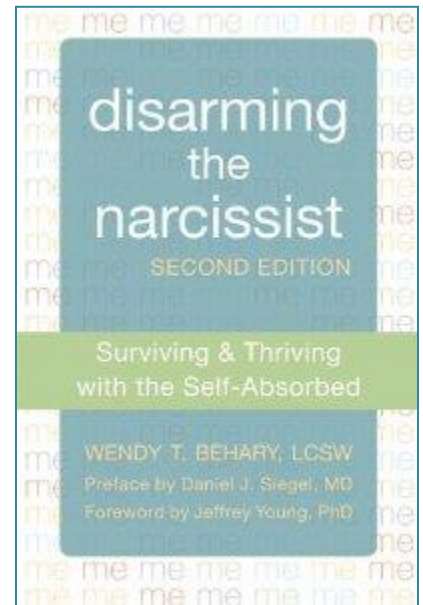


Recognizing the Narcissist — Traits of the Narcissist

Wendy T. Behary

'They seem well-assembled and self-assured, sometimes with a saccharine wit,' says Behary, cautioning that they can also quickly pull the rug out from under you, reducing you to boredom, tears, apprehension, or disgust without a flinch. Typically, narcissists display ten of the following thirteen traits:



1. SELF-ABSORBED -- Acts like everything is all about him or her
2. ENTITLED -- Makes the rules; breaks the rules
3. DEMEANING -- Puts you down, bullyish
4. DEMANDING -- of whatever he or she wants
5. DISTRUSTFUL -- Suspicious of your motives when you 're being nice to him or her
6. PERFECTIONISTIC -- Rigidly high standards - his or her way or no way
7. SNOBBISH -- Believes he or she is superior to you and others; gets bored easily
8. APPROVAL SEEKING -- Craves constant praise and recognition
9. UNEMPATHIC-- Uninterested in understanding your inner experience, or unable to do so
10. UNREMOVSEFUL -- Cannot offer a genuine apology
11. COMPULSIVE -- Gets overly consumed with details and minutiae
12. ADDICTIVE -- Cannot let go of bad habits; uses them to self soothe
13. EMOTIONALLY DETACHED -- Steers clear of feeling