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This article is 'Part 2' about narcissistic relationships.

This is Part 2 of the article : "It's All About Them!". Are you in a relationship with a narcissist? How would you know? Read on to find out more about spotting a narcissist.

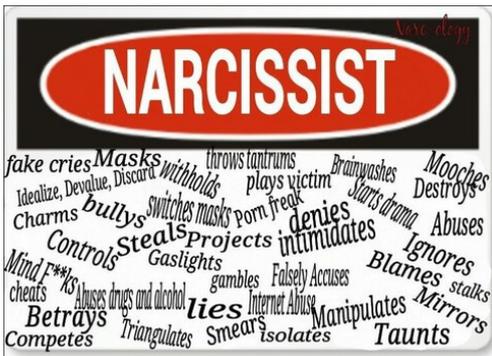
And don't forget, our last article was Part 1 of the article "It's All About Them!". [Click here](#) to find out the first 5 ways to know you're in a relationship with a narcissist, and to access all our previous articles.

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

By Amanda Pulford
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Narcissistic behaviours are destructive, and they're especially destructive in relationships. However, it's not always easy to spot a true narcissist. Read on to find out the final 5 ways to spot a narcissist in a relationship (the first 5 ways were in our previous article – Part 1).

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



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If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

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While we often think of narcissism as a person who is 'in love' with themselves, pathological (or extreme) 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 the final 5 ways to spot a narcissist. 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**
2. **Conversation Interrupter**
3. **Rule Breaker**
4. **Boundary Violator**
5. **Show Off**
6. **Special ... More Than Special :**
Narcissists often have an exaggerated sense of self-importance, and they may even think that others cannot live or survive without their magnificence.
7. **Entitled :** Narcissists often expect others to instantly fulfil their needs, without having any consideration to you. In their view – the world revolves around them.
8. **Charmer :** You can be made to feel very special and wanted by a narcissist as they can be very charismatic and persuasive. Also, narcissists can be very engaging

and sociable, when you're giving them all of your attention. However, once they lose interest in you, because they've gotten what they want or they become bored, they will most likely drop you without a second thought.

9. **Negativity :** Many narcissists enjoy spreading and stirring negative emotions to gain attention, feel powerful, and keep you insecure and off-balance. Further, they are extremely sensitive to criticism, and typically respond in fight (an argument) or flight (detachment). On the other hand, narcissists are often quick to judge, criticize, ridicule, and blame you. Don't be surprised if a narcissist emotionally abuses you. By making you feel inferior, they can boost their fragile ego.
10. **Manipulation :** The narcissist may use their partner, family, friends, or colleagues to meet their own unreasonable self-serving needs, to help them fulfil unrealised dreams, or to cover up their perceived inadequacies and flaws. They may use guilt ("I've given you so much, you're so ungrateful" or "It's your fault" or "I'm the victim") to hijack your emotions, and entice you to make unreasonable sacrifices.

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 or [click here](#)

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