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# Quiz: Is He a Narcissist?

By Maryann Hammers. Posted on Jul 19th 2007.

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7



Yes; you can love a man who loves himself too much. But should you?

Yes, you can [love](#) a man who loves himself too much. But should you?

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Lucky girl! You scored a partner who is self-assured, confident, and focused. But at some point, you noticed that he's more selfish than self-assured, and that confidence is actually cockiness. He's certainly focused—but on himself. In fact, you've come to realize that the main thing you have in common is that you both love him.

Narcissism is more than just an irritating quality—it's a bona fide personality disorder. "Everyone wants to be admired and loved," says Stephanie Buehler, a psychologist and [sex](#) therapist who practices in Orange County, California. "But narcissists are grandiose, overly selfish, and exploitive. They have to be in the spotlight and don't notice when their partners are in distress."



So ask yourself: Is it worth maintaining a relationship with such a person? Experts say narcissists are unlikely to change, so the answer depends on how deep his self-love is. "Think of this as a continuum, from having a couple of [selfish](#) attributes to being a full-blown narcissist," says Stacy Kaiser, a Los Angeles-based [marriage](#) and [family](#) therapist. "The latter are the hardest to have a relationship with, because they are so 'me' focused."

Your partner may preen and primp and adore compliments—but if he also shows empathy, concern about your welfare, and compassion, his positive traits may override his narcissistic tendencies. Just be sure to watch out for extreme behavior that could endanger your relationship—or you.

Not sure where your partner stands? (Besides in front of the mirror, of course!) Take this quiz and find out.

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**Kam** • 6 years ago

I just left a man who is all but about 2 of these things. It started out with hurtful comments always insulting my intelligence or judging my ability to do this or that in life well. It moved on to hateful, abusive, and sometimes violent expressions of disappointment in me as a person, compared to him, especially if he felt that his comments didn't hit their intended target....my heart. Thanks for the questionnaire, it helped to put his behavior into words.

4 • Reply • Share

**Justme@Tashanasefflove...** • 7 months ago

Ladies listen.... I've just experience this! It's very disturbing because we have 2 small children together.. They have no ideal what's happen he cheated lie hit me verbal abuse me... But guess whatits over! Unless this man has a handcuff! Let him go... I never knew the signs of a such disorder... But I was determine to find out what was going on.. The more I stayed the more he did!!! I don't mean to say anything religious... But God has a plan for me... He also has a plan for you... You see ladies my Mother-inlaw was a great women she taught me a lot before she Died... She told me smile even when your sad.... He didn't take anything from me... He has no soul... The devil love these man. Man like this break family and this is what the devil like... He can only used people close to you if he can't get to you he used love one... To break you! This disorder has no color.. So if your a Caucasian or Spanish it just a very bad thing to have.. Iam a Beautiful black queen.. & God bless me its going to be alright... And I know you all leave fake names because your, embarrass.. But that could be a reason you suffering get out the house... Drink some wine hang with the girls hit up the bar.. Enjoy your life guess what he can't... Ask yourself why do have sex with thee devil?

2 • Reply • Share

**Anon** • 4 months ago

I was recently in a relationship which I think was with a narcissist - could someone please tell me if he is or isnt. He majority of the time thought of himself when it came to decision making such as that we would have our wedding at his parents house to allowing a maximum of 15 people at the wedding - meaning parents could only invite two of their friends. Then it also lead to less major decisions of when for example we ordered different meals when we were out I would always give him a portion of mine but he would devour all of his only at the end on the off chance he would realise he didnt share (this is a minorpoint but with all else it makes me wonder). He has always been into his weights anfworking out as well as having a sauna at least twice a week. At girst I truly admired his dedication to keeping fit at least three times a week of weightd for 2 to 3 hour sessiond each which I never interfered with or tried to change his routine - yet now I wonder should I have demanded more time for us and is this a sign of being a narcissist? Once he made assumptions up in his head (i.e: that my family was brainwashing/convincing me to have the wedding at a certain place and its not what "I" truly want) no one could convince otherwise. He did at times consider me for example when buying me a toothbrush whdn he wanted me to move in. We went overseas together where he went absolutely insane shopping ...for himself. He gave me a pair of sunglasses which he was able to purchase for free due to the amount he spent at the mall which he later announced he should have given them to his sister. His view of things and making decisions were also manipulated by his parents - though not obviously I could tell at times that he would often be eaily swayed - their word/view came before mine (being his fiance and all - minor importance) He would become highly defensive of some things such as when I made a sarcastic/joking comment of buying him an aftershave by saying "Hmmm dont know if you deserve it." (When I had already purchased it for him and it was waiting up stairs in our hotel room) he became extreemly offended replying "Thats not very nice!" He continued to hold a gruge even when we reached our hotel room and I presented him with the already wrapped and packaged aftershave by giving a bitter " Thanks" , continuing to be upset with me that entire evening. Once we moved in together I would cook him dinner every night (which I also enjoyed doing as I love to cook plus I wanted to show him that I cared for him). He doesnt cook for himself and has never lived with anyone other than his immidiate family I admit I am not the "neatest" at cooking but I always make sure to leave the kitchen spotless once finished. He would often come into the kitchen and "winge" of how much of a mess I was making when he would see two crumbs had fallen off the chopping board. He bought it up in front of his parents and myself commenting "Why cant she be more like you mum - you never make a mess when you cook". Im sorry to have dragged on so much but can you please tell me if this is narcissist behaviour or should I have confronted things differently with him. It wasnt always bad but a lot of the time he had ti have the last say on things. He would often accuse me of "sulking" if I got slightly upset about somethinh that was said by him but didnt realise that he would do this. Now we have ended things but he "seems" not to care. Is this a common result of narcissists dealing with thingd or fo they really feel no remorse? Please help me understand what went on here. Any feedback and help would be truly appreciated.

1 • Reply • Share

**kiones** • 7 months ago  
enburg

My ex-boyfriend dumped me 4 months ago after I accused him of seeing someone else and insulting him.I want him back in my life but he refuse to have any contact with me.I was so confuse and don't know what to do,so I reach to the internet for help and I saw a testimony of how a spell caster help them to get their ex back so I contact the spell caster and explain my problem to him and he cast a spell for me and assure me of 3days that my ex will return to me and to my greatest surprise the third day my ex came knocking on my door and beg for forgiveness I am so

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