

Identifying Narcissistic Traits: Are They a Narcissist?

Understanding how narcissistic traits manifest can help you better navigate your relationships and protect your emotional well-being. This worksheet will guide you in identifying these behaviors and reflecting on your personal experiences with the individual in question.

Directions: Check the box for each narcissistic trait the person demonstrates. Then indicate how you feel when you're around the potential narcissist in the *Your Emotions* box. The more traits and emotions you identify with, the higher the likelihood the person is demonstrating narcissistic traits.

Narcissistic Traits	Your Emotions
<input type="checkbox"/> Exploits others	<input type="checkbox"/> Mentally exhausted
<input type="checkbox"/> Lack of empathy	<input type="checkbox"/> Losing self-confidence
<input type="checkbox"/> Arrogant and condescending	<input type="checkbox"/> Helpless and weak
<input type="checkbox"/> Excessive need for control	<input type="checkbox"/> Feel they control you
<input type="checkbox"/> Uses manipulation tactics	<input type="checkbox"/> Question your sanity
<input type="checkbox"/> Relationships are self-serving	<input type="checkbox"/> Experiencing anxiety
<input type="checkbox"/> Preoccupied with own needs	<input type="checkbox"/> Influenced by their behavior
<input type="checkbox"/> Difficulty accepting criticism	<input type="checkbox"/> Feel isolated from others
<input type="checkbox"/> Sense of entitlement	<input type="checkbox"/> Negative and in a bad mood
<input type="checkbox"/> Needs excessive praise	<input type="checkbox"/> Don't respect yourself
<input type="checkbox"/> Believe they are superior	<input type="checkbox"/> Fear their behaviors
<input type="checkbox"/> Preoccupied with success	<input type="checkbox"/> Resent their self-centeredness
<input type="checkbox"/> Thinks others envy them	<input type="checkbox"/> Guilt for their actions even when you know it isn't your fault

