

Narcissistic personality disorder (NPD)

Discussing Self Worth and Relationship Impact

Adults | 10 to 15 minutes

Narcissistic personality disorder is a clinical diagnosis, not a label for any selfish or hurtful behavior. A useful conversation describes patterns, their context, and their effects. You can explore needs for recognition while also taking responsibility for how you treat other people.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Describe one interaction

Choose an example involving criticism, disappointment, or recognition. Separate what was said, your interpretation, your response, and the effect on the other person. You do not need to explain away harm to understand what contributed.

Ask for a fuller assessment

Discuss whether this pattern occurs across settings, when it changes, and what you want to do differently. A clinician should consider history, culture, other conditions, and current pressures rather than infer a diagnosis from this page.

1. What specific interaction raised a concern about recognition, criticism, or self-worth?**2. What did you do, and what impact can you acknowledge without guessing the other person's thoughts?****3. What would a more respectful response look like in a similar situation?****4. What assessment question or treatment goal do you want to bring to a clinician?****Clinical use and adaptation**

Use non-stigmatizing functional language and assess pervasive patterns over time. Do not diagnose an absent partner or equate a diagnosis with abuse. Assess coercive behavior or danger directly and address accountability without shaming.