



THE NARCISSISTIC ENTANGLEMENT

A Documentary Film
Empowering Women to
Overcome Narcissistic Abuse

Why This Matters Now

Narcissistic abuse is widespread yet largely invisible. Survivors often lack language to name what they endured.

Art cuts through the silence. By translating the cycle of narcissistic abuse into lived experience, this documentary sparks recognition, validation, and the beginning of healing.

At a time when women's rights are under intense pressure, this project offers both awareness and a path to empowerment.



The Media & Performance Collective's Legacy

For two decades, the Media & Performance Collective has created community-centered art that illuminates social issues and fosters connection.

Our interdisciplinary work blends performance, film, and education with public engagement to build dialogue, empowerment, and collective resilience.

The MAPC is committed to using art as a catalyst for awareness, healing, and change.



The Narcissistic Entanglement Documentary



The Narcissistic Entanglement is a documentary journey through the stages of narcissistic abuse. Guided by women's lived experiences and insight from specialists, the film traces the progression of a narcissistic relationship: Idealization/Love Bombing, Devaluation/Gaslighting, Destroy, Discard, and Hoovering. Personal testimonies form narrative chapters while experts translate the behavioral patterns in accessible language, helping audiences understand not only what happened, but why it was so difficult to recognize from within the relationship.

The film expands into rebuilding identity, restoring trust in one's perceptions, and developing personal freedom. Transforming private turmoil into shared understanding, the documentary offers viewers both recognition and a path toward healing.

The Emotional Journey

Navigating the Path to Healing

The Stages of Narcissistic Abuse

- Idealization – Charmed. Captivated. The mask of perfection.
- Devaluation – Confusion. Self-doubt. Reality distortion.
- Destroy – Emotional collapse. Fear. Identity fracture.
- Discard – Abandonment. Shock. Gut-level rupture.
- Hoover – Manipulative re-entry. The cycle loops.

Healing and Recovery

- Reclaiming Independence
- Emotional Resilience
- Personal Growth
- Community Support





Artist's Statement

“This work is rooted in lived experience. After surviving the emotional devastation of narcissistic abuse, I sought to transform personal pain into a tool for public understanding.

The Narcissistic Entanglement aims to help others recognize the cycle, reclaim their agency, and begin the journey toward healing.” -Susan Pellegrini (Producer/Director)

Healing transforms personal pain into purpose

Join Us in Breaking the Cycle

We are inviting women who have experienced narcissistic abuse to share their stories as part of The Narcissistic Entanglement. Your story can help bring clarity, validation, and healing to others who may still be searching for answers.

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Awareness is the beginning of freedom