CLÍNICA VIVALDI · FREE SHEET · PERSONALITY

Narcissistic personality disorder

A pattern of grandiosity, need for admiration and lack of empathy, which often hides a fragile self-esteem.

COMMON SIGNS

- Feeling special
- Need for admiration
- Reacts badly to criticism

TIPS FOR YOU

1. Long-term therapy
2. Work on empathy and self-esteem
3. If you live with someone like this, look after your boundaries

FOR FAMILY AND FRIENDS

1. Set clear limits and look after your self-esteem
2. Avoid getting into power struggles

WHEN TO ASK FOR HELP

1. If there is depression after a failure
2. If you live with psychological abuse: 016

TO OBSERVE AND NOTE DOWN

☐ I feel I'm special and deserve special treatment
☐ I need admiration
☐ I find it hard to put myself in others' shoes
☐ Criticism affects me a lot or makes me angry
☐ I fantasise about success or power
☐ I feel envious or believe others envy me
☐ I hate having to wait or follow rules
☐ My relationships end in conflict

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-narcisista-de-la-personalidad
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112