

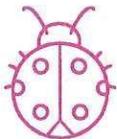
NARCISSIST PROTECTION CHECKLIST

EMPOWERING YOU TO PROTECT YOUR WELL-BEING

This is not a diagnostic tool. It's a tool for empowerment so you can take action to protect yourself.

- Public vs. Private Self:** Does their public persona significantly differ from how they behave in private?
- Superficial Loyalty:** Is their loyalty to you superficial, only showing loyalty when it serves their interests?
- Inability to Admit Mistakes:** Do they struggle to admit mistakes or acknowledge their flaws?
- Unsolicited Advice:** Are they prone to giving unsolicited advice, insisting they know better?
- Lack of Introspection:** Do they avoid deep self-reflection or considering the reasons behind their actions?
- Obligations and Demands:** Do they frequently remind you of your 'obligations' to them?
- "Othering" People:** Do they categorize people sharply, treating those who are different with disdain?
- Idealized Fantasies:** Are they preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love?
- Attraction to Power:** Are they drawn to themes, people, and activities that imply power and dominance?
- Emotional Vulnerability:** Is showing emotional vulnerability or sensitivity awkward for them?
- Dishonesty:** Are they willing to lie or omit important facts to maintain a facade or gain advantage?
- Veiled Threats:** Do they use veiled threats to ensure compliance with their desires or views?
- Extremes in Management:** Do they exhibit extreme behaviors in trying to manage or control others?
- Irrational Anger in Confrontation:** When confronted, do they respond with irrational anger or hostility?
- Dismissive of Feelings:** Do they dismiss your feelings, insisting their view is the only valid perspective?
- Stealing Affirmation:** Do they seek to diminish others' achievements, insisting on their superiority?
- Chronic Frustration:** Is there chronic frustration and annoyance in their demeanor?
- Double Standards:** Do they see themselves as exempt to rules that apply to others?
- Poor Understanding of Love:** Do they demonstrate a shallow approach to relationships?
- Disrespect for Boundaries:** Do they ignore your boundaries, insisting on shaping your life to their preferences?

UNDERSTANDING YOUR RESULTS: LEVEL OF PROTECTION NEEDED



0-5 TRUE
LADYBUG LEVEL

You might not be dealing with a narcissistic pattern. It's important to trust your feelings and keep an eye on any behaviors that cause you distress.
Keep a tough exterior and be ready to fly to safety.



6-12 TRUE
PORCUPINE LEVEL

You are likely dealing with a narcissistic pattern. This is a signal to educate yourself about their manipulative tactics.
Boundary up and clearly communicate that you are not a person to exploit or tangle with.



13-20 TRUE
LION LEVEL

This number of narcissistic traits indicates not only a challenging relationship but one that could lead to serious harm.
This calls for a fierce level of protection. Safeguard yourself and those you love.