# Article information:

Are You An 'Echoist' Without Even Realizing It? | HuffPost Life  
<https://www.huffpost.com/entry/are-you-an-echoist-without-even-realizing_l_64514a58e4b0a36ba6c3dc86/amp>

# Article summary:

1. Echoism is a trait or survival strategy where a person does not have much desire of their own and only mirrors and reflects back what the other person says.

2. Echoism often shows up in people who grew up with narcissistic parents or are in long-term romantic relationships with narcissists.

3. To remedy echoistic tendencies, experts suggest rejecting the idea that putting others' needs first makes you a good person, checking self-blame, working on developing your sense of self, and getting outside help from a mental health practitioner.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article "Are You An 'Echoist' Without Even Realizing It?" discusses the concept of echoism, a trait or survival strategy that is often seen in people who grew up with narcissistic parents or are in long-term romantic relationships with narcissists. The article provides insights from psychologists and individuals who identify as echoists, discussing the causes and potential consequences of this behavior.

Overall, the article presents a balanced view of echoism, acknowledging its negative impact on individuals while also providing suggestions for how to overcome it. However, there are some potential biases and missing points of consideration that should be noted.

One potential bias is the focus on narcissistic parents as the primary cause of echoism. While this may be true for some individuals, it overlooks other possible factors such as cultural norms or societal expectations that prioritize selflessness over self-care. Additionally, the article does not explore counterarguments or alternative perspectives on the topic.

Another missing point of consideration is the potential risks associated with seeking help from mental health practitioners. While therapy can be beneficial for many individuals, it is important to note that not all therapists are trained to address issues related to narcissism or echoism. Additionally, therapy can be expensive and time-consuming, which may not be feasible for everyone.

Finally, while the article provides suggestions for overcoming echoism, it does not acknowledge that these strategies may not work for everyone. For example, setting boundaries or expressing anger may be difficult or even dangerous in certain situations where there is a power imbalance or risk of abuse.

In conclusion, while the article provides valuable insights into the concept of echoism and its impact on individuals, there are some potential biases and missing points of consideration that should be noted. It is important to approach this topic with an open mind and consider multiple perspectives when exploring solutions for overcoming echoism.

# Topics for further research:

* Cultural factors influencing selflessness and self-care
* Alternative perspectives on the causes of echoism
* Risks associated with seeking help from mental health practitioners
* Therapeutic approaches for addressing narcissism and echoism
* Strategies for setting boundaries and expressing anger safely
* Power imbalances and abuse in relationships with narcissists

# Report location:

<https://www.fullpicture.app/item/bff077fac14d49e3083d0490ebceebd4>