

Narcissism Checklist

Narcissism Traits & Behaviors

- Distorted Self Image
- Sense of Superiority
- Lack of Empathy
- Grandiosity
- Sense of Self-Importance
- Need for Admiration

Narcissistic Behaviors & Red Flags

- Rushed Commitment
- Play the Victim
- Have Few Friends
- Never Apologize
- Won't Let Relationship End

Narcissistic Abuse Tactics

- Cycle (Idealization, Devaluation, Love-Bombing, Discard)
- Gaslighting
- Trivialization
- Love-Bombing
- Hoovering

Narcissistic Parents

- Portray a Superficial Image of Family
- View Their Child as a Trophy
- Put Their Child Down
- Live Through Their Child
- Wants Child to be Dependent on Them
- Draws Attention Away from Child
- Inflexible and Unstable Parent
- Manipulate Their Child With Guilt
- Neglect Child's Basic Needs

Dealing With a Narcissist

- No to Low-Contact
- Set Boundaries
- Don't Blame Yourself
- Stop Helping Them
- Don't Defend Yourself



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