NARCISSISISTIC PERSONALITY DISORDER – TRAITS & FACTS	**NEURODIVERSE (ADD and/or ADHD)** – TRAITS & FACTS
Overt NPD: Grandiose, fantasy, bully, and outwardly abusive vs. **Covert NPD:** passive-aggressive, hidden abuse and control **7.7% of men and 4.8% in women (6.2% overall)** Begins in teens or early adulthood, lifelong, but can be treated Not often treatable due to lack of motivation by narcissist Cognitive empathy is working But seem to lack empathy relationally Envious & jealous Grandiosity & sense of entitlement Validation seeking Superficiality Egocentric (protective / defensive) Shame (no tolerance for shame, but blame others readily) Feelings of inadequacy Impulsivity Arrogance Deceitfulness Callousness - insensitive Sensitivity to rejection and feedback Extroverted when it is "profitable" Charming & manipulative Overtly aggressive & controlling Demeaning – dismissive – contentious – blame-shifts **Vulnerable NPD** Socially anxious Unpretentious Not as showy Victim-stance Grudging contempt to showy individuals Sullen Blame-shifting Doesn't take resp Ruminating rage Passive aggressive	**35-75% ASD people also are also ADHD** (89% boys, 16% girls, probably higher) ASD Begins at birth, and can present by 3 years (81% genetic) ASD is not 1 in 31, 4-to-1 boys to girls (on the rise) Social / verbal comm issues Personal and interpersonal interactions Cognitive empathy NOT working well Ability to CARE that they hurt someone Difficulty maintain conversation Eye contact Lack of emotional connection with self/others Lack of interest in relationship Restricted / repetitive behaviors Fixated interests Sensory reactivity or fixation HFA has NO intellectual impairment Dysfunction in mirror neurons, TOM Subject to burnout and anxiety, depression esp. when undiagnosed **ADHD-Inattentive** (scattered, distractible, forgetful) **ADHD-Hyper active** (restless, interrupting, impatient, agitated, impulsive.) ADHD is now 1 in 9 children (on the rise) VERY responsive to medication and self-regulating strategies. Tend to be self-critical and insecure Impulsiveness Disorganization and problem with prioritizing Poor time management skills Problems focusing on a task Trouble multitasking Excessive activity or restlessness Poor planning & priority setting Low frustration tolerance Frequent mood swings Problems following through and completing tasks Hot temper Trouble coping with stress

NPD & ADHD – overlapping traits / differences

- IMPULSIVITY in both, for different reasons.
- Motivation in ADHD = neurobiological factors
- Motivation in NPD = desire for admiration or superiority.
- NPD contempt for detail (antagonistic) vs. ADHD inability
- NPD arrogance when not listening when spoken to vs ADHD apologetic for distraction
- NPD avoids changing, uses ADHD as an excuse
- NPD hijacks conversations (one-ups, put-downs & interruptions)
- NPD interrupts because they weren't listening to begin with. Listens contemptuously
- NPD negating body language and facial expressions
- ADHD is just having trouble to listen

NPD & ASD – overlapping traits / differences

- Empathy deficits in both
- Self-focused
- Straightforwardness (ASD) vs. straightforward or manipulative when needed (NPD)
- Cognitive empathy differences
- Introversion (ASD) vs. Extroversion (NPD)
- NPD avoids changing, uses ASD as an excuse
- NPD is open to novelty
- ASD is open to new experiences but not new emotions
- ASD more conscientious, social justice, rules
- NPD more ruthless, unjust, rule-breaking – controlling others to kowtow to THEM
- NPD is looking to DOMINATE
- NPD hurtful words come from impulsivity and indifference or anger at being caught
- ASD hurtful words come from cognitive empathy impairment and result in deep remorse
- ASD tends to be modest, not invalidating and naïve vs manipulative and treacherous
- NPD is defensive and self-serving
- NPD wants power and control (entitlement, validation seeking, self-victimization, grandiosity, etc.)
- NPD can gaslight & be charming in public and covertly abusive at home
- ASD does NOT have the social-behavioral framework to successfully gaslight and abuse covertly.
- ASD gets anxiety when making social mistakes
- NPD gets angry/rage when caught in mistake
- Emotional dysregulation in both, due to different reasons – ego vs. overwhelmed