

Is My Partner A Narcissist?

Instructions: Answer the following questions honestly based on your experience with your partner. Choose the option that best matches your situation.

1. Does your partner frequently criticize or belittle you, even in subtle ways?
A) Rarely B) Sometimes C) Often
2. When you express your feelings or concerns, how does your partner respond?
A) Listens empathetically and takes responsibility
B) Occasionally dismisses or deflects
C) Often becomes defensive, angry, or dismissive
3. Does your partner need constant praise, admiration, or validation to feel good about themselves?
A) No, they seem secure B) Occasionally C) Yes, all the time
4. Do they seem to lack empathy for your emotions or struggles?
A) No, they're supportive B) Sometimes C) Yes, they seem indifferent
5. Has your partner ever made you question your reality or doubt your own memories?
A) Never B) A few times C) Frequently
6. How does your partner handle disagreements or conflicts?
A) Communicates respectfully
B) Occasionally blames others or stonewalls
C) Regularly avoids responsibility, blames you, or escalates
7. Does your partner seem preoccupied with their own needs, achievements, or appearance, even at your expense?
A) Rarely B) Sometimes C) Often
8. Do you feel you are walking on eggshells to avoid upsetting your partner?
A) No B) Occasionally C) Yes, frequently
9. Has your partner ever isolated you from friends, family, or activities you enjoy?
A) No B) Occasionally, but not intentionally C) Yes, it feels deliberate
10. Does your partner view themselves as superior or entitled to special treatment?
A) No, they're humble B) Sometimes C) Yes, they act that way often
11. Does your partner apologize sincerely when they hurt your feelings?
A) Yes, they take accountability
B) Sometimes, but it feels insincere
C) Rarely or never
12. How does your partner react when you achieve something significant?
A) Celebrates with you
B) Occasionally dismisses or downplays it
C) Seems jealous, indifferent, or tries to take credit

13. Does your partner often talk about themselves during conversations, disregarding your input?
A) No, they engage equally B) Sometimes C) Yes, almost always
14. Does your partner show an excessive need for control over decisions in your life?
A) No, they respect my autonomy B) Occasionally C) Yes, they're very controlling
15. When you're upset or unwell, how does your partner respond?
A) Provides comfort and support
B) Sometimes seems annoyed or dismissive
C) Often acts inconvenienced or ignores you
16. How does your partner behave in public or around others?
A) Genuine and respectful
B) Sometimes puts on a charming front
C) Tries to impress or dominate the spotlight
17. Do you feel emotionally safe and supported in your relationship?
A) Yes B) Sometimes C) No
18. Does your partner ever use your vulnerabilities or past against you in arguments?
A) No, they respect my boundaries B) Occasionally C) Yes, often
19. How does your partner react to constructive criticism or feedback?
A) Accepts it calmly
B) Sometimes defensive or dismissive
C) Frequently angry, offended, or vengeful
20. Does your partner keep their promises and follow through on commitments?
A) Yes, consistently B) Sometimes C) Rarely or never

Scoring: A = 1 point B = 2 points C = 3 points.
Add up your points to determine where your relationship may stand.

20–30 Points: Healthy Relationship

Your partner likely does not exhibit significant narcissistic traits. While no relationship is perfect, your partner appears supportive and emotionally healthy.

31–45 Points: Warning Signs

Some behaviors in your relationship may indicate narcissistic tendencies. Reflect on how these patterns impact your well-being and consider seeking support or further information.

46–60 Points: Likely Narcissistic Behavior

Your partner exhibits many characteristics consistent with narcissism. These behaviors may be harmful to your emotional health, and it's important to evaluate your safety and support system.



From *Unmasking the Covert Narcissist: A Handbook for Understanding, Breaking Free, and Thriving After Intimate Partner Abuse* by Amanda Bryant.
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Disclaimer: This quiz is for informational purposes only and is not a diagnostic tool. Narcissistic tendencies exist on a spectrum, and only a licensed mental health professional can diagnose narcissistic personality disorder (NPD). If you feel unsafe or overwhelmed, consider reaching out to trusted friends, family, or professionals for help.