

# TRAITS OF A NARCISSIST

By Paul Meier, M.D.

The following are 15 traits of a narcissist:

- They think the world revolves around them
- They demand excessive attention
- They tend to be controlling
- They are manipulative
- They are selfish
- They have little or no guilt for any sins
- They think they're always right and if you disagree, you are wrong!
- They punish you with sarcasm and other critical comments
- They usually either grew up "spoiled" or abused
- On the highway, they think they own the road
- In a prayer meeting, they act spiritual and take up half the prayer time and leave the other half for the other dozen people
- In any business arrangement, they deserve everything and you deserve nothing
- They would "borrow" money, books or clothes from you with no intent to return it
- They would steal from you if they thought they could not get caught
- They would act like they love you to get sex, then ditch you with no guilt

If you just discovered that YOU have narcissistic tendencies, then realize that you will never enjoy life and have meaning in life as long as you are living a selfish life. Joy and meaning only come from loving and serving God, loving and serving others, and loving and serving yourself.

If you just discovered a significant person in your life is a narcissist, protect yourself from that person. Take almost everything they say as a manipulation and a false guilt trip, and let it go in one ear and out the other. If you take it personally, that is your choice.

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The above list and additional information about narcissism can be found in the book *Crazy Makers: Getting Along with the Difficult People in Your Life* (Thomas Nelson, Inc, Publisher). Living with insensitive, tactless, careless, inattentive, difficult, self-absorbed, neglectful, damaging, condemning, harsh, hard, treacherous, deceiving, prejudiced, and paralyzing people can make you crazy! Chances are, there's at least one person like that in your life right now — a person who is always right. Behavior ranges from indifference and unconcern to complete narcissism and destruction.

Dr. Paul Meier and Dr. Robert Wise created this book to assist you in recognizing this behavior and dealing with it. The doctors' insight will help you understand how narcissistic people think and how they affect those around them. Finally, they offer Seven Steps to help you walk out of a crisis with someone like this.

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