

Narcissism is linked to aggressive behavior and ease of expressing anger, not only in the everyday understanding of the phenomenon. Contemporary research shows that narcissism is indeed significantly associated with both tendencies to experience anger and behave aggressively more often.

As it turns out, associations between narcissism and anger and aggressive behavior are not as evident as it might seem. Recent findings showed that negative emotionality may play a significant role in anger management in narcissism. Over the past few years, research has shown that neuroticism explains the relationship between anger and narcissism, behaving differently for different narcissistic traits. As it turns out, high neuroticism most likely accounts for the tendency to feel anger in vulnerable narcissism and inhibits these tendencies in grandiose narcissism.

This project will investigate such effects by examining aggressive behavior itself. The research will be carried out on representative samples, enabling generalization of results. Three different methods of research will be used: correlational study (questionnaire-based), narrative interviews and laboratory experiments.

The project will address several research questions: 1) Will the role of negative emotionality in the relationship between various features of narcissism and anger replicate across different psychological concepts and social groups? (2) Can these effects be found in narratives of highly narcissistic individuals describing experiences of anger and aggression? (3) Is it possible to experimentally observe these effects by manipulating negative emotions?

Planned research will show how a propensity for negative emotions can enhance or suppress aggression depending on which narcissistic trait an individual manifests. The project will provide new insights into the possible role of situations evoking anxiety, fear, sadness, or disgust in triggering aggressive behavior. This project will explain how narcissistic people process negative emotions and how this affects their aggressive behavior, both provoked and unprovoked.