

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.

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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?