

How to Overcome Narcissistic Traits

Compiled by Laura M. Brotherson, LMFT, CST – The Marital Intimacy Institute

The following are multiple resources for those striving to overcome their narcissistic characteristics.

- **6 Keys for Narcissists to Change Toward the Higher Self** - <https://www.psychologytoday.com/us/blog/communication-success/201410/6-keys-narcissists-change-toward-the-higher-self>
- **10 Stages in the Treatment of Narcissistic Disorders** - <https://www.psychologytoday.com/us/blog/understanding-narcissism/201908/10-stages-in-the-treatment-narcissistic-disorders>
- **How to Heal Your Narcissism** – <https://goodmenproject.com/featured-content/how-to-heal-your-narcissism/>
- **Healing from Narcissism: A Journey Through the Stages of Recovering Your Personality from Narcissistic Disorder, Discover Compassion and Love for Others. Get Over the Addiction of Self-Obsession** - https://www.amazon.com/Healing-Narcissism-Personality-Narcissistic-Self-Obsession/dp/1086527151/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=