

Disclaimer

This quiz is an educational tool designed to help you identify patterns of behavior. It is not a clinical diagnostic tool for Narcissistic Personality Disorder (NPD) or a substitute for professional mental health therapy.

Narcissistic Abuse Syndrome Quiz

1. I find myself recording conversations or checking old texts to prove to myself what was actually said.
2. When I confront them about something they did, they flatly deny it ever happened or tell me I'm "too sensitive."
3. I feel like I am losing my mind or becoming "crazy" because I can't keep track of the changing stories.
4. They tell me that other people (friends/family) are talking behind my back or agree that I am the problem.
5. I feel like I am "walking on eggshells," constantly monitoring my behavior to avoid their anger or withdrawal.
6. When I try to set a boundary (e.g., saying "no"), I am met with intense guilt-tripping, rage, or the silent treatment.
7. My successes are ignored or belittled, while their achievements are expected to be the center of attention.
8. They use my deepest insecurities or secrets against me during arguments.
9. Every argument somehow ends with me apologizing, even when I was the one who was originally hurt.

10. They take zero responsibility for their actions; it is always someone else's fault (an ex, a boss, or me).

11. If I cry or show hurt, they become annoyed or disgusted rather than offering comfort.

12. They "love-bomb" me with extreme affection or gifts after a period of abuse to keep me from leaving.

13. I have pulled away from friends or family because it's easier than dealing with this person's jealousy or criticism of them.

14. I feel like I need their permission or "buy-in" for basic decisions to avoid conflict.

15. I feel physically and mentally exhausted after spending time with them, often feeling "foggy."

16. I don't recognize the person I've become; I feel like a shell of my former self.

17. I find myself defending their bad behavior to others, making excuses for why they act the way they do.

18. I feel a "trauma bond" — an intense, addictive pull to them despite knowing the relationship is harmful.

19. They have a "public persona" that is charming and kind, which is the polar opposite of how they treat me in private.

20. I feel like I am only "valuable" to them when I am doing something for them or making them look good.

Call to Action: At the end of the quiz, you can offer a "Next Steps" section, such as a consultation call or a specific coaching resource you provide for those in the high-scoring bracket.

Instructions for User: Rate each statement based on your experience: (1) Never, (2) Rarely, (3) Sometimes, (4) Often, (5) Always

Scoring: You can assign 1 point for "Never" up to 5 points for "Always."

Total Points (20-100):

- **20-40:** Low impact/Mild traits.
- **41-70:** Moderate/Toxic patterns.
- **71-100:** Severe/High-level narcissistic abuse.