

A Self-Reflection Checklist

Are You a Narcissist?

Ever wondered, “Am I a narcissist?” If you’re asking, that’s already a good sign—narcissists rarely reflect on their own behavior. But it’s worth exploring how your actions and feelings might align with narcissistic tendencies. Here’s what you might notice:

You struggle to understand others’ emotions: Empathy doesn’t come naturally, and you often find it hard to put yourself in someone else’s shoes.

You crave praise and validation: Feeling unappreciated makes you upset, and you need others to notice your achievements.

You have difficulty handling criticism: Even constructive feedback feels like a personal attack.

You prioritize your needs: Others’ needs and feelings often feel secondary—or irrelevant.

You feel superior: You believe you’re more talented, intelligent, or capable than those around you.

Have You Ever Been Told You’re a Narcissist?

Being told you’re a narcissist can feel shocking or even insulting. Here’s a quick set of questions to help you explore whether narcissistic traits might apply to you:

Do others feel you dominate conversations?

Have people told you they feel used or unimportant around you?

Do you minimize others’ feelings or needs, even unintentionally?

Do you often feel like others don’t appreciate you enough?

Do you talk more about yourself than you ask about others?

When someone criticizes you, do you become defensive or angry?

Do you find yourself exaggerating your achievements or skills?

Do you have a hard time admitting when you’re wrong?

Do you often expect special treatment or feel entitled?

Do you struggle to empathize with someone else’s perspective?

Do you feel envious of others’ success, or believe they envy you?

Do you think rules don’t always apply to you?

Do you often feel frustrated when others don’t meet your expectations?

Do you look down on people who you don’t see as important?

Do you use people to get what you want?

Make achievements seem bigger than they are?

Need external praise to find your self-worth?

Have you been told by a partner, family member, boss, or friend that you “don’t listen.”

Have you been told you are a narcissist?

Have you been told you are “all about you?”

Do you often feel superior to others and believe you deserve special treatment?

Are you preoccupied with fantasies of success, power, beauty, or ideal love?

Do you need constant admiration and validation to feel good about yourself?

Do you find it difficult to empathize with others' feelings and needs?

Are you quick to blame others for your mistakes or shortcomings?

Do you exaggerate your achievements or downplay the successes of others?

Are you overly sensitive to criticism or rejection?

Do you manipulate situations or people to serve your own needs?

Do you struggle to maintain deep, meaningful relationships?

If several of these traits resonate, it might be worth reflecting further. Being self-aware and honest with yourself is the first step toward change.

What You Can Do to Repair Damage

If you recognize narcissistic traits in yourself and want to repair the impact on your relationships, take these steps:

Acknowledge the Harm: Admit to yourself and others that your behavior may have caused pain.

Apologize Sincerely: Take responsibility without shifting blame. A true apology includes empathy and accountability.

Practice Empathy: Work on understanding the feelings and needs of others.

Seek Therapy: A professional can guide you in uncovering and healing the root causes of your behavior.

Set Realistic Goals: Focus on gradual, consistent changes rather than immediate perfection.

Be Patient: Repairing relationships takes time, especially if trust has been broken.