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Am I a Narcissist?
Quick Self-Check

Answer each question with YES or NO. Each YES = 1 point.

- ☐ Do I feel bad when I hurt someone?
- ☐ Do I pull away when I'm overwhelmed-not to punish?
- ☐ Do I care about how others feel?
- ☐ Do I want to grow and be better in my relationships?
- ☐ Do I try to fix things when I've made a mistake?

Scoring Key:

0-2 points: You may want to explore your emotional patterns further. This doesn't mean you are a narcissist, but it may help to reflect on possible entitlement, egocentrism, or defensiveness.

3-5 points: You're likely not a narcissist. Your answers suggest you reflect, care, and want to improve. Keep learning about yourself, and remember, caring about this question is already a healthy sign.

FIND MORE HELPFUL INFORMATION AND RESOURCES AT:

www.drdfox.com