

Narcissism

Is Your Partner A Narcissist?

If you suspect your partner may be a narcissist, here is an extensive list of behaviors. While no single behavior confirms NPD, patterns of these behaviors are red flags.

If these behaviors resonate, it's time to take a serious look at your relationship. Narcissistic partners can leave you feeling broken, ashamed, and alone—but you are not to blame for their behavior.

What causes NPD?

Childhood Experiences: Trauma, such as physical or sexual violence, neglect, or rejection, can lead to NPD. Children who are treated poorly by adults or peers may also develop NPD.

Temperament: Some babies and toddlers are more difficult to soothe and need more attention, which can lead to NPD if they are looked down upon by others.

Family History: Family history and peer influence can also play a role in the development of NPD.

Genetics: Inherited characteristics, such as certain personality traits, can also contribute to NPD.

How Can I Tell if My Partner is Narcissistic?

100 point Narcissist Profile:

1. One minute he/she appears loving and appreciative, the next minute he/she is putting you down, punishing you or giving you the silent treatment.
2. He/she feels entitled to special or preferential treatment because of who he/she is.
3. He/she lacks humility and will avoid admitting that he/she is wrong or to blame for anything.
4. You get the sense that he/she is always trying to gain the upper hand with you and others.
5. He/she always talks of himself/herself in glowing grandiose terms.
6. He/she never admits his/her problems or insecurities.
7. He/she says words with such conviction, but you get the strange feeling that they don't represent the real or whole truth or are a distortion of the truth.
8. It's hard to feel completely relaxed and good in his/her presence.
9. He/she seems very agitated and angry when you are happy of your own accord, unless he/she has been the source of your happiness.
10. He/she often feels misunderstood by others.
11. He/she appears wonderful to outsiders but is often very mean at home to you and the children. (street angel/home devil)
12. He/she doesn't seem to have any real presence or depth to him/her.

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13. He/she is most happy and delightful when you are admiring or adoring him/her.
14. He/she is not honest or truthful. He/she will bend the truth to suit his/her own ends.
15. He/she doesn't understand you well at all.
16. He/she has no real empathy or compassion for you when you are distressed, or for any of your feelings.
17. You are starting to question your own truth and reality as you are being told how bad or wrong you are with such authority.
18. You are starting to believe his/her criticisms that you are no good as a person.
19. You notice that when you are away from him/her and with other people you feel so much better, happier and can have fun and relax.
20. He/she tells you untruths that torment you.
21. You find yourself in discussions that are so twisted that it feels like you are losing your mind
22. You often find you are trying to justify yourself and explain what you think reasonable people already know.
23. He/she says cruel, uncaring and dismissive things without any empathy for the hurt he/she is causing
24. He/she makes agreements that he/she doesn't keep, and then does not acknowledge ever making them.
25. You often feel he/she wants it all his/her own way, and is not really interested in finding a win-win solution.
26. You often feel that he/she is against you, and that you are being cast as the enemy.
27. He/she doesn't take any of your expressed needs into account
28. You are blamed by him/her for problems.
29. He/she undervalues contributions you have made, and overvalues his own.
30. He/she never or rarely apologizes for anything he/she has done.
31. He/she is not accountable for his/her actions on many occasions.
32. He/she will rubbish and blame you to others, behind your back.
33. He/she will regularly bring in allies (family and friends) to back up his/her view that you are to blame.
34. He/she will pathologize you to others, family and friends saying that you are not psychologically stable.
35. He/she will use sensitive information you have disclosed to him/her when you were vulnerable and trusting of him/her as a weapon against you.
36. He/she doesn't follow through on promises.
37. He/she has no tolerance for even the slightest criticism, or even constructive advice.
38. When you need help, he/she gets depressed, angry or abusive.
39. His/her behavior vacillates between very delightful and very mean and nasty.

40. To gleam praise from others he/she will appear helpful and generous.
41. You often get the sense that his/her criticisms of you are exactly what he/she is doing himself/herself.
42. He/she doesn't seem to know or care how his/her behaviour hurts others.
43. No matter how much you do for him/her, it never seems enough to make him/her contented or happy.
44. He/she often refuses to play by the rules.
45. He/she is intensely jealous when there is no justification.
46. He/she is a pathological liar, and does not like to be pinned down.
47. He/she overestimates who he/she is and what he/she has achieved in his life in the past.
48. He/she is often erratic and unpredictable.
49. He/she tries to limit your contact with and enjoyment of others.
50. He/she doesn't like it when people other than him/her are receiving attention and praise.
51. He/she is extremely defensive when confronted or questioned and will often attack.
52. He/she uses guilt and manipulation to try to influence you.
53. He/she has little or no sense of conscience.
54. He/she believes he/she knows what you are thinking and feeling, and will inform you what that is.
55. He/she often interrupts you when you are talking, changing the subject.
56. He/she will inform you that the matter is resolved without you feeling it is for you.
57. He/she will refuse to discuss a problem you have brought up.
58. He/she doesn't sustain many close friendships.
59. He/she cannot work co-operatively or in teams.
60. You have noticed that he/she exploits other people
61. He/she doesn't admit he/she may have a problem, or ask for help. He/she is above treatment.
62. He/she avoids any real intimacy with you.
63. You don't get the sense that he/she has a genuine commitment to your welfare.
64. When you act with independence and autonomy, he/she is not happy, and tries to stifle this.
65. He/she rages when you disagree with him/her.
66. After he/she has tortured or belittled you, he/she will act with empathy to soothe you.
67. He/she never talks with you, he/she talks at you or lectures you.
68. You usually feel he/she is emotionally absent, and never fully there.
69. He/she cannot delay gratification. He/she believes himself/herself to be deserving, and doesn't want to put the time into persisting.
70. He/she tells you in subtle or not so subtle ways that your perception of reality is wrong or that your feelings are wrong.

71. He/she seems irritated or angry with you often, even though you haven't done anything that you know of to upset him/her.
72. You often feel that issues don't get fully resolved so that you can feel happy and relieved.
73. You frequently feel confused, sad, frustrated or outraged because you can't get him/her to understand your intentions.
74. You are upset not so much about concrete issues, but about the communication – what he/she thinks you said and what you heard him/her say.
75. He/she rarely wants to share his/her thoughts or plans with you.
76. He/she often denies things that you know he/she did or said.
77. He/she seems to take the opposite view from you on many things you mention, but the way he/she says it, your view is wrong and his/hers is right.
78. You often feel unseen or unheard, and sometimes wonder if he/she perceives you as a separate person.
79. He/she is either angry or has no idea what you are talking about when you try to discuss an issue with him/her.
80. You feel abused or negated by him/her, but he/she insists how much he/she loves you.
81. When you try to communicate how you feel about something, you feel no empathy from him/her, or he/she negates your feelings.
82. He/she often frightens you with rage to silence you.
83. You often feel no empathy from him/her when you are describing how you feel about something.
84. He/she often manipulates you by ignoring you or withholding affection.
85. You feel diminished by the time he/she finishes his/her conversation with you.
86. He/she always needs to be one up or right.
87. He/she attempts to define you eg "You're only doing that for attention".
88. He/she blames, accuses, judges or criticises you.
89. He/she counters, blocks or diverts your conversation.
90. He/she confabulates, ie makes up something negative about you and speaks it as if it is the truth.
91. He/she often is well behaved in public, but abusive in private.
92. He/she will not ask for what he/she wants, so that you can negotiate fairly.
93. He/she will not respond at all to your requests, or will respond with frustration, or will only seem to respond but not follow through.
94. Your attempts to enhance the relationship, improve communication, and find some happiness all lead to difficulties.
95. Whenever you try to explain that you are not thinking what he/she is saying you are thinking or doing, he/she will not hear or understand, or negates you in some way.
96. He/she behaves well towards you when you are of one mind with him/her, but the trouble starts when you express either different views from him/her or your own feelings.

97. He/she can't have fun banter with you. The only way he/she has fun with people is if he is having fun at another's expense.
98. The way he/she treats you has deteriorated radically since you became more settled together (move in together, got married, started having children)
99. You feel like you are doing all the work in your relationship.
100. You feel energetically drained when with him/her, and energized when not with him/her.

Finding yourself in a relationship with a narcissist can feel like you're caught in a whirlwind—overwhelmed, confused, and drained. Whether it's a parent, partner, sibling, friend, or even a co-worker, dealing with someone who constantly puts their needs above yours is exhausting.

Here's how to recognize the dynamics and take steps to protect yourself in different types of relationships:

Face Reality: Understand the narcissistic cycle of idealization, devaluation, and discard. Their behavior is not your fault.

Seek Therapy: Individual therapy can help you rebuild your self-esteem and determine whether the relationship is salvageable.

Consider Exiting: If the relationship is damaging your mental health, plan your exit carefully and seek support to rebuild your life.

Taking Action

Addressing a relationship with a narcissist takes courage and careful planning. This isn't something you can fix with empty threats or impulsive actions. It requires thought, preparation, and the support of trusted people in your life.