A PAUSE, A PRACTICE, A NEXT STEP

Narcissistic Personality Disorder (NPD)

Look at lasting patterns in relationships.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Which interaction keeps repeating?

Think of a recent disagreement. Write down what each person asked for and how each responded.

01 / Notice and reflect

Which interaction keeps repeating?

02 / Notice and reflect

What could you ask before responding?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Consider a mental health assessment when repeated patterns cause distress or damage relationships. If someone is hurting you, you can seek support regardless of any diagnosis.

Read more: MedlinePlus · Narcissistic personality disorder

More tools and immediate support: Our Healing Room / Crisis Support.