



QUIZ: IS YOUR PARTNER A NARCISSIST?

Adapted from *Should I Stay or Should I Go?*

Surviving a Relationship with a Narcissist

by Ramani Durvasula, Ph.D.

In the U.S., it's estimated that about 1% to 6% of the adult population meets the criteria for Narcissistic Personality Disorder (NPD), which is the most extreme form of narcissism. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), NPD affects roughly 1% of the population, though some studies suggest it could be as high as 5-6%.

However, many people may exhibit narcissistic traits without qualifying for a clinical diagnosis of NPD. Narcissism exists on a spectrum, and while only a small percentage are formally diagnosed with the disorder, a larger number of people may show narcissistic behaviors or tendencies that can still affect their relationships and social interactions.

Circle the number beside each question that describes your partner:

1. Does your partner seem cold or unfeeling toward your emotions or the emotions of others, or does he have trouble understanding others' feelings?

2. Does your partner exaggerate his life, achievements, or work, acting like he has the best of everything? Is he arrogant and convinced he's better than others?

3. Does your partner believe he deserves special treatment in all areas of life, and get angry when it's not given?

4. Does your partner manipulate people and situations to get what he wants, without caring about others' feelings?
5. Does your partner become extremely angry very quickly, often out of proportion to the situation?
6. Does your partner often think that others are trying to take advantage of him or are out to get him?
7. Is your partner quick to criticize others, but unable to handle even slight criticism without getting defensive or angry?
8. Is your partner often jealous of your friendships, successes, or opportunities?
9. Does your partner do harmful things without feeling guilty, or even recognizing that what he did was wrong?
10. Does your partner constantly seek admiration and validation, through compliments, awards, or attention, including on social media?
11. Does your partner frequently lie, leave out important details, or give you inconsistent information?
12. Is your partner a show-off, making everything about his life—like parties or possessions—seem grand and impressive?
13. Does your partner project his feelings onto you, like accusing you of being angry when he's actually the one upset?
14. Is your partner greedy and materialistic, always wanting more things or money, and willing to do almost anything to get them?
15. Is your partner emotionally distant or disconnected, especially when you're showing strong emotions?
16. Does your partner make you second-guess yourself so much that you feel like you're "going crazy"?
17. Is your partner stingy with time or money, only being generous when it benefits him?
18. Does your partner avoid taking responsibility, blame others for his mistakes, and defend himself instead of owning up to his behavior?

19. Is your partner obsessed with his appearance or how he presents himself to others, like focusing on grooming or clothing?
20. Is your partner controlling, trying to manage your behavior or environment with an obsessive need for order?
21. Are your partner's moods, behavior, or lifestyle unpredictable, leaving you unsure of what to expect?
22. Does your partner regularly take advantage of you and others, ensuring his needs are met even at your expense?
23. Does your partner take pleasure in seeing others fail, especially when those people have done better than him?
24. Does your partner struggle to be alone or avoid spending time by himself?
25. Does your partner have poor boundaries with others, maintaining inappropriate relationships even when it makes you uncomfortable?
26. Has your partner ever been unfaithful, either sexually or emotionally?
27. Does your partner tune out when you're talking, getting distracted by devices, tasks, or yawning?
28. Does your partner become overly vulnerable or fragile during stressful times, unable to cope with challenges?
29. Is your partner neglectful or inconsiderate in basic communication and courtesy, like not letting you know if he'll be late or saying hurtful things carelessly?
30. Does your partner use his appearance or sexuality to get attention, often being flirtatious or using suggestive banter with others, including on social media?

Please select the following traits which describe your partner:

- Lack of Empathy
- Grandiose
- Entitled
- Manipulative
- Angry and Rageful
- Paranoid
- Hypersensitive
- Jealous
- Lack of Guilt/Lack of Insight
- Needs Constant Admiration and Valiation
- Lying
- Everything is a Show
- Projection
- Greedy
- Emotionally Cold
- Gaslighting (leaves you feeling as if you are "losing your mind")
- Cheap
- Never Takes Responsibility
- Vain
- Controlling
- Unpredictable
- Takes Advantage of Others (or you) on a Regular Basis
- Engages in Schadenfreude (Reveling in Others' Misery)
- Does Not Like to Be Alone
- Poor Boundaries
- Infidelity
- Doesn't Listen
- Fragile
- Careless
- Seductive

According to Adapted from Should I Stay or Should I Go? Surviving a Relationship with a Narcissist by Ramani Durvasula, Ph.D., If you answered "yes" to 15 or more of these questions, it's likely that your partner has narcissistic traits. If you answered "yes" to 20 or more, it's almost certain. Some of these traits are more serious than others, and some may affect you more personally.

For instance, you might have only answered "yes" to a few questions, including number 26, if your partner has been unfaithful. While not all cheaters are narcissists, infidelity can cause deep and lasting damage to your trust. (However, it's uncommon for someone with an unfaithful partner to have only that one "yes" on the list.)

Certain questions are more telling when it comes to diagnosing narcissism, including those about grandiosity (1), entitlement (2), lack of empathy (4), constant need for admiration (10), projection (13), and avoiding responsibility (18). These behaviors are at the heart of narcissism and often lead to superficial relationships that lack real emotional depth. If your partner exhibits these key traits, many of the other issues on the list are likely to follow.

Of course, no one's partner will have all "no" answers to these questions—most people have some of these characteristics to a degree. You could have a kind, empathetic partner who simply likes keeping things tidy. One "yes" doesn't make a narcissist, just as one snowflake doesn't make a blizzard. However, the more "yes" answers you have, the more challenging your relationship is likely to be.

Recommended Reading:

[Should I Stay or Should I Go: Surviving A Relationship with a Narcissist](#) Paperback – October 24, 2017

by [Ramani S. Durvasula Ph.D](#) (Author)

[Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder](#) Paperback – December 1, 2020

by [Paul T. T. Mason MS](#) (Author), [Randi Kreger](#) (Author)