



Dr. Tracy's Counseling Services

20 years of experience

Q: How do I know if I am living with a narcissist?

A: It is important to understand the narcissistic personality disorder so that you can have realistic expectations when dealing with coworkers, friends or family members who may have some of these qualities. One way to recognize a narcissist is to realize that everything is all about them. They have an enlarged sense of self-importance and entitlement. They may also crave attention and admiration. Some narcissists are likable while others are completely self-centered and egotistical. They may seem charming, intelligent and even caring as long as they are being adored. If you disagree with them or stop stroking their ego they can turn on you and become mean.

These people are dangerous because they lack empathy and have a limited capacity for unconditional love. Sadly, their hearts either haven't developed or were shut down due to some type of early trauma. Narcissists do not feel bad when they hurt you nor do they have regrets. They do not have insight into their actions. They may have excellent intuition but they use it mainly for self-interest and manipulation.

Narcissists are not capable of intimacy, and you will always feel emotionally alone. If you have a withholding narcissist boyfriend or girlfriend, beware of trying to get them to nurture you. They are not going to do it. Also, don't expect your sensitivity to be honored, they do not understand your feelings. They will make you prove your love to them by getting you to jump through all kinds of hoops.

If you decide to stay with a narcissist in a romantic relationship it is important to focus on your needs. You have to understand they are emotionally limited, therefore, keep your expectations realistic. Never make your self-worth dependent on them, and stop trying to please them. Protect your feelings. If you need something from a narcissist, show them how it will benefit them. It's easier not to deal with a narcissist but if the relationship is unavoidable, consider these ideas to maintain your sanity.

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