

Narcissistic Personality Disorder Quiz

Exclusive preoccupation with self is the defining feature of Narcissistic Personality Disorder. The essential feature of Narcissistic Personality Disorder is a "pervasive pattern of grandiosity, need for admiration and lack of empathy that begins in early adulthood" (DSM IV, 1996, p. 658). These are unique individuals. They comprise only 1% of the general population.

1. She/he reacts to criticism with feelings of rage, shame or humiliation (even if not expressed).

- Yes
- No

2. She/he is interpersonally exploitive (i.e., takes advantage of others to achieve her/his goals).

- Yes
- No

3. She/he has a grandiose sense of self-importance (i.e., exaggerates achievements and talents, expects to be treated as "special" without appropriate achievement).

- Yes
- No

4. She/he believes that his/her problems are unique and can be understood only by other special people (or other people who see their specialness).

- Yes
- No

5. She/he is preoccupied with fantasies of unlimited success, power, brilliance, beauty or ideal love.

- Yes
- No

6. She/he has a sense of entitlement (i.e., an unreasonable expectation of favorable treatment)

- Yes
- No

7. She/he requires constant attention and admiration to bolster self-esteem.

- Yes
- No

8. She/he lacks empathy (i.e., inability to recognize and experience how others feel).

- Yes
- No

9. She/he is preoccupied with feelings of envy.

- Yes
- No
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If five or more are “yes”, we are certainly getting closer to a diagnosis. Again, we will not know without an assessment by a mental health professional. Symptoms are needed to identify disorders, but the symptoms degree of severity is also important. If one is tenacious that is a virtue. If one is severely tenacious, then it can become stubbornness or inflexibility. Where is the line? Professionals have difficulty finding the line and sometimes we miss it altogether. Frequently, psychology is more of an art, requiring perception and great intuitive ability, rather than just the facts.

Narcissistic Symptoms (from the National Institute of Health):

- Reacts to criticism with feelings of rage, shame or humiliations
- Takes advantage of others to achieve own goals
- Feelings of self-importance
- Exaggerates achievements and talents
- Preoccupation with fantasies of success, power, beauty, intelligence
- Requires constant attention and admiration
- Unreasonable expectations of favorable treatment
- Lacks empathy