



AM I DATING A NARCISSIST?

QUIZ

INSTRUCTIONS: READ THE QUESTIONS CAREFULLY AND CHOOSE THE ANSWER THAT BEST DESCRIBES YOUR SITUATION. FOR THE MOST ACCURATE RESULTS, BE HONEST WITH YOURSELF. AT THE END OF THE QUIZ, WE'LL PROVIDE A BRIEF EVALUATION BASED ON YOUR RESPONSES.



HOW OFTEN DOES YOUR PARTNER TALK ABOUT THEMSELVES OR THEIR ACHIEVEMENTS?

- A. RARELY
- B. SOMETIMES
- C. OFTEN
- D. ALL THE TIME



DOES YOUR PARTNER LISTEN TO AND VALUE YOUR OPINIONS AND FEELINGS?

- A. ALWAYS
- B. MOST OF THE TIME
- C. RARELY
- D. NEVER





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HOW DOES YOUR PARTNER REACT TO CRITICISM OR FEEDBACK?

- A. THEY ACCEPT IT GRACIOUSLY AND TRY TO IMPROVE
- B. THEY BECOME DEFENSIVE BUT EVENTUALLY CONSIDER THE FEEDBACK
- C. THEY BECOME ANGRY AND DISMISSIVE
- D. THEY BLAME OTHERS AND NEVER ACCEPT RESPONSIBILITY



HOW EMPATHETIC IS YOUR PARTNER TOWARDS OTHERS?

- A. VERY EMPATHETIC: THEY GENUINELY CARE ABOUT OTHERS' FEELINGS
- B. SOMEWHAT EMPATHETIC: THEY SHOW CONCERN FOR OTHERS OCCASIONALLY
- C. RARELY EMPATHETIC: THEY OFTEN DISREGARD OTHERS' FEELINGS
- D. NOT AT ALL EMPATHETIC: THEY ONLY CARE ABOUT THEMSELVES



DOES YOUR PARTNER HAVE A HISTORY OF SHORT-TERM RELATIONSHIPS OR FAILED FRIENDSHIPS?

- A. NO, THEY HAVE LONG-LASTING RELATIONSHIPS AND FRIENDSHIPS
- B. SOME, BUT IT SEEMS NORMAL
- C. YES, THEY HAVE A PATTERN OF FAILED RELATIONSHIPS
- D. THEY ALWAYS BLAME THEIR EXES AND FORMER FRIENDS FOR THE FAILURES





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DOES YOUR PARTNER OFTEN SEEK PRAISE OR ADMIRATION FROM OTHERS?

- A. NO, THEY ARE MODEST AND DON'T SEEK ATTENTION
- B. SOMETIMES, BUT IT'S NOT EXCESSIVE
- C. YES, THEY OFTEN FISH FOR COMPLIMENTS
- D. THEY CONSTANTLY CRAVE ADMIRATION AND ATTENTION



HOW DOES YOUR PARTNER HANDLE DISAGREEMENTS OR CONFLICTS?

- A. THEY CALMLY DISCUSS THE ISSUE AND WORK TOWARDS A RESOLUTION
- B. THEY GET SLIGHTLY UPSET BUT EVENTUALLY WORK THINGS OUT
- C. THEY BECOME AGGRESSIVE AND TRY TO CONTROL THE SITUATION
- D. THEY MANIPULATE THE SITUATION AND TURN IT AROUND ON YOU



IS YOUR PARTNER ENVIOUS OF OTHERS OR BELIEVE OTHERS ARE ENVIOUS OF THEM?

- A. NO, THEY DON'T SEEM ENVIOUS OR BELIEVE OTHERS ARE ENVIOUS OF THEM
- B. OCCASIONALLY, BUT IT'S NOT A SIGNIFICANT ISSUE
- C. YES, THEY FREQUENTLY EXPRESS ENVY OR BELIEVE OTHERS ENVY THEM
- D. THEY CONSTANTLY COMPARE THEMSELVES TO OTHERS AND BELIEVE THEY DESERVE MORE





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DOES YOUR PARTNER USE OR EXPLOIT OTHERS TO GET WHAT THEY WANT?

- A. NO, THEY ARE FAIR AND CONSIDERATE WITH OTHERS
- B. RARELY, BUT IT'S NOT A PATTERN
- C. SOMETIMES, THEY CAN BE MANIPULATIVE
- D. YES, THEY CONSISTENTLY EXPLOIT OTHERS FOR PERSONAL GAIN



DO YOU FEEL EMOTIONALLY SUPPORTED AND VALUED IN YOUR RELATIONSHIP?

- A. YES, I FEEL COMPLETELY SUPPORTED AND VALUED
- B. MOSTLY, BUT THERE ARE OCCASIONAL LAPSES
- C. RARELY, I OFTEN FEEL NEGLECTED OR IGNORED
- D. NO, MY FEELINGS ARE CONSISTENTLY DISREGARDED





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EVALUATION

- MOSTLY A'S AND B'S: YOUR PARTNER DOESN'T SEEM TO DISPLAY SIGNIFICANT NARCISSISTIC TRAITS. HOWEVER, REMEMBER THAT RELATIONSHIPS REQUIRE OPEN COMMUNICATION AND MUTUAL RESPECT TO GROW AND THRIVE.
- MOSTLY C'S: YOUR PARTNER MAY HAVE SOME NARCISSISTIC TENDENCIES. KEEP AN EYE ON THESE BEHAVIORS AND CONSIDER DISCUSSING YOUR CONCERNS OPENLY WITH YOUR PARTNER OR SEEKING PROFESSIONAL GUIDANCE IF NEEDED.
- MOSTLY D'S: YOUR PARTNER EXHIBITS STRONG NARCISSISTIC TRAITS. IT'S IMPORTANT TO PRIORITIZE YOUR EMOTIONAL WELL-BEING AND CONSIDER SEEKING PROFESSIONAL HELP TO NAVIGATE THIS

