

## Me, Myself, and I: A Narcissist's Mindset

### A Self-Help Handbook for Victims-Survivors of a Narcissist

#### Covert v. Overt Narcissists

These two types of Narcissists (Overt v. Covert) can be differentiated by,

Examples of Covert Narcissism include,

- Doesn't outwardly boast about their self-importance
- Passive-aggressive behavior
- Silent treatment
- Entitled
- Believes they are special
- Intense envy
- Harbors resentment and grudges
- Sarcastic at others expense
- Gaslighting
- Hypersensitive to criticism
- Fake empathy
- May make
- Insecure or socially withdrawn
- Uses a Win-Lose style of conflict resolution
- Insults by using double meanings, backhanded compliments
  
- Add behaviors you have observed,
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Examples of Overt Narcissism include,

- Grandiose self-importance
- Over-inflated ego without commensurate achievements
- Arrogance
- Rude
- Offensive
- Absolute loyalty
- Inability to accept criticism, doubt, or questioning
- Lies
- Willing to ruin other people's lives
- Self-serving empathy
- Victim identity when challenged
- No insight
- Projects their pathology onto everyone else, blames
- Never admits wrong
  
- Add behaviors you have observed,
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