

1	Has a grandiose sense of self-importance The world revolves around them, everybody else in the world is there to serve and it should be an honour to do that
	<i>As a child I came home from school, had to find her wherever she was in the house, and give her a kiss</i>
2	Is preoccupied with ideas of unlimited success, power, brilliance and beauty They will always be better, more attractive, more intelligent etc than the people around them
	<i>My mother was a beauty queen. We went each month with my parents to an expensive fashion house where my mother choose her clothes, shoes and handbags.</i>
3	Believe that they are “special” and unique and can only be understood by, or should associate with, other special or high-status people Therefore, you will never qualify, because that would bring you up to their level
	<i>She loved professors and people with a lot of money.</i>
4	Will choose a partner who adores them They are building their powerhouse and need unconditional support from usually a weak person. Could that be their spouse?
	<i>My father had a sister who told me that she had lost her brother, the moment he met my mother. He had lost his personality and his identity. He would look at my mother for confirmation of what he said, always agreed with her and told me that I looked ‘nearly as pretty as my mother’ on my wedding day.</i>
5	Demands excessive admiration They need a daily dose of compliments, spontaneous or asked for and they will manipulate people around them to satisfy this need
	<i>We as children were drilled and grilled to thank her for fantastic food, how lovely she looked and more</i>
6	Having a sense of entitlement This translates into unreasonable expectations and demands
	<i>No matter how much money and effort we put into her birthday present, it was always received with a bit of a sneer. For their 25 wedding anniversary I embroidered a huge sampler, which took me hundreds of hours. When she opened the present, the first thing she did was pointing out to me that I made a mistake</i>
7	Values money, class and image Nothing else really matters. External presentation is more important than emotional expression

		<i>Always wanted to know how much I earned but no interest in knowing what I actually did</i>
8	As a parent, they choose a golden child and a scapegoat	One gets everything, the other has to build up its own life without any financial or emotional support. Which one are you?
		<i>I was the golden child ("You are my best friend") until I started to become more critical and she made my sister her favorite. This caused a lot of friction between us, sisters</i>
9	Is exploitative	Has no problem taking advantage of others to meet their own ends. This, of course, includes their children and friends
		<i>She asked me to buy something in my student town. I took it home and never received the money back</i>
10	Is unreliable	When an opportunity arises that benefits them it becomes their priority, regardless of other promises
		<i>I remember that often an arrangement to go shopping or playing tennis was being changed because she changed her plans</i>
11	Lacks empathy: is not able to recognize or identify with the feelings and needs of others	They don't understand when others are upset
		<i>Before my father died, I spoke to him on the phone – our last conversation. She then took the phone back from him and said to me: 'Can you please tell me now which bits of my jewelry you would like?'</i>
12	Is envious of others but presents it as if others are envious of them	This includes spouse, children, friends and other family
		<i>Everyone would love to live in a house like ours. If only people had such a wonderful husband as your father</i>
13	Will lie and twist to suit their agenda	Any story that works for them will be presented as the truth and it might others look like the liar
		<i>There was no phone call for you..... when actually there were three</i>
14	Very skilful at masking their narcissism	They seem to be liked or respected (or feared) by other people
		<i>I don't think my mother was that popular, but she was part of a few groups of people</i>

15	Don't take ownership or responsibility when things go wrong It is always someone else's fault
	<i>Endless times she made a mistake it was the cleaner, the friend, the daughter</i>
16	Not interested in other people They won't ask how your day was and forget events in other people's lives
	<i>In conversations about other people her eyes would wonder off and she wouldn't take in a word</i>
17	They are beyond the law They are very easily breaking the law as they feel they need to be treated differently
	<i>My mother had done a few very unethical things and even acted against the law. When that was pointed out she shrugged her shoulders.</i>
18	Can't discuss emotional issues They are incapable of talking about emotions, simply because they don't recognise those
	<i>Our dog of 13 years died and that same afternoon a new puppy arrived</i>
19	No self-awareness They have a blockage when it comes to looking at themselves. They are not interested or capable
	<i>There limited viewpoints stop them from seeing themselves as they are.</i>
20	Always keen to see and point out what is wrong in others As a family member, you will recognise this, as you have been often in the wrong (even if you were not)
	<i>The fat aunt, the simple uncle, the cheap car, the awful party venue, there was always a lot to comment on</i>
21	They react with anger to contrary viewpoints Never open to discuss, quick to dismiss or getting angry
	<i>I was 8 and presented a left wing political view. She looked at me with those vicious eyes and said with strong disdain: 'BBLLL you are a red rat'</i>
22	They never make mistakes They are perfect and if things go wrong, others are to blame
	<i>She is late, it's my fault. She loses her tennis match, it's the umpire. The meal she cooked is not nice – that actually never happened.... Get the zest?</i>

23	Is highly reactive to criticism Criticism is never well-received and always disputed
	<i>She once talked about a church in Milan, was corrected but didn't take it. Till the person who corrected her said he had just come back and saw it the day before with his own eyes. That was when she had to shut up</i>
24	Shows arrogant, rude and abusive behaviour They don't care, because they expect they to get away with it
	<i>When talking to her cleaner or complaining in a restaurant she was awful</i>
25	Acts differently in public than in private Smiling and charming versus sour and vicious
	<i>Charming and elegant during a family get together, but nasty and malicious afterwards. I had fun with an uncle, chatting and dancing, and she accused me of indecent and seductive behaviour (I was 15 at the time)</i>
26	Is very controlling and never relaxes They don't get drunk or emotional
	<i>I remember my mum as always in control and having that stern, almost cramped facial expression of disapproval</i>
27	Is emotionally distant and unavailable They don't understand most emotions and are not interested in emotional connections
	<i>Many frustrated conversations have taken place, where I felt not heard and misunderstood. I once sent a letter, explaining my feelings. When arriving home, nervous about the upcoming conversation she dismissed the letter as 'Oh that hysterical nonsense'</i>
28	Is secretive about their finances They love money and will keep their financial position to themselves. This gives them control and also allows them to not give in to requests for money
	<i>Always pretending she didn't have money and never gave money to us. However, bought whatever she wanted for herself.</i>
29	Not open to change From their point of view they are perfect and they can't look at themselves in any other way. If situations don't work out, it is down to others to change
	<i>She refused to go to meet a counsellor to talk about our situation</i>
30	Divide and rule

	Making sure that family members or friends are not getting close and could create a powerbase against them
	<i>My mother lied about my siblings actions and opinions, so we didn't really 'like' each other. Until we discovered what she did and we stopped believing what she was saying.</i>