

# Early Red Flags

## FOR COVERT NARCISSISTIC PARTNER RELATIONSHIPS

- Subtle charm with hints of insecurity
- Overwhelming attention in the beginning
- Frequent complaints about being misunderstood
- Backhanded compliments
- Passive-aggressive behavior
- Overfocus on fairness
- Reluctance to take responsibility
- Excessive sensitivity to slights
- Hidden jealousy
- Idealizing you as "different"
- Disguised need for validation
- Emotionally distant vulnerability
- Dismissing your emotions as overreactions
- Perfectionistic expectations
- Frequent comparisons to others
- Subtle boundary-pushing
- Triangulation from the start
- Feigning humility
- Silent expectations of loyalty



From *Unmasking the Covert Narcissist: A Handbook for Understanding, Breaking Free, and Thriving After Intimate Partner Abuse* by Amanda Bryant.

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