



## Narcissistic Comments

### Some things you may hear from a narcissist:

#### Boasting About Themselves:

- "I'm the best at [fill in the blank]."
- "I have an IQ that's off the charts."
- "I'm the most attractive person in the room."

#### Seeking Constant Validation:

- "Don't you think I'm amazing?"
- "Tell me how great I am."
- "You're so lucky to have me in your life."

#### Minimizing Others' Achievements:

- "Your success is good but let me tell you about something even more impressive."
- "I did something similar, but I did it better."

#### Playing the Victim:

- "I can't believe you're being so mean to me."
- "Nobody understands how hard my life is."

#### Shifting Blame:

- "It's not my fault; you made me do this."
- "You're the one who caused all the problems."

#### Gaslighting:

- "You're overreacting; that never happened."
- "You're too sensitive; I was just joking."

#### Creating Drama:

- "This situation is all about me."
- "If I'm not the center of attention, I'll make sure I am."

#### Control and Manipulation:

- "You should do what I say; I always know best."
- "If you really cared about me, you would [comply with my request]."

#### Projecting Insecurities:

- "You're so insecure; I never have self-esteem issues."
- "You're the one who's always seeking attention."

#### Invalidating Others:

- "Your feelings don't matter; it's all about me."
- "Stop being so sensitive; you're just trying to ruin my fun."



## Helps Counselling

### Shallow Apologies:

- "I'm sorry you feel that way."
- "I'm sorry if you took it the wrong way."

### Name-Dropping:

- "I was just talking to [famous person] about this."
- "You wouldn't believe the connections I have."