

Envy as a Psychological Phenomenon: The Nexus with Narcissism and the Avoidance of Shame

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This article delves into the emotion of envy. How it greatly influences social interactions, mental health and individual characteristics. By examining studies, it delves into the ways envy is shown, especially in relation, to narcissism and its wider effects on acts of kindness, eco conscious choices, use of social media and understanding emotions. The research highlights that envy can have both negative aspects emphasizing the need to comprehend its impacts to create effective strategies for dealing with its adverse effects while harnessing its potential, for beneficial outcomes.

Keywords: Envy, Narcissism, Social Behavior, Emotional Intelligence, Environmental Decision-Making, Social Media, Benign Envy, Malicious Envy, Psychological Well-being, Emotional Regulation

Introduction

Envy is a complex feeling that greatly influences how people behave and interact with others. It involves being unhappy or desiring what someone else has achieved or owns motivating individuals to improve themselves or sometimes leading to actions. Envy becomes more intricate when it combines with traits, like narcissism, which includes feelings of superiority a need for admiration and a lack of empathy. Narcissistic

individuals often feel envious when comparing themselves to others resulting in either aggression or hidden feelings of inadequacy and bitterness.

Recent studies have explored the ways envy shows up in aspects of life. Montal Rosenberg and Moran (2022) discuss how envy can impact acts of kindness often causing actions that keep the person on others. Lange, Weidman and Crusius (2018) introduce the Pain driven Dual Envy (PaDE) Theory as a way to understand the two nature of envy and its wider

social effects. Meier and Johnson (2022) analyze the connection, between social media usage comparing oneself to others online and feelings of envy uncovering a mix of factors that influence well being.

In addition Wei and Yu (2022) delve into how envy influences decision making, in relation to the environment. They illustrate how benign envy can encourage eco actions while malicious envy can lead to behaviors. Zhang et al. (2023) explore the connection between the sensation of sourness and its ties to envy and jealousy within culture providing an sensory perspective on these emotions. Xiang et al. (2020) investigate the correlation between envy and emotional intelligence revealing how envy can forecast changes in regulation and assessment over time.

The correlation between narcissism and envy is of importance as examined by Neufeld and Johnson (2016) well as Krizan and Johar (2012). These studies distinguish between grandiose narcissism, each interacting uniquely with feelings of envy. Hirsch (2011) delves into the interaction of narcissism, mania and grandiosity in contexts emphasizing the importance of acknowledging both the aspects as well as potentially positive traits associated with these characteristics.

This piece aims to consolidate these discoveries to offer an understanding of envy as a psychological concept. By exploring the impacts of envy on interactions,

environmental choices, emotional intelligence along with its intricate relationship with narcissism we can devise more effective strategies for handling the adverse effects of envy while harnessing its potential, for positive outcomes.

It's important to grasp the complexity of envy in order to nurture connections, with others and encourage self improvement.

The Nature of Envy

Envy is when you feel unhappy or jealous, about someone Achievements, successes or possessions. It happens when you want something that someone else has and wish they didn't have it. There are two types of envy; one that can inspire self improvement and another that can lead to actions towards others.

Montal Rosenberg and Moran (2022) explore how envy influences helping behaviors in ways. They discovered that envy can sometimes result in helping actions that intentionally keep the envied person of promoting their independence. This study sheds light on the hidden tactics used by individuals to undermine those they're jealous of. The research also shows how different kinds of envy (positive vs. Negative) affect intentions and actions in situations where help is needed. Their work emphasizes the complexities of behaviors driven by envy. Suggests that envy may hinder the willingness

to provide independent assistance to others.

Lange, Weidman and Crusius (2018) introduce the Pain driven Dual Envy (PaDE) Theory, which combines theories about envy, from studies.

They suggest that envy is made up of three elements; the pain felt from the situation that triggers envy, a form of envy that drives self improvement and a negative form of envy that leads to harmful actions, towards others. Their analysis shows that whether envy is positive or negative significantly affects how it relates to taking pleasure in others misfortune. This comprehensive approach offers an understanding of the nature of envy and its wider social and emotional impacts.

In their examination Meier and Johnson (2022) delve into the connection between social media usage comparing oneself to others and feelings of envy. While earlier studies often associated media induced envy with reduced well being recent research presents a nuanced perspective. It reveals both unfavorable outcomes based on variations and situational influences. Their evaluation underscores gaps in methodology. Concept within current literature pointing towards the need, for future studies to explore how social media uniquely impacts individuals feelings of envy and overall well being.

Wei and Yu (2022) investigate how envy influences decision making discovering that positive forms of envy

can encourage behaviors supporting the environment while negative forms tend to lead to actions to nature. Self restraint is seen as a factor that helps lessen the effects of negative envy. This research expands our understanding of how social emotions influence actions underlining the importance of managing emotions to encourage behaviors.

In their study, Zhang and colleagues (2023) explore how the sensation of sourness is connected to feelings of envy and jealousy, in culture. Their experiments reveal an association between sourness and heightened envy and jealousy indicating that cultural and sensory factors can subtly influence responses.

A study by Xiang et al. (2020) investigates the long term link between envy and emotional intelligence (EI). Their analysis shows that envy can forecast changes in EI over time affecting aspects such as regulation and appraisal. This suggests that envy not influences emotions but also shapes the development of essential emotional skills critical for social adaptation and personal growth.

Recent research, on envy highlights its nature and significant impact on social behaviors and emotional management.

Envy is an emotion that plays a role, in influencing acts of kindness, environmental choices, social media interactions and emotional understanding. It operates in obvious ways impacting individuals happiness and interactions. By recognizing the

effects of envy we can create strategies to address its drawbacks and utilize its power to inspire positive changes, in both personal and social settings.

Narcissism and Envy

Narcissism as a personality trait is characterized by having an ego seeking admiration and lacking empathy. People, with tendencies often think highly of themselves and crave lots of attention and praise. Their self worth usually relies heavily on how others see them.

The connection between narcissism and envy is widely studied in psychology. Narcissists are especially prone to feeling envious because they constantly compare themselves to others to boost their self esteem. When they believe that others have something they lack or outshine them in some way their fragile self esteem can trigger feelings of jealousy. This jealousy can lead to either hostility towards the person they envy or internalized feelings of inadequacy and bitterness.

The link between narcissism and envy is complex showing how grandiose forms of narcissism interact with the triggers of envy. This complexity plays out both in peoples disposition and in situations shaping how individuals with narcissistic traits handle situations that provoke envy.

Neufeld and Johnson (2016) delve into the connection between types of narcissism (versus grandiose) and envy. They suggest a model where

inherent envy and feelings of being deprived compared to others play a role in the relationship, between qualities and envy.

The research conducted on adults revealed that vulnerable narcissism is a predictor of episodic envy, through dispositional envy. Interestingly entitlement, a trait in both grandiose and vulnerable narcissism indirectly predicts envy through deprivation. It's worth noting that the leadership/authority trait can actually help reduce feelings of envy through envy. However both forms of narcissism can trigger envy when entitlement and relative deprivation are present indicating how narcissistic individuals are prone to envy under circumstances (Neufeld & Johnson 2016).

In their study on envy within the realm of grandiosity and vulnerability Krizan and Johar (2012) found that vulnerable narcissism consistently correlates with dispositional envy and schadenfreude. This type of narcissism amplifies feelings of envy and schadenfreude towards peers with status. On the hand grandiose narcissism shows a negative correlation with dispositional envy and does not significantly predict emotions related to jealousy. This implies that vulnerable narcissists are more susceptible to experiencing jealousy and its negative effects compared to narcissists who may be somewhat shielded from emotions. These findings suggest that jealousy plays a role for individuals with forms of narcissism and should be taken

into account when diagnosing personality disorders related to narcissism (Krizan & Johar 2012).

Hirsch (2011) explores how narcissism, mania and grandiosity interact, within the framework of psychoanalysis.

He suggests that qualities such, as narcissism and grandiosity typically seen as problematic can be present in individuals well. Psychoanalysts might feel envious of these patients at times which could result in a focus, on pathologizing these traits. Hirsch proposes that acknowledging the sides of these attributes can offer a holistic view of narcissism emphasizing the importance for psychoanalysts to recognize their personal biases and inclinations (Hirsch, 2011).

Envy as a Defense Mechanism Against Shame

Shame is an unpleasant feeling that arises when someone believes they are inherently flawed or not good enough. For individuals, with tendencies, who often struggle with their self worth experiencing shame can be especially difficult. Consequently they may use strategies to avoid facing this emotion.

One common defense mechanism involves projecting feelings of envy onto others. By focusing on what they perceive as the advantages of others and feeling individuals can shift attention away from their own feelings of inadequacy. This allows them to

externalize their discomfort than dealing with the source of their shame. Envy serves as a shield shielding the narcissist from confronting their shame.

The relationship between envy and shame in individuals is intricate and recurring. When their self esteem is threatened narcissists may initially feel ashamed. To escape this distressing emotion they may then turn to envy by fixating on what others possess that they lack. This envy can drive behaviors, such, as devaluing others or excessively promoting themselves in an effort to rebuild their wounded self esteem.

As time goes on this pattern can become self sustaining. The a narcissist envies others, the more likely they are to engage in behaviors aimed at boosting their sense of self worth.

Nevertheless these actions frequently do not tackle the root problems resulting in recurring feelings of shame followed by jealousy. This pattern can negatively impact the narcissists connections, with others and their mental well being.

Conclusion

Jealousy is a phenomenon that has significant impacts, on individuals, especially those with narcissistic tendencies. This feeling acts as a shield for narcissists allowing them to avoid facing shame by projecting their sense of inadequacy onto others. By focusing on the perceived strengths of

others jealousy helps narcissists divert attention from their weaknesses and unease.

Recognizing the link between jealousy and narcissism is crucial for developing therapy strategies. Narcissistic individuals often get caught in a cycle where jealousy drives behaviors aimed at boosting their self worth but fails to address the core issues of shame and inadequacy. This pattern can perpetuate actions and strained relationships making emotional control more challenging.

To break free from this cycle therapeutic methods should address the causes of shame. Nurture the growth of secure and genuine self esteem. By guiding individuals to confront and manage their feelings of inadequacy psychologists can lessen the impact of jealousy. Interventions should focus on promoting management and encouraging behaviors that cultivate positive self worth based on personal values rather than seeking external validation.

In conclusion recent research highlights the importance of understanding jealousy, in depth within the context of narcissism.

Strategies that effectively tackle feelings of shame and self worth can improve well being and foster better connections, with others ultimately changing how individuals perceive and handle jealousy.

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