



Does a Narcissist Know They are a Narcissist?

How You Can Know He Knows

1. He gets overly upset when confronted.
2. He will falsely accuse you to throw the scent off of himself.
3. He will gaslight you.
4. He will steal from you.
5. His lies will become ridiculously obvious.

What to do Once He Knows You Know

1. Exercise gray rock.
2. Keep oral conversation to a minimum.
3. Don't fall for what they tell you to get out of it.
4. Set and keep healthy boundaries.
5. Use CORE strength (Committed to self, Open to guidance, Responsible for myself, Empathetic).