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Am I a Narcissist?



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Instructions: Here are some statements or situations with three responses. Choose the response that best matches what you think or how you might respond, tally them up and find out if you are a narcissist according to this ever so slightly tongue in cheek questionnaire....

You're walking down the street and you notice someone you fancy from work walking towards you absorbed in their phone. Do you...

- a) Cross the street to avoid the risk of any interaction
- b) Take a step to the side, say hello and mindfully continue your walk
- c) Walk faster to increase the pain of impact when you 'accidentally' walk into them and start rehearsing your sincere apologies. How dare they take their eyes off you.

LinkedIn is....

- a) Frightening and full of danger
- b) An amazing resource and way of connecting to professional people, but worth taking with a pinch of salt
- c) Irresistible. You can completely define who you are and how successful you are in whatever way you wish without the confines of normal social rules or the law! You can say what you want, when you want, to who you want. What's not to love?

Masturbation at work is....

- a) disgusting
- b) pleasurable but proceed with caution
- c) sex with someone you love

A work colleague asks you how you feel about not getting that promotion. Do you....

- a) Start crying and reach for the biscuits and say "I know, I'm a total failure"
- b) take a deep breath, find enough enthusiasm for a sad smile and say 'I'll be better prepared next time'
- c) Remind yourself internally never to trust this person again, scan your data banks for any dirt you have on them and let the war commence

You're at a staff away day and someone disagrees with a point you made about the use of social media. Do you.....

- a) Agree with them, saying 'You're so right. I'm always wrong. I'm so stupid' and then leave your job.
- b) Listen to their point of view and following a challenging exchange ultimately agree to disagree and move on mentally noting that you definitely got the last word.
- c) Get personally offended and spend the rest of your day/life bitching about that person.

You're telling that story about the time you won a prestigious industry award many years ago when someone asks if thats a true story? Do you....

- a) Blush, start to sweat and slink away from the conversation before too many people realise you've been telling porky pies.
- b) Laugh and admit that maybe you've added some embellishments over the years but you did get a lot of good press
- c) Assert that it is the truth. Say "I didn't get where I am today by being ordinary" and then leave the room before anyone can reply, making sure to slam the door.

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Mostly As.....

It's safe to say you are not a narcissist, but you do have some serious self esteem issues. You need to start living your life before it passes you by and you look back with regret at all the things you didn't do and the relationships you never had. Get out there, take some risks and you might enjoy yourself.

Mostly Bs.....

Congratulations! You demonstrate a healthy amount of narcissism. You can navigate the complexity of daily interactions with humour and humility whilst holding on to a cohesive sense of who you are and your value as human being. Well done!

Mostly Cs.....

I don't know how to break this to you, but...who am I kidding? A narcissist wouldn't be filling out this questionnaire. If you're reading this its more likely you're in a relationship with a narcissist and you've answered these questions on their behalf. They have a real knack for getting people to do things for them don't they?