

Narcissism Test

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Age: 32

This Narcissism Test helps mental health professionals assess the presence and severity of narcissistic traits in patients. It aims to identify patterns of grandiosity, entitlement, and lack of empathy that are characteristic of narcissistic personality disorder (NPD).

There are 40 pairs of statements. Select the statement that you feel best reflects your personality and behavior out of each pair

Statements

<input type="checkbox"/> I have a natural talent for influencing people.	<input checked="" type="checkbox"/> I am not good at influencing people.
<input type="checkbox"/> Modesty doesn't become me.	<input checked="" type="checkbox"/> I am essentially a modest person.
<input type="checkbox"/> I would do almost anything on a dare.	<input checked="" type="checkbox"/> I tend to be a fairly cautious person.
<input type="checkbox"/> I know that I am good because everybody keeps telling me so.	<input checked="" type="checkbox"/> When people compliment me I sometimes get embarrassed.
<input checked="" type="checkbox"/> If I ruled the world it would be a better place.	<input type="checkbox"/> The thought of ruling the world frightens the hell out of me.
<input type="checkbox"/> I can usually talk my way out of anything.	<input checked="" type="checkbox"/> I try to accept the consequences of my behavior.
<input type="checkbox"/> I like to be the center of attention.	<input checked="" type="checkbox"/> I prefer to blend in with the crowd.
<input type="checkbox"/> I will be a success.	<input checked="" type="checkbox"/> I am not too concerned about success.

<input checked="" type="checkbox"/> I think I am a special person.	<input type="checkbox"/> I am no better or worse than most people.
<input checked="" type="checkbox"/> I see myself as a good leader.	<input type="checkbox"/> I am not sure if I would make a good leader.
<input type="checkbox"/> I am assertive.	<input checked="" type="checkbox"/> I wish I were more assertive.
<input checked="" type="checkbox"/> I like to have authority over other people.	<input type="checkbox"/> I don't mind following orders.
<input type="checkbox"/> I find it easy to manipulate people.	<input checked="" type="checkbox"/> I don't like it when I find myself manipulating people.
<input checked="" type="checkbox"/> I insist upon getting the respect that is due me.	<input type="checkbox"/> I usually get the respect that I deserve.
<input type="checkbox"/> I like to show off my body.	<input checked="" type="checkbox"/> I don't particularly like to show off my body.
<input type="checkbox"/> I can read people like a book.	<input checked="" type="checkbox"/> People are sometimes hard to understand.
<input checked="" type="checkbox"/> I like to take responsibility for making decisions.	<input type="checkbox"/> If I feel competent I am willing to take responsibility for making decisions.
<input type="checkbox"/> I want to amount to something in the eyes of the world.	<input checked="" type="checkbox"/> I just want to be reasonably happy.
<input type="checkbox"/> I like to look at my body.	<input checked="" type="checkbox"/> My body is nothing special.
<input checked="" type="checkbox"/> I will usually show off if I get the chance.	<input type="checkbox"/> I try not to be a show off.
<input type="checkbox"/> I always know what I am doing.	<input checked="" type="checkbox"/> Sometimes, I am not sure of what I am doing.

<input checked="" type="checkbox"/> I rarely depend on anyone else to get things done.	<input type="checkbox"/> I sometimes depend on people to get things done.
<input type="checkbox"/> Everybody likes to hear my stories.	<input checked="" type="checkbox"/> Sometimes I tell good stories.
<input type="checkbox"/> I expect a great deal from other people.	<input checked="" type="checkbox"/> I like to do things for other people.
<input type="checkbox"/> I will never be satisfied until I get all that I deserve.	<input checked="" type="checkbox"/> I take my satisfactions as they come.
<input checked="" type="checkbox"/> I like to be complimented.	<input type="checkbox"/> Compliments embarrass me.
<input type="checkbox"/> I have a strong will to power.	<input checked="" type="checkbox"/> Power for its own sake doesn't interest me.
<input type="checkbox"/> I like to start new fads and fashions.	<input checked="" type="checkbox"/> I don't care about new fads and fashions.
<input type="checkbox"/> I like to look at myself in the mirror.	<input checked="" type="checkbox"/> I am not particularly interested in looking at myself in the mirror.
<input type="checkbox"/> I really like to be the center of attention.	<input checked="" type="checkbox"/> It makes me uncomfortable to be the center of attention.
<input type="checkbox"/> I can live my life in any way I want to.	<input checked="" type="checkbox"/> People can't always live their lives in terms of what they want.
<input type="checkbox"/> People always seem to recognize my authority.	<input checked="" type="checkbox"/> Being an authority doesn't mean that much to me.
<input checked="" type="checkbox"/> I would prefer to be a leader.	<input type="checkbox"/> It makes little difference to me whether I am a leader or not.
<input type="checkbox"/> I am going to be a great person.	<input checked="" type="checkbox"/> I hope I am going to be successful.

<input type="checkbox"/> I can make anybody believe anything I want them to.	<input checked="" type="checkbox"/> People sometimes believe what I tell them.
<input type="checkbox"/> I am a born leader.	<input checked="" type="checkbox"/> Leadership is a quality that takes a long time to develop.
<input type="checkbox"/> I wish somebody would someday write my biography.	<input checked="" type="checkbox"/> I don't like people to pry into my life for any reason.
<input type="checkbox"/> I get upset when people don't notice how I look when I go out in public.	<input checked="" type="checkbox"/> I don't mind blending into the crowd when I go out in public.
<input checked="" type="checkbox"/> I am more capable than other people.	<input type="checkbox"/> There is a lot that I can learn from other people.
<input type="checkbox"/> I am an extraordinary person.	<input checked="" type="checkbox"/> I am much like everybody else.
Total in this column: 10	Total in this column: 30

Reflection

Please share any thoughts, feelings, or experiences that arose while completing this test. Are there areas where you'd like to explore or discuss further?

I found this test to be quite revealing. I've always known that I have leadership qualities, but I've struggled with shyness and a lack of confidence in my appearance. It's interesting to see how these traits intersect with my desire to help others and my discomfort with being the center of attention.

Healthcare Professional's Additional Notes and Recommendations

Please provide any observations, potential areas for discussion, or recommendations for further exploration based on the patient's responses.

Alex shows a mix of narcissistic traits and self-doubt, particularly in areas related to appearance and assertiveness. While they see themselves as a potential leader, their shyness and discomfort with attention may hinder their ability to assert themselves. Exploring these contradictions in therapy could help Alex build confidence and embrace their leadership qualities

Interpretation of Results

A higher number of choices indicating narcissistic traits (left column) may suggest the presence of narcissistic tendencies or narcissistic personality disorder.

However, this test is not a diagnostic tool for NPD, and a comprehensive assessment by a qualified mental health professional is necessary for an accurate diagnosis. The results of this test should be discussed with a mental health professional to understand their implications.

Raskin, R.; Terry, H. (1988). A principal-components analysis of the Narcissistic Personality Inventory and further evidence of its construct validity. *Journal of Personality and Social Psychology*, Vol 54(5), 890-902.