10-Point Narcissist Checklist - Is There One In Your Life?

If you think you may have a narcissist in your life - whether a family member, romantic partner, friend, colleague, or some other relation - here is a 10-point checklist to help you identify them:

1. It’s all me me me - a narcissist’s favorite topic of conversation is themselves.
2. They’re always right - a narcissist truly believes they are right, even when they are wrong.
3. They’re control freaks - when was the last time you made any important decisions whatsoever?
4. You’ve lost friends and family - one of the narcissist’s favorite tactics is to isolate a victim in order to better control them.
5. It’s a coin toss between anger and affection - you never know which you’ll be faced with as a narcissist can swing from one to the other very quickly.
6. You are having a hard time recognizing what did and didn’t happen - a narcissist will ‘gaslight’ you by flat out lying and distorting events.
7. Actions don’t live up to words - narcissists will often say one thing and do another. They over-promise and under-deliver on almost everything.
8. Hissy fits follow rejection or criticism - how dare you stand up to them? They’ll react in such a way as to put you off doing anything like that again!
9. You suck, and so does everybody else - a narcissist will constantly put others down in order to make themselves feel good.
10. It’s not my fault - narcissists are virtually incapable of accepting responsibility for anything bad that happens (after all, they are always right, remember?)

If someone in your life exhibits many or all of these traits, you are almost certainly dealing with a narcissist.

Click here to learn more about narcissists and how to deal with them.

This checklist was created by A Conscious Rethink. Feel free to pass it on to people in your life who might need it, but please do not distribute it publicly.