from too much love? Why or why not?

## 5. Discussion Questions

*Let's begin at the easy category. You are expected to have prepared your answers already before the class begins*

### Average

2. Are there situations or contexts where you believe embracing narcissistic traits might be advantageous or even essential? Could you provide examples?

### Difficult

1. Imagine a society where narcissistic traits are highly admired and rewarded. How might that society function differently than ours, and what could be the potential downsides?



These expressions and idioms can **be used when describing various trends, changes, or patterns** in charts, graphs, or data presentations.

1. **Shoot up** (phrasal verb) - to increase rapidly and sharply  
ex) The sales figures for the new product **shot up** after the marketing campaign.
2. **Plummet** (verb) - to fall or decline steeply  
ex) The stock prices **plummeted** after the negative news was released.
3. **Level off** (phrasal verb) - to stabilize or reach a steady state  
ex) After a period of growth, the demand for the product **leveled off**.
4. **Skyrocket** (verb) - to increase dramatically and quickly.  
ex) The company's profits **skyrocketed** after the successful launch of their new product.
5. **Plateau** (noun) - a period of stability or little change  
ex) The revenue growth **reached a plateau** and remained steady for several months.
6. **Fluctuate** (verb) - to rise and fall irregularly or unpredictably  
ex) The stock prices **fluctuated** throughout the day, responding to market conditions.
7. **Bottom out** (phrasal verb) - to reach the lowest point and then stabilize  
ex) The housing prices finally **bottomed out** and showed signs of recovery.
8. **Surge** (verb) - to experience a sudden and significant increase  
ex) The website experienced a **surge** in traffic after being featured in a popular blog.
9. **Slump** (noun) - a sudden and significant decline or decrease  
ex) The company's profits **suffered a slump** due to the economic downturn.
10. **Rebound** (verb) - to recover or bounce back after a decline  
ex) After a period of recession, the economy **rebounded with** strong growth.
11. **Peak** (noun) - the highest point or level  
ex) The chart shows that sales **reached their peak** during the holiday season.
12. **Downturn** (noun) - a period of decline or decrease in economic activity  
ex) The industry **experienced a downturn** due to changes in consumer preferences.
13. **Accelerate** (verb) - to increase in speed or rate  
ex) The company's expansion plans **accelerated** after securing additional funding.
14. **Slow down** (phrasal verb) - to decrease in speed or rate  
ex) The production rate **slowed down** due to a shortage of raw materials.
15. **Flattening curve** (idiom) - a gradual reduction or stabilization of a trend  
ex) The chart indicates a **flattening curve** in COVID-19 cases, suggesting a decrease in infection rates.
16. **Break-even point** (noun) - the point at which total costs equal total revenue  
The business needs to **reach the break-even point** to start making a profit.
17. **Double-digit growth** (idiom) - a growth rate of more than 10%  
ex) The company **achieved double-digit growth** in sales for the third consecutive quarter.
18. **Taper off** (phrasal verb) - to gradually decrease or diminish  
ex) The demand for the product **tapered off** after the initial launch hype.
19. **Upswing** (noun) - an upward or positive trend  
ex) The market **experienced an upswing** as consumer confidence improved.
20. **Hit a plateau** (idiom) - to reach a point of stability or little change  
The number of subscribers **hit a plateau** and remained steady for several months.