



Are You in Love with a Narcissist?

1. Do you often feel emotionally drained after interactions with your partner, even when nothing overtly negative happened? ☐ Yes ☐ No ☐ Sometimes
2. Does your partner frequently shift between intense affection and cold detachment, leaving you confused about where you stand? ☐ Yes ☐ No ☐ Sometimes
3. Do you find yourself justifying or minimizing their hurtful behavior to others or to yourself? ☐ Yes ☐ No ☐ Sometimes
4. When you express your needs or boundaries, does your partner react with defensiveness, blame, or withdrawal rather than empathy? ☐ Yes ☐ No ☐ Sometimes
5. Do you feel like you're constantly trying to earn their love, approval, or attention, but it never feels quite enough? ☐ Yes ☐ No ☐ Sometimes
6. Has your partner ever made you question your memory, perception, or sanity ("That never happened," "You're too sensitive")? ☐ Yes ☐ No ☐ Sometimes
7. Do they seem to lack genuine interest in your inner world (your thoughts, feelings, or dreams) unless it benefits them? ☐ Yes ☐ No ☐ Sometimes
8. Are you afraid to speak your truth or express vulnerability because it might be used against you later? ☐ Yes ☐ No ☐ Sometimes
9. Do you feel addicted to the highs of their affection, even though the lows leave you feeling invisible or unworthy? ☐ Yes ☐ No ☐ Sometimes
10. Despite repeated emotional harm, do you still believe they'll change if you love them enough or prove your loyalty? ☐ Yes ☐ No ☐ Sometimes

Are Your Answers Mostly "Yes"? You may be entangled in a trauma bond with someone exhibiting narcissistic traits. Emotional clarity and support are essential.

Are Your Answers Mostly "Sometimes"? Intermittent reinforcement may be present, a hallmark of narcissistic dynamics. Consider how this impacts your self-worth.

Are Your Answers Mostly "No"? Your relationship may not be characterized by narcissistic abuse, but continued self-reflection and boundary awareness are always beneficial.

This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.