NARCISSISTIC PERSONALITY DISORDER

Recognizing patterns of grandiosity, admiration-seeking, and low empathy

M2M RECOVERY PROJECT
PEOPLE | PURPOSE | A STRONGER TOMORROW

THE DEFINING PATTERN

NPD is described as a persistent pattern of grandiosity, a strong need for admiration, and a lack of empathy, which usually begins by early adulthood and appears across situations.

THE CORE PATTERN

GRANDIOSITY
An exaggerated sense of self-importance or exceptional status.

ADMIRATION
A continuing desire for attention, praise, or unwarranted admiration.

LOW EMPATHY
Difficulty recognizing or responding to the feelings and needs of others.

PERSONALITY FEATURES

SELF-IMPORTANCE
Grandiose logic of self-importance.

FANTASIES
Preoccupation with unlimited success, control, brilliance, beauty, or ideal love.

SPECIAL STATUS
Belief that one is extraordinary and should associate with exceptional people or institutions.

ADMIRATION
Desire for unwarranted admiration.

ENTITLEMENT
A sense of entitlement.

EXPLOITATION
Interpersonally oppressive behavior.

EMPATHY
No form of empathy.

ENVY / RESENTMENT
Resentment of others or belief that others are resentful of them.

ARROGANCE
Egotistical and conceited behaviors or attitudes.

HOW THESE PATTERNS MAY AFFECT LIFE

RELATIONSHIPS
Conflict in personal and professional relationships.

SELF-ESTEEM
Strong feelings of low self-esteem and inadequacy beneath the outward presentation.

WORK & SOCIAL LIFE
Functioning in society may be adversely affected.

NPD's belief that they are extraordinary, exceptional, and can only be understood by other extraordinary or important people.