

QUIZ: DO I HAVE NPD SYMPTOMS?



- I sometimes feel superior or expect recognition from others.
- Criticism feels personal or threatening, even when it's mild.
- I fear rejection but try to hide it behind confidence.
- I tend to view people or situations as all good or all bad.
- I have difficulty accepting feedback without defensiveness.
- I feel angry or distant when I feel overlooked/misunderstood.
- I sometimes take risks, like drinking and driving.
- I react defensively when I feel emotionally challenged.
- I hide feelings of inadequacy behind outward strength
- I often withdraw when a relationship doesn't go how I expect.

The more boxes you've checked, the more likely you need help with Narcissistic Personality Disorder. Connect with us today for a professional evaluation.

CatalinaBehavioralHealth.com / 520.999.2560

NPD JOURNAL PROMPTS



Write about a time you felt criticized and how you reacted in that moment.

When I feel misunderstood, what emotions are happening inside?

How do my expectations of others affect my relationships or interactions?