The Associations that Narcissistic Admiration and Narcissistic Rivalry Have with Childbearing Motivations

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Abstract

This paper aims to investigate the associations that narcissistic admiration and narcissistic rivalry have with childbearing motivations. Participants in the study completed the Narcissistic Admiration and Rivalry Questionnaire, the Rosenberg Self-Esteem Scale, and the Childbearing Motivations Scale. The results of this study show that narcissistic admiration had unique positive associations with all four positive childbearing motivation subscales. Narcissistic rivalry had a unique negative association with one positive childbearing motivation, as well as unique negative associations with four of the negative childbearing motivation subscales. Self-esteem had a positive association with one positive childbearing motivation subscale and negative associations with all five of the negative childbearing motivation subscales. The data suggests that individuals with high levels of narcissistic admiration are more likely to be motivated toward having children, whereas those individuals with high levels of narcissistic rivalry lean away from having children.

The Associations that Narcissistic Admiration and Narcissistic Rivalry Have with Childbearing Motivations

All across the world, people are making conscious choices to either have or abstain from having children. Some choose to have children to carry on a family name, or to embrace a given gender role. Others may choose to not have children due to issues such as increasing environmental constraints or the desire to maintain one's physique (Guedes et al., 2015). The U.S. Census Bureau reported an average of 2.58 people per household from the 2010 census, a stark decrease from the 3.67 family members fifty years before (AP, 1988; Lofquist et al., 2012). As family size decreases, the question that remains asks why people are choosing to have children or not to have children. The answer to this question may lie, at least in part, with personality characteristics such as narcissism.

Most people know someone that they can identify as a narcissist. Hallmarks of these narcissistic individuals include grandiosity, self-importance, inflated self-views, vanity, and entitlement (Campbell et al., 2005; Morf & Rhodewalt, 2001; Southard, Zeigler-Hill, Vrabel, & McCabe, in press; Zeigler-Hill & Trombly, 2018). Narcissism is generally considered to be a continuous construct with the high end referring to Narcissistic Personality Disorder. This trait is present in the general population at nonclinical levels in the form of grandiose narcissism, characterized by a seemingly contrasting set of traits. Narcissistic individuals are extraverted, charming, and funny, but they are also hostile, disagreeable, and aggressive (Back et al., 2013). Narcissists can also be manipulative, hold a pragmatic and selfish approach to relationships, and crave freedom and power when dealing with others (Campbell, Foster, & Finkel, 2002).

A goal of narcissists is to increase the positivity of the self; narcissists use self-regulatory strategies in order to maintain and develop their positive self-view. This leads to another

4

characteristic of narcissism, which is a tendency toward overconfidence and risk taking (Campbell, Goodie, & Foster, 2004). Narcissists tend to overestimate their own abilities on certain tasks, and, because of this, will make risky decisions, even when their performance is equal to, if not slightly worse than, non-narcissists. They focus on their potential for success, rather than having a fear of failure. This mindset can be a positive one, as narcissists are generally happier with less mental health struggles than non-narcissists, despite the individual-level cost of their narcissism (Campbell et al., 2004).

Narcissism is most often measured using the Narcissistic Personality Inventory (NPI). This questionnaire measures an individual's level of general narcissism. While it has historically been used as the primary way to measure this personality variable, some argue that it is psychometrically weak and can be improved upon. In fact, Brown, Buzdek, and Tamborski (2009) proposed that an overarching narcissism construct was, in fact, unnecessary. They suggested developing a model that treated the grandiosity and entitlement aspects of narcissism as two separate constructs deserving of their own measures to obtain more precise results in research.

Along those lines, the Narcissistic Admiration and Rivalry Construct (NARC) model splits narcissism into two separate dimensions: narcissistic admiration and narcissistic rivalry (Back et al., 2013). Narcissistic admiration is characterized by assertive self-enhancement and promotion, in which the narcissistic individual has grandiose fantasies, a charming personality, and a goal of uniqueness. This dimension of narcissism usually results in gaining status and praise from others, as well as being seen as attractive and interesting. In contrast, narcissistic rivalry is characterized by antagonistic self-protection and self-defense, where the narcissistic individual strives for their goal of supremacy through devaluing others and acting aggressively.

This dimension of narcissism generally results in rejection and a lack of trust from others due to the socially insensitive behaviors that those high in narcissistic rivalry exhibit (Back et al., 2013). Another key difference between these two facets of narcissism is their perception of their own capability. Individuals high in narcissistic admiration believe themselves to be capable and competent, especially in social situations, whereas those high in narcissistic rivalry often doubt their performance.

Narcissistic admiration and rivalry are measured by a questionnaire known as the Narcissistic Admiration and Rivalry Questionnaire (NARQ). This perspective on narcissism, while a relatively new one, seems to answer some of the problems that the NPI faced, as discussed above. This measure separates out the seemingly divergent characteristics of narcissism by painting a picture of a positive, outgoing narcissist, compared to an aggressive, off-putting narcissist. The NARC model describes narcissistic admiration and narcissistic rivalry as two separate, distinguishable, and individually coherent sets of processes (Back et al., 2013).

Narcissists have often been the focus of research regarding romantic relationships. A hallmark trait of narcissists is their admiration-seeking and attention-seeking nature. Narcissists want others to admire them; they want to be the center of attention (Campbell & Foster, 2002). However, narcissists also lack commitment, and prefer to stay uncommitted in romantic relationships. With fewer investments in their relationships and greater perceived alternatives, narcissists often cheat on their partners and change partners often. They are more likely than non-narcissists to utilize a game-playing approach to relationships, in which individuals use deception and aversion to keep their partners on their toes (Campbell, Foster, & Finkel, 2002).

Narcissists are also characteristically vain, and tend to choose partners who are also conventionally attractive. They gravitate toward so-called trophy spouses, someone to look

pretty on their arm but not provide much more to the relationship than that (Campbell & Foster, 2002; Zeigler-Hill & Trombly, 2018). Individuals with high levels of narcissism in general exhibit a strong interest in short-term, opportunistic relationships and other mating opportunities as opposed to long term, stable, romantic relationships (Zeigler-Hill & Trombly, 2018). Narcissistic admiration and narcissistic rivalry also have different effects on romantic relationships and their longevity. When problems arise in a narcissistic individual's relationship, the troubles are generally caused by narcissistic rivalry. Individuals high in narcissistic admiration enhance their own self-image and self-perception through their perception of their romantic partner's value. Narcissists tend to show a dismissive attachment toward their romantic partners (Campbell, Brunell, & Finkel, 2006). Their main goal in seeking the attention of others is to improve their position within social groups and gain status and power (Zeigler-Hill, McCabe, Vrabel, Raby, & Cronin, in press). In relationships, narcissists would rather use their partner to elevate their own social status rather than form a true connection with their partner. In general, narcissists would rather be feared than liked, and that is evident through the behaviors and attitudes they show toward their relationships.

Self-esteem in narcissists is a frequently researched area of study. It is often hypothesized that the grandiosity and high self-views generally associated with narcissism are used as a mask to cover up deep-seated feelings of inferiority (Bosson et al., 2008; Geukes et al., 2016; Southard et al., in press). In tests differentiating between explicit self-esteem (i.e., a person's self-views that they are aware of) and implicit self-esteem (i.e., a person's unconscious opinion of his or herself), individuals with the highest levels of explicit self-esteem coupled with the lowest levels of implicit self-esteem showed the highest levels of narcissism (Bosson et al., 2008). Because of the differences between narcissistic admiration and narcissistic rivalry, self-esteem level varies

among those high in narcissism. However, those with low self-esteem very rarely score high on measures of narcissism. It is therefore possible to have high self-esteem without being a narcissist, but it is highly unlikely to be a narcissist without high self-esteem (Southard et al., in press).

Narcissists tend to focus on agentic concerns rather than communal ones (Campbell, Brunell, & Finkel, 2006). Agentic issues refer to personal qualities, such as intelligence or extraversion, whereas communal traits refer to those necessary in interactions with others, such as morality and caring. Individuals with high levels of narcissism tend to view communal traits as less important than agentic ones (Campbell, Foster, & Finkel, 2002). Because of this divergence in concerns, narcissists' self-esteem may differ in different situations. In scenarios in which agentic traits are most important, a narcissist will feel confident and have high self-esteem, whereas a more communal situation will leave the narcissist feeling uncomfortable and uneasy. Their inflated self-view does not apply to all situations. In terms of narcissistic admiration and narcissistic rivalry, high levels of narcissistic admiration predicted an increase in agentic behaviors, whereas narcissistic rivalry specifically predicted a lack of communal behaviors.

Self-esteem can also be divided into two dimensions; these dimensions are the level and variability of an individual's self-esteem. Self-esteem level is how high or low an individual's self-esteem is; variability refers to how much self-esteem changes dependent on certain situations, much like the agentic and communal scenarios described above. Narcissistic admiration has a positive correlation with self-esteem level and a negative association with variability. This means that an individual who scores high on narcissistic admiration will have high, stable self-esteem. In contrast, narcissistic rivalry shows no association with self-esteem

8

level and a positive association with self-esteem variability; thus, individuals high in narcissistic rivalry have less positive and more fragile self-esteem than non-narcissists and those high in narcissistic admiration (Geukes et al., 2016). One possible reason why narcissistic admiration and narcissistic rivalry differ in their self-esteem level and variability is in the motivations of the subtypes. Individuals high in narcissistic admiration have higher, more stable self-esteem because their goal is to self-promote to get others to like them, whereas individuals with high levels of narcissistic rivalry aim to defend and protect themselves, which they could use as a way to defend their fragile self-esteem in fights with others (Southard et al., in press).

Despite an interest in the romantic and other interpersonal relationships that narcissists have, empirical research is limited with regard to the family beliefs of narcissists. This study aims to investigate the associations that narcissistic admiration and narcissistic rivalry have with childbearing motivations. Childbearing motivations are the reasons that a person chooses to have or abstain from having children (Guedes et al., 2013). Positive reasons for having children may include the experience of pregnancy, fulfilling gender roles, carrying on a family name, or strengthening a partnership. Negative reasons against having children may include body image concerns, the constant needs of a child, and increased expenses. Self-esteem is being used as a control variable in this study. By doing this, it will be possible to separate its effects from those of narcissistic admiration, as those two variables are positively correlated. Self-esteem has also been ruled out as a mediational role between narcissism and the utilization of excess resources, and it is expected that that pattern will continue (Campbell et al., 2005). We predict that individuals high in narcissistic admiration will be more inclined to have children, and therefore have positive associations with the positive childbearing motives. We also predict that

individuals high in narcissistic rivalry will show an opposite pattern, being less inclined to have children, and showing positive associations with the negative childbearing motives.

Method

Participants and Procedure

Participants were 764 female college students from a university in the Midwestern region of the United States who participated in exchange for partial completion of a research participation requirement. Participants were asked to complete measures concerning narcissism, self-esteem level, and childbearing motives – along with other measures that are not relevant to the present study (e.g., basic personality dimensions) – via a secure website. The mean age of the participants was 19.93 years (SD = 3.36) and their racial/ethnic composition was 80% White, 8% Black, 5% Asian, 3% Hispanic, and 4% other.

Measures

Narcissism. Narcissism was assessed using the Narcissistic Admiration and Rivalry Questionnaire (NARQ; Back et al., 2013). The NARQ includes 18 items that capture two basic dimensions of narcissism: *narcissistic admiration* (9 items; e.g., "I am great" [$\alpha = 0.87$]) and *narcissistic rivalry* (9 items; e.g., "I take pleasure in the failure of my rivals" [$\alpha = 0.83$]). Participants were asked to rate how well each statement described them using scales ranging from 1 (*not agree at all*) to 6 (*agree completely*).

Self-Esteem Level. The Rosenberg Self-Esteem Scale (Rosenberg, 1965) is a 10-item measure of trait self-esteem (e.g., "I feel that I am a person of worth, at least on an equal basis with others" [α = 0.91]). Participants were instructed to complete this measure according to how they generally feel or evaluate themselves overall. Responses were provided using scales ranging

from 1 (*strongly disagree*) to 5 (*strongly agree*). This instrument has been shown to possess adequate psychometric properties in previous studies (e.g., Zeigler-Hill & Wallace, 2012).

Childbearing Motivation. Childbearing motivations were assessed with the Childbearing Motivations Scale (Guedes et al., 2015). The Childbearing Motivations Scale is a 47-item instrument designed to assess positive and negative childbearing motivations. The positive childbearing motivations assessed were: *socioeconomic aspects* (8 items; e.g., "economic support" [$\alpha = 0.92$), *personal fulfillment* (8 items; e.g., "feeling useful and important for a child" [$\alpha = 0.90$]), *continuity* (6 items; e.g., "familial lineage" [$\alpha = 0.86$]), and *the couple relationship* (4 items; e.g., "fulfilling a shared project" [$\alpha = 0.85$]). The negative childbearing motivations assessed were: *childrearing burden and immaturity* (6 items; e.g., "concerns about parental preparedness" [$\alpha = 0.87$]), *social and ecological worry* (4 items; e.g., "worry about the future" [$\alpha = 0.90$]), *marital stress* (4 items; e.g., "constraints for couple autonomy" [$\alpha = 0.88$]), *financial problems and economic constraints* (4 items; e.g., "increased expenses" [$\alpha = 0.88$]), and *physical suffering and body-image concerns* (3 items; e.g., "physical discomforts of pregnancy" [$\alpha = 0.77$]). Participants were asked to rate how much they value each statement using scales ranging from 1 (*not at all*) to 5 (*completely*).

Results

The means, standard deviations, and intercorrelations for the measures are presented in Table 1. A path analysis was used to examine the unique associations that narcissistic admiration, narcissistic rivalry, and self-esteem level had with childbearing motivations. The advantages of using a path analysis over a series of multiple regression analyses include the ability to account for shared variance among outcome variables entered simultaneously. The results of this analysis are illustrated in Figure 1. The results revealed that narcissistic admiration

had unique positive associations with the following childbearing motivations: socioeconomic aspects (β = .16, t = 3.76, p < .001), personal fulfillment (β = .24, t = 5.54, p < .001), continuity (β = .21, t = 4.82, p < .001), and the couple relationship (β = .21, t = 4.78, p < .001). The results for narcissistic rivalry revealed that it had a unique negative association with personal fulfillment (β = -.11, t = -2.81, p = .005) as well as unique positive associations with childrearing burden and immaturity (β = .15, t = 3.72, p < .001), marital stress (β = .20, t = 5.06, p < .001), financial problems and economic constraints (β = .12, t = 2.88, p = .004), and physical suffering and bodyimage concerns (β = .12, t = 2.88, p = .004). Finally, self-esteem level had a unique positive association with continuity (β = .08, t = 2.01, t = .04) as well as unique negative associations with childrearing burden and immaturity (β = -.16, t = -3.99, t < .001), social and ecological worry (t = -.15, t = -3.66, t < .001), marital stress (t = -.11, t = -2.71, t = .007), financial problems and economic constraints (t = -.18, t = -4.41, t < .001), and physical suffering and body-image concerns (t = -.13, t = -3.03, t = .002).

Discussion

With recent interest in family planning, fertility, and population dynamics, along with a longer psychological interest in personality traits such as narcissism, this study aimed to join the two areas of study together. Specifically, it aimed to uncover the associations that two dimensions of narcissism – narcissistic admiration and narcissistic rivalry – have with childbearing motivations. The resulting data showed significant, contrasting associations between these factors.

Narcissistic admiration, narcissistic rivalry, and self-esteem have various associations with childbearing motives, whether those motives are in favor of or against having children.

Narcissistic admiration shows a strong association with several positive childbearing motivations

including socioeconomic aspects, personal fulfillment, continuity, and the couple relationship. People who demonstrated high levels of narcissistic admiration recognized factors such as gender roles, family expectations, pregnancy experience, family values, and strengthening partnership ties as valid reasons to have a child. This finding ties into the nature of narcissistic admiration.

People high in narcissistic admiration have a desire to be liked. They see themselves as better than others, and want others to recognize that. Many positive childbearing motivations involve adhering to societal expectations. For example, under the Socioeconomic Aspects factor, childbearing motivations include family expectations, gender roles, social valorization, and the couple's recognition as a family, among others. An individual with high levels of narcissistic admiration will be more inclined to go along with behaviors that fall in line with social expectations. After all, individuals high in narcissistic admiration desire the praise of others, and will act in ways that incur that praise.

Continuity is another factor of positive childbearing motivations. This factor involves carrying on a family – one's lineage, name, heritage, and relationships. Narcissistic admiration was positively correlated with this childbearing motivation. An individual high in narcissistic admiration would be strongly inclined to carry on his or her family. These individuals believe that they are the best, so their family and their children would also be the best and should be continued.

It is interesting to note that narcissistic admiration was not uniquely associated with any of the negative childbearing motivations. Individuals with high levels of narcissistic admiration were neither generally opposed nor inclined to the listed reasons to not have children. This is an intriguing result because the dimension of narcissistic admiration only has an association with

positive childbearing motivations; it has no connection with the negative motivations. This finding is similar to one found with narcissistic rivalry. Narcissistic rivalry was found to be negatively associated with just one of the positive childbearing motivations (i.e., continuity), whereas it had positive associations with four of the five negative childbearing motivations.

As an individual's level of narcissistic rivalry increased, continuity was a decreasingly important factor in choosing to have children. The idea of carrying on a family's name and heritage is not an appealing reason to have children in the eyes of those high in narcissistic rivalry. As one of the effects of narcissistic rivalry is strained interpersonal relationships, individuals high in narcissistic rivalry may be indifferent and even opposed to their own families, and do not see those family relationships as a valid childbearing motivation.

Narcissistic rivalry showed positive correlations with childrearing burden and immaturity, marital stress, financial problems and economic constraints, and physical suffering and body-image concerns. The first of these negative childbearing motivations is essentially concerns about the work that goes into taking care of a child and an individual's own abilities to perform this work. Narcissists, especially those high in narcissistic rivalry, hold a low self-view in regards to their abilities on communal tasks. Childrearing requires a high level of communal traits; parents must be caring, compassionate, and sympathetic. An individual with high levels of narcissistic rivalry doubt their abilities on these communal qualities; thus, they doubt their ability to raise children, and are prone to see childrearing burden and immaturity as a reason to not have children.

The negative childbearing motivation of marital stress is another reason those high in narcissistic rivalry may choose not to have children. General narcissism is associated with short-term relationships, and narcissistic rivalry in specific has been found to be a trigger for the

dissolution of longer relationships. If an individual with high levels of narcissistic rivalry is in a marriage, there may already be stressors negatively impacting the relationship due to the nature of the narcissist; they may not want to add more stressors. It is interesting to note that, despite this tendency toward short-term relationships, narcissistic rivalry was not negatively associated with the positive childbearing motivation of the couple relationship. In general, individuals high on narcissistic rivalry were neither significantly systematically inclined nor opposed to having a child for the sake of strengthening and fulfilling a relationship. One might expect that, given the nature of their relationships, individuals with high levels of narcissistic rivalry would be opposed to strengthening a relationship that they see as temporary, with potential for moving onto someone with more status and power. However, this was not the case in this data set.

One key feature of narcissists is their vanity. Even when their beliefs are unfounded, narcissists view themselves as more attractive than non-narcissists (Campbell, Brunell, & Finkel, 2006; Campbell, Foster, & Finkel, 2002). Their bodies and physical appearances are important to narcissists. One negative childbearing motivation is physical suffering and body-image concerns, in which a person is less inclined to have children due to the physical discomforts and negative body changes associated with pregnancy. Although vanity is a trait of global narcissism and not specifically narcissistic admiration or narcissistic rivalry, only narcissistic rivalry was positively associated with this childbearing motivation. Narcissistic admiration was not correlated with physical suffering and body-image concerns in either direction. A possible reason for this is that individuals high in narcissistic admiration also have high self-esteem level; they are confident in themselves and in their appearance, and are unconcerned with the potential effects that pregnancy and childbirth may have on their body.

Self-esteem was also assessed in this study as a means of separating its effects from those of narcissism. Self-esteem was found to be uniquely negatively associated with all five negative childbearing motivations, and positively associated with just one positive childbearing motivation, continuity. The negative associations with the negative childbearing motivations paint an interesting picture about individuals with high self-esteem. As self-esteem increases in an individual, they care less about the reasons to not have children. A person's high self-esteem can make them more confident, and not be swayed away from a goal by worries about the social climate, finances, or responsibility; a person with high self-esteem will feel comfortable enough in their relationship and in their body that those would not be ongoing concerns when deciding whether or not to have children. As for the positive association with continuity, that mirrors the association found between narcissistic admiration and continuity. Since narcissistic admiration is characterized by high self-esteem, it is possible that the association with narcissistic admiration and continuity is actually due to the individual's high self-esteem level.

Limitations

The data used in this study was collected exclusively from female students in a university setting. The mean age of the participants was just under 20 years old. Due to the age and setting of the participants, children may not be in the mindset of the participants yet, and thus, the participants may be biased toward negative childbearing motivations at this time. An additional limitation of this data is its generalizability to populations beyond female college students. This research is also limited by the correlational nature of the data, and causation cannot be determined. Levels of narcissistic admiration and narcissistic rivalry could influence an individual's childbearing motivations, or a separate variable may be acting on both factors.

Because of this, caution must be exhibited in claiming that levels of narcissistic admiration and narcissistic rivalry directly influence or cause a person's childbearing motivations.

Future Research

The connections between narcissism and childbearing motivations has not been explored in previous research. Replication studies should be conducted to confirm the associations and patterns described here. Future research could go toward expanding the sample to consider whether these results would apply to a broader range of individuals. Specifically, it maybe interesting to research narcissistic individuals who are already parents; beyond their reasons for having children, research could determine the effects that parental narcissism and childbearing motivations have on the children. Research could also be directed toward determining why people selected the answers they did; this would help to understand what draws people to certain childbearing motives and clarify the links that narcissistic admiration and narcissistic rivalry have with specific childbearing motivations. To address the lack of causality in this research, future studies may attempt to find the causal links connecting narcissistic admiration and narcissistic rivalry with childbearing motivations.

Conclusion

As the number of children born to American families continues to decrease, it becomes more and more important to understand what factors go into these trends of population dynamics. Personality traits such as narcissism are an important part of what makes people who they are, and what makes them think and act the way they do. They provide valuable insight into people's thoughts, behaviors, and motivations. Narcissistic admiration and narcissistic rivalry are very different aspects of narcissism and they diverge in their associations with childbearing motivations. Self-esteem can also be used as a control for narcissism, as one can have high self-

esteem without being a narcissist, but narcissists almost never have low self-esteem. The data here shows that narcissistic admiration is positively associated with positive childbearing motivations, narcissistic rivalry is positively associated with negative childbearing motivations, and self-esteem is negatively associated with negative childbearing motivations. These associations can be helpful in the future for observing and understanding patterns of population dynamics in an ever-changing world.

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Table 1 *Intercorrelations and Descriptive Statistics*

	1	2	3	4	5	6	7	8	9	10	11	12
1. Narcissistic Admiration												
2. Narcissistic Rivalry	.35***											
3. Self-Esteem	.40***	'14 ^{**}	*									
4. Socioeconomic Aspects	.19***		.12***									
5. Personal Fulfillment			.16***									
6. Continuity	.20***		.17***	.77***								
7. The Couple Relationship	.19***	02	.16***	.71***	.77***	.77***	· —					
8. Childbearing Burden and Immaturity	05	.16**	*19***	23***	26***	21***	22***					
9. Social and Ecological Worry	.01	.04	12***	11**	04	05	07*	.62***				
10. Marital Stress	.00		*15***		12***		03	.66***	.60***			
11. Financial Problems and Economic Constraints	.02	.16**	*17***	13***	15***	14***	12***		.64***	.71***		
12. Physical Suffering and Body-Image Concerns	.02	.15**	*13***	07	17***	11**	09*	.68***	.60***	.70***	.66***	
Mean	3.50	2.14	3.81	3.17	3.88	3.58	3.83	2.90	3.21	2.68	3.04	2.90
Standard Deviation	0.88	0.79	0.78	1.19	0.91	1.05	1.05	1.03	1.09	1.08	1.13	1.15

p < .05; p < .01; p < .001.

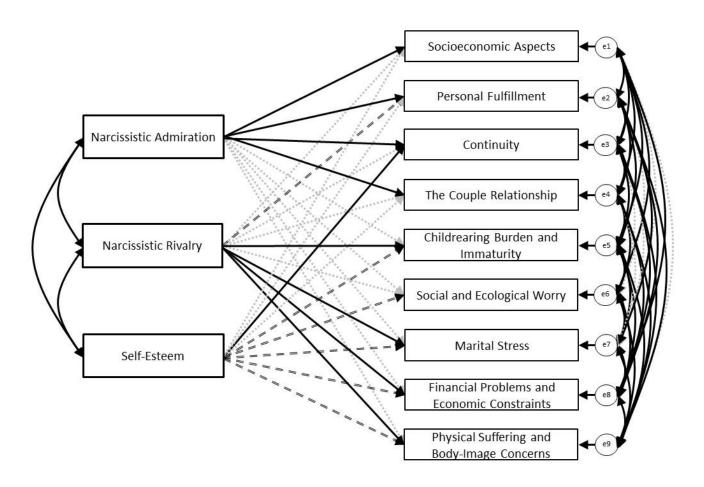


Figure 1. Path model indicating the associations that narcissistic admiration, narcissistic rivalry, and self-esteem level had with childbearing motivations. *Note:* Rectangles indicate measured variables and circles indicate disturbance terms. The significant positive associations are indicated by solid black arrows. The significant negative associations are indicated by dashed black arrows. The dotted grey lines represent nonsignificant associations. The correlations are included for the relationships between the predictors (i.e., narcissistic admiration, narcissistic rivalry, and self-esteem level) as well as among the outcome variables (i.e., childbearing motivations) and are indicated by curved bidirectional arrows.