

## HOW TO

# Identify Narcissistic Traits In Your Parents?

### The Grandiose Narcissist

- Seeks attention
- Dominates others
- Shows aggression
- Exhibits less empathy
- Insensitive to others' needs



### The Vulnerable Narcissist

- Shy and avoid being the center of attention
- Hypersensitive attitude
- Indulges in self-criticism
- Deals with anxiety and depression
- Exhibits defensive behavior



### The Malignant Narcissist

- Exhibits aggression
- Behaves in a harsh manner
- Tries to control others by dominating them
- Cannot handle criticism
- Creates chaos in the family



#### REFERENCE:

1. Narcissism; Good Therapy
2. The assessment of the relationship between narcissism, perceived parental rearing styles, and defense mechanisms; Dusunen Adam The Journal of Psychiatry and Neurological Sciences 2020