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**This article is about narcissistic relationships.**

Are you in a relationship with a narcissist? How would you know? Read on to find out more about spotting a narcissist. This is Part 1 of a 2-part article ... there's lots to discuss about a true narcissist.

And don't forget, our last article was about the caveperson mind. Click [here](#) to find out more about why our minds think negatively, and to access all our previous articles.

## **It's All About Them! – 10 Ways To Know You're In A Relationship With A Narcissist!**

**By Amanda Pulford  
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(BPsych Hons, MPsych Clin)**

Narcissistic behaviours are destructive, and they're especially destructive in relationships. However, it's not always easy to spot a true narcissist. Read on (this and our next article) to find out 10 ways to spot a narcissist in a relationship.

*"That's enough of me talking about myself; let's hear you talk about me."*

While we often think of narcissism as a person who is 'in love' with themselves, pathological (or extreme)

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narcissism is someone who comes across as grandiose, above others, self-absorbed, and highly arrogant. Pathological narcissism is often described as someone who is in love with an idealised image of themselves, which they develop often due to feeling wounded deep down. Further, they then show to the world this idealised self in order to avoid feeling that wounded self. Below are 5 ways to spot a narcissist (5 more follow in our next article). And don't worry if you feel like you tick some of these boxes, most of us are guilty of some of the following behaviours at one time or another. However, a pathological narcissist will display several of the following behaviours habitually, while remaining unaware of their own behaviour, and they are rarely concerned about their impact on others.

1. **Conversation Dominator** : The narcissist loves to talk about themselves, and they don't give you a chance to take part in a two-way conversation. You will feel like you're not heard, and that your feelings aren't valid. However, if you do get a word in and it is not in agreement with the narcissist, you're likely to be corrected, dismissed, or ignored.
2. **Conversation Interrupter** : While some of us have the bad habit of interrupting others, the narcissist interrupts and quickly switches the focus back to themselves, all the while showing little interest in you.
3. **Rule Breaker** : Narcissists enjoy getting away with violating rules (such as breaking the law, stealing office supplies) and social norms (such as cutting in line, not showing up to appointments).

4. **Boundary Violator** : The narcissist shows complete disregard for other people's thoughts, feelings, belongings, and personal space. They overstep and use others without consideration or sensitivity. They will borrow things without returning them. They will lend money without repaying it. They will break promises and commitments ... again and again and again. They will show little remorse and will blame others for their own lack of respect.
5. **Show Off** : Many narcissists like to impress others by making themselves look good. This can show up in physical, romantic, sexual, social, religious, financial, material, professional, academic or cultural ways. The narcissist often grandstands and exaggerates themselves and their achievements – communicating to those around them “I'm better than you” or “Look how good I am”.
6. **Special ... More Than Special**
7. **Entitled**
8. **Charmer**
9. **Negativity**
10. **Manipulation**

Being in a relationship with an extreme narcissist can leave you feeling empty, worthless, alone, misunderstood, needy and invisible.

If you think you're in a relationship with an extreme narcissist, you might want to learn some strategies and skills to help yourself. We can help – feel free to contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

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