

A Checklist of Narcissistic Traits and Behaviors



The Diagnostic 9

The American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR), states a diagnosis of Narcissistic Personality Disorder (NPD) requires an individual to meet at least five of the following nine criteria:

- 1. A grandiose sense of self-importance: Embellishing their achievements, expertise, and drive to be viewed as superior regardless of actual skill or abilities.
- 2. Preoccupation with fantasies of great intellect, success, power, beauty, or ideal love: Spends time daydreaming, often out loud, about their self-perceived greatness. These dreams are usually unattainable and unrealistic.
- 3. Belief in being "special" and unique: They strongly believe they deserve to be in the company or employ of very high level people or institutions. They also believe that these are the only people and environments that they would even consider giving deference to as it relates to themselves.
- 4. Need for excessive admiration: These individuals require constant praise, attention and recognition from others. Everywhere. All the time. They will commonly fish for this type of treatment or compliments.

- 5. Sense of entitlement: They expect compliance from others to any demands they make, and likewise expect special treatment and favors that align with their skewed view of their own importance.
- 6. Interpersonally exploitative behavior: In order to obtain supply or achieve a means to any end they deem necessary, they will liberally take advantage of others or use deceptive even harmful tactics to do so.
- 7. Lack of empathy: The feelings and needs of others are of no concern to them. They are capable, however, of performative empathy.
- 8. Envy of others or belief that others are envious of them: Another way they skew their reality is in believing everyone wants what they have or are out to get them. This may also manifest as highly competitive behaviors.
- 9. Arrogant, haughty behaviors or attitudes: These behaviors include: Condescension, blame shifting, rudeness, accusatory shaming, dismissiveness and disdain for anyone they view as "beneath" them.


Bonus Round of Narcissistic Style Traits

The following are additional behaviors that are associated with someone who has a narcissistic personality style:

- 10. Underhandedness: As much as an individual who has a personality style believes others envy them, they are also envious of others. Some may launch smear campaigns or other tactics designed to damage someone's reputation or cause them to be passed over for promotions in the work environment.
- 11. Passive Aggressiveness: This is a common tactic of those who exhibit vulnerable or covert narcissistic traits. Using questionable statements or comments, they indirectly address any issue that is a perceived threat to their ego or self-image. Behaviors like this are very destabilizing and harmful to relationships and family systems.
- 12. Othering People or Groups: They easily put people into an "Us V Them" category, even to the point of dehumanization. Excluding and marginalizing is

also a part of this harmful trait. From this place is where prejudice, inequality and discrimination grow.

- 13. Gaslighting: This is a type of manipulation where they make another person doubt their own reality or memories. It can progress to the point that their targeted victim may even question their own sanity. The term "Gaslighting" originates from the 1938 play and 1944 film "Gas Light," where the husband manipulates the wife into believing she's going insane.
- 14. Performative: Maintaining their self-created self-image is very important to an individual who has a narcissistic personality style, therefore, they will do ~ or say ~ whatever they believe people want to hear. This, in turn, will keep their facade intact and have others believing they are sincere.
- 15. Victimhood: Particularly when looking at the behavior of an individual who has a Vulnerable or Covert Narcissistic Personality Style, victimhood reigns supreme. No matter how hurtful and destructive their behaviors can be, it will never be their fault. They have no accountability. It will always be someone, or something else that is to blame in their skewed view.
- 16. Transactional Relationships: The primary goal of an individual who has a narcissistic personality style is to obtain "narcissistic supply," Which is the compliance, adulation and validation they believe they deserve. From everyone. Everywhere. An individual who has a narcissistic personality style, needs others to keep supporting their false image. Relationships, therefore, are transactional to them. It is never a "Give and Take," or reciprocal. It is "You Give, They Take."
- 17. Hoovering: Another manipulative tactic an individual who has a narcissistic personality style uses is hoovering. Like its namesake, hoovering refers to these individuals trying to win you back, regardless of the damage they've caused in your life, or how you feel about things. They will leave no stone unturned in trying to suck you back into their realm and it can occur with ended relationships within a family, at work, with friends or intimate partners.
- 18. Incapable of Real, Deep Connections and Love: As with most areas of human interaction, whatever an individual who has a narcissistic personality style may "feel" towards someone in a relationship, it is superficial and surface level only.



Disclaimer: It is important to note that anyone who has narcissistic traits may not have NPD. NPD is a pervasive pattern of behavior that significantly impacts functioning and relationships, and a diagnosis must be made by a trained mental health professional. However, the presence of several of these behaviors, repeatedly occurring over time, can be indicative of a narcissistic personality style.

The information provided here is for educational purposes only and should not be used as a substitute for professional medical or mental health advice, diagnosis, or treatment. Please consult with a qualified healthcare provider for any concerns about your individual situation and consider the resources provided below for additional help.

Some Helpful Resources are:

<https://www.thehotline.org/>

- StrongHearts 844.762.8483 | Helpline for Native Americans and Alaska Natives.
- National Teen Dating Abuse Helpline 866.311.9474 | For young people experiencing abuse or curious about healthy relationships.
- The Deaf Hotline Video phone: 855.812.1001 | Helpline for individuals who are deaf and hard of hearing.

<https://mynara.app/>

MyNARA is a safe, professionally-guided domestic abuse recovery app for those who are suffering in a romantic relationship with a narcissist

<https://www.nami.org/>

NAMI has a host of services including a hotline and support groups for those affected by the treatment from an individual who has a narcissistic personality style.

