

# Narcissist Red Flag Checklist

Are you trying to learn if you are married to, related to or dating or working with a narcissist? We have compiled a checklist of many of the behaviors, patterns of a narcissist. Use this checklist as a guide to test if you have been unlucky enough to come across someone with this personality disorder. The more checks the closer you are to the reality that you need to protect yourself and go no contact with this person.

If you have additional questions we have a service to answer your questions by email.  
<https://narcisstabusupport.com/product/email-support/>.

## How they act

- ☐ Rushing Intimacy - soul mate scam
- ☐ Charming
- ☐ Status oriented
- ☐ Behavior never changes
- ☐ Chronic lying
- ☐ Reckless and impulsive

## Patterns to watch for

- ☐ You have a feeling something is wrong
- ☐ Lots of crazy people in their past
- ☐ Concern for public image
- ☐ No regard for rules or laws
- ☐ Never apologizes
- ☐ Demands trust
- ☐ Fragmented relationships
- ☐ No accountability
- ☐ Makes up excuses
- ☐ Poor financial management
- ☐ Cheating
- ☐ You feel you might be in danger
- ☐ Projecting
- ☐ Confusion - story changes

- ☐ Intrusive & controlling
- ☐ Isolation
- ☐ Anger when confronted
- ☐ Double standards
- ☐ Alcohol and drug use
- ☐ No responsibility - blame others
- ☐ Two faced, critical of others behind back
- ☐ Acts differently in public and private
- ☐ Lives in a fantasy world
- ☐ Distorts facts to suit their needs
- ☐ Provokes and then blames
- ☐ Circular conversations - word salad
- ☐ Condescending
- ☐ Shaming
- ☐ Always the victim
- ☐ Insults - smirks - teases - tortures you
- ☐ They can have different personas around different people
- ☐ Feel like you are walking on eggshells
- ☐ They have a fake personality in public
- ☐ Doesn't have long term friends
- ☐ Might not have a relationship with their family
- ☐ Hostile reaction to attention and credit given to others
- ☐ Your feelings and emotions are not validated or allowed
- ☐ Twists your words in arguments
- ☐ You fear any fight could end the relationship
- ☐ Your words are used against you
- ☐ They provoke guilt in you

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- ☐ You always fall short of their expectations
- ☐ They talk badly of past relationships yet visit with them to make you jealous
- ☐ Drama follows them but they blame you
- ☐ They thrive on drama and have an ample supply
- ☐ They must be right
- ☐ Points out your imperfections
- ☐ Remembers things you did years ago and brings them up in arguments
- ☐ Fraud is often something victims will see
- ☐ They know how to push your buttons
- ☐ Broken promises
- ☐ Uses your friends and family as flying monkeys
- ☐ They might constantly correct you - nothing is right
- ☐ Control of your spending
- ☐ Belittle your accomplishments
- ☐ Often, they cannot laugh at themselves
- ☐ If someone goes against them - they fight to kill
- ☐ Do they accuse you of things you didn't do? Gaslighting
- ☐ They use the silent treatment as control
- ☐ Alienation of children to the other parent
- ☐ Lacks integrity with others
- ☐ Boasts about themselves (untrue claims)
- ☐ Wants you to make their life better

### Personality traits

- ☐ Big ego - superior
- ☐ Craves power and control
- ☐ Self-centered
- ☐ Entitlement
- ☐ Great actors taking on roles we call masks
- ☐ Compares you to everyone in their life (good and then bad)
- ☐ Uses children as a pawn
- ☐ Moves on quickly
- ☐ Few personal possessions

- ☐ Inconsistent details of their past
- ☐ They withhold attention as manipulation
- ☐ They do not like parties for others because they are not the center of attention
- ☐ You find yourself looking up what a narcissist is - detective
- ☐ They slander you - smear campaigns
- ☐ Facebombing - they attach themselves to your friends on facebook
- ☐ Uses social media to provoke jealousy with their ex's
- ☐ They get bored easily
- ☐ Often are compulsive about having the latest greatest technology
- ☐ Paints victims as unstable
- ☐ Forces sexual desires
- ☐ Focuses on your imperfections but ignore their own.
- ☐ Uses jokes to insult you and wear you down
- ☐ Ruled by money and they want yours
- ☐ They rewrite history to suit them
- ☐ Often hyper emotional is a role they play to manipulate

### What happened

- ☐ You were targeted as good supply
- ☐ Lovebombing
- ☐ Mirroring back at you what you are looking for
- ☐ Friends love them or hate them
- ☐ Triangulation
- ☐ Managed down expectations
- ☐ Uses guilt and pity plays
- ☐ Degrade you
- ☐ Gaslighting
- ☐ Smear campaigns
- ☐ Hoovering
- ☐ They isolate you
- ☐ Cognitive dissonance
- ☐ Grooming victims
- ☐ Ghosting

If you are unfamiliar with some of these terms - visit our Narc Speak page-  
<https://narcissistabusesupport.com/narc-speak-2/>