

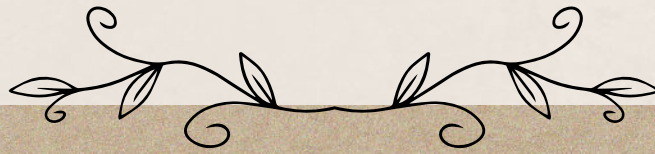


# Covert Narcissist Checklist--Page 1

- Charming when in public or meeting a new person.
- Not charming at all but short and terse behind closed doors.
- Like to be the center of attention, even though they claim to want to be in the background.
- Manipulative, even when trying to make you think you are making your own decisions.
- You aren't ever allowed to be right about anything.
- If you confront him for anything, he will claim he meant well.
- Always has to one-up you in conversation.
- Exaggerated sense of helpfulness or sacrificial behavior.
- Asking people to "pray" for you to make you look bad.
- Telling people he is really "concerned" for you-but not.
- Telling you "there is something really wrong with you" daily.
- Lack of empathy when you are in need. Focus on himself.
- Constant passive-aggressive behavior that is excused away.







# Covert Narcissist Checklist--Page 2

- Inability to actually hear what you are saying.
- You never know what is going to instantly anger them.
- They handle things well in public, then "punish" you when home.
- They are overly sensitive even about the most gentle criticism.
- They have few friends and almost no long-term friends.
- They seem very humble around others.
- They seem very kind around others.
- They have no self-awareness--unless trying to impress others.
- Their desires will be more prevalent than yours.
- They belittle you to make themselves look better.
- They will triangulate you with others.
- They must always be seen as the victim.
- Placates people in place of honesty and genuine relationship.







# Covert Narcissist Checklist--Page 3

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