

## Signs Of Narcissistic Personality Disorder Checklist

I created this checklist as a way to help everyone increase their chances at differentiating the average selfish, thoughtless person from someone with Narcissistic Personality Disorder.

Some things to keep in mind as you go through this checklist...

Narcissists can be either covert or overt. Many exhibit some signs of both but tend to favor one over the other. Following are two lists describing many signs of both covert and overt narcissists. The more signs the person has, the more likely they are a narcissist.

There are also malignant narcissists. They are the worst of the worst - extremely abusive, cruel and immensely enjoy causing others pain and suffering. They are said to display traits not only of narcissism but Antisocial Personality Disorder and Sociopathy, which can include behaviors like breaking the law, aggression, violence, irresponsibility, and reckless behavior.

It is important to remember that there are also some people show tendencies of narcissism that are not true narcissists. (This can happen sometimes with people who were raised by narcissists, spoiled by their parent(s) briefly (in other words, not ongoing), or is chronically ill or injured particularly with something serious such as a brain injury or potentially life ending illness.) The main difference between them and true narcissists is empathy. If you tell someone with narcissistic tendencies that their behavior hurts you, while they may get upset, they do apologize and try to make changes in their behavior. True narcissists do not do that. They deny what they did, blame you, deflect blame, change the subject, make excuses, minimize how damaging their behavior was or portray themselves as the innocent victim in the situation.

Someone with narcissistic tendencies, not NPD, will not respond to being treated as if they are a narcissist. For example, when dealing with narcissists, the Gray Rock Method is very helpful. Essentially that means becoming dull to a narcissist, providing them with no personal information they can use against you, acting as if their abuse does not upset you, showing them no emotions about anything and offering unapologetic boundaries without excuses. Someone with only narcissistic tendencies will be upset someone they care for is acting this way, try to find out what is going on and may try to make changes to improve the relationship.

Also remember, narcissists almost always are a different person in public than they are in private. Do not let their good public persona convince you they are not a narcissist!

When going through these checklists, consider the person in question objectively and carefully, with no judgment on your part, to get the most accurate results. This is simply a fact finding mission, to help you determine the type of person with whom you are dealing.

## Signs Of Covert Narcissists

- Appears vulnerable, even fragile, humble, kind and generous to the point of martyrdom.
- Gives the appearance of naivete, innocence or even being slow witted/simple.
- Lacks genuine empathy. May act as if you did not say anything upon telling them of a serious problem. Only fakes empathy for get attention, to make their victim feel close to them or to make their victim forgive them so they do not end the relationship. If faking empathy, always seems forced, and it vanishes very quickly.
- Very sensitive to criticism, no matter how small. Can take anything as being critical to them, even when it has nothing to do with them.
- Excels at portraying themselves as innocent victims, no matter the circumstances, especially when they create bad situations.
- Has a very selective memory, conveniently “forgetting” cruel things they have said and done yet remembering their victim was angry with or “mean” to them.
- Obsessed with appearances (example: makes their family active in church, yet never prays with them outside of church).
- Extremely entitled, believing they deserve anything simply because they want it.
- They believe that they deserve to be taken care of and catered to by everyone in their life, particularly those closest to them like their immediate family, even including their adult children’s spouses.
- If in a romantic relationship, they expect their significant other to take care of all responsibilities such as finances, and making big decisions like buying a home or car. If their partner is abusive, they expect children to protect them from the abusive partner, and create an “It’s us against them!” scenario with the children.
- Enmeshed with children. Discourages them from normal milestones (examples: becoming independent, driving, moving out, getting married). If children do get married, they hate the spouse and will cause problems between their child and their spouse. Often this is done by treating the spouse badly while the child is not around and nice when the child is around, and demanding much of the child’s time and attention.
- Complete lack of respect for the time and boundaries of other people.
- Subtly manipulative, primarily using guilt trips, shaming, and acting disappointed to force others to bend to their will.
- Only interested in superficial topics (example: gossip) and easily bored.
- Very selfish yet does not appear malicious about it (example: demanding to host all holiday celebrations, allowing no one else to do it).
- Very envious of anyone they perceive to be more talented, financially stable, attractive, etc. than them.
- Turns every situation or conversation back to them in subtle ways (example: saying the last word, mentioning something about them that pertains (no matter how vaguely) to the topic, making a noise such as tapping their foot or fake sneezing.).
- Interested in others, but only to the extent of gaining information that can be shared as gossip to make them look bad.
- They have double standards (example: a mother complains her son in-law is a “mama’s boy” but demands her adult son be at her beck & call at all times)
- Will adapt their views and values to mirror those of someone they want to impress.

## Signs Of Covert Malignant Narcissism:

- Do not tolerate differing views at all. If you do not think like them, they act as if they clearly find you utterly repulsive, as if they never met anyone so stupid and despicable as you are.
- Do not let anyone truly know them. They only share vague or superficial type information about themselves (examples: what type of work they do or a town where they once lived).
- Anger is displayed either subtly (examples: hateful looks, stonewalling, the silent treatment or other passive/aggressive behaviors) or very calmly, coldly and cruelly (examples: quietly saying extremely hateful and cruel things).
- Surround themselves with those who blindly agree with & support them no matter what they do. They also like having their flying monkeys help them do their dirty work and abuse their victims as well as spread lies about their victims.
- Obviously get a great deal of enjoyment out of inflicting pain on their victims. When they see the victim suffering because of them, they cannot help but to show their pleasure somehow. Either they smirk, look smug, look satisfied or get a slight gleam in their eye. It is easy to miss for most people, but victims almost always recognize it.

## Signs Of Overt Narcissists

- Extremely selfish, and clearly believe their wants and needs to be more important than those of other people.
- Extremely entitled, clearly believing that they are entitled to anything they want, including anything from anyone at any time simply because they want it. If it hurts other people, that does not bother them in the slightest.
- Bossy and demanding, particularly of those people closest to them and they do not care about impressing. If they are not bossy and demanding of someone, that is a sign that they hope to impress that person.
- Lacks empathy, and can be extremely rude about it (example: saying “Who cares that your grandfather died? He was old anyway.”). Also may show they do not care by acting as if you did not say anything or changing the subject.
- Extremely opinionated, believing that their opinions must be shared with anyone and everyone, and they believe that their opinions are always right.
- Often very articulate, well spoken. Some have a fondness for languages.
- Loud in speech, brash or abrasive in their mannerisms. Since they must be the center of attention, this works well for helping them get and maintain that position. They also will do whatever it takes to maintain that center of attention position, no matter how foolish it makes them look.
- Very manipulative. Fond of mind games, but also will use more obvious tactics (examples: yelling, raging, threats, even physical violence).
- Love money. They have no problem stealing it, manipulating people into giving it to them, running up debt in other people’s name, or hiding it from their spouse no matter how tight finances are.
- Has no problem lying to anyone about anything, and becomes enraged if caught lying. In fact, the person who catches them lying is portrayed as the real problem.
- If victim calls them out on their abusive ways, they claim the victim is the problem (examples: claiming the victim is crazy, over reacting, over sensitive or made the narcissist do what they did somehow). They also may deny they were abusive, minimize its harm done or deflect the topic onto something their victim did that has nothing to do with the situation at hand.
- Preoccupied with physical appearance and will critique other people openly. They give backhanded compliments (example: “I admire your courage for wearing that outfit!” or, “Wow! I can’t believe your boss said you qualify for that promotion!”).
- Extremely envious and critical of others they view as more successful, attractive, etc.
- If criticized, no matter how gently or helpfully, responds with anger or even rage.
- Constantly interrupts when others are talking, whether to them or to someone else.
- Controls romantic partner and children, often with simply a look.
- Complete lack of respect for the time and boundaries of others.
- Lack of interest in other people, unless what they learn can be used as gossip.
- If embarrassed or ashamed of something in their past, they reinvent the story to make themselves look better, often making others look foolish at the same time.
- Have double standards. (example: they can abuse you, but you cannot do or say anything that might hurt them in any way, including calling them out on the abuse).

## Signs Of Overt Malignant Narcissism:

- Extreme delusions of grandeur, believing themselves to be exceptionally special, brilliant, talented, gorgeous, etc.
- Very sadistic, and obviously get a great deal of enjoyment out of inflicting pain on their victims. When they see the victim suffering because of something they have said or done, they cannot hide their pleasure. They may smirk, look smug, look satisfied or get a slight gleam in their eye. It is easy to miss for most people, but victims almost always recognize it when it happens.
- They take advantage of anyone they can to get whatever they want without even a hint of remorse, and that includes those they claim to love such as their spouses, children, family and friends.
- They think in extremes, black and white or all or nothing thinking, which means they view people either as for them or against them.
- Can appear very charming, flattering and loving at first but the closer you get to them, the crueler they become.

What do you think about your situation? Do you believe you are dealing with a narcissist?

If so, you can get through this situation with your sanity in tact!

If you believe the person you are dealing with is not a narcissist, simply one with narcissistic tendencies, I would be glad to help you with that too. I have some experience in this area as well, although admittedly not as much as with narcissists. That being said though, I have learned a lot about people like this.

Click on the link below for more information on how I can help:

<https://mentor.cynthibaileyrug.com/narcissistic-abuse-recovery-mentoring/>