



## Narcissistic Traits

**Excessive Self-Importance:** Narcissists have an inflated sense of self-importance. They often believe they are unique, special, or superior to others.

**Lack of Empathy:** They struggle to understand or care about other people's feelings and needs. They may have difficulty recognizing or validating others' emotions.

**Need for Admiration:** Narcissists crave constant admiration and validation. They seek attention and often expect others to cater to their desires.

**Manipulative Behavior:** They frequently engage in manipulative tactics, such as gaslighting, guilt-tripping, or playing the victim to control or exploit others.

**Sense of Entitlement:** Narcissists believe they deserve special treatment, privileges, or attention, often without having earned it.

**Fragile Self-Esteem:** Paradoxically, beneath the grandiosity, many narcissists have fragile self-esteem. They are easily wounded by criticism or rejection.

**Arrogance:** They can come across as arrogant or condescending, believing they are superior to others and that others should recognize their superiority.

**Difficulty Maintaining Healthy Relationships:** Narcissists often struggle to maintain long-term, healthy relationships because their self-centered behavior can push people away.

**A Lack of Accountability:** They often deflect blame and responsibility onto others, rarely taking ownership of their mistakes or shortcomings.

**Social Exploitation:** Narcissists may exploit or take advantage of others for personal gain, whether that's financial, emotional, or social.

**Superficial Charm:** They can be charismatic and charming, especially when trying to win people over, but this charm may fade over time.

**Constant Need for Attention:** Narcissists may constantly seek attention or validation through social media, self-promotion, or other means.

Not all people who display some of these traits are necessarily narcissists. Everyone has some degree of self-centeredness, and some traits can vary based on personality. However, if someone consistently displays multiple traits and causes harm to you or others, it may be an indication of narcissistic behavior. If you're dealing with a person, you suspect is a narcissist and it's affecting your well-being, consider seeking guidance from a mental health professional who can help you navigate the situation. Contact [info@helpscounselling.com](mailto:info@helpscounselling.com)