

Asking for a self-authored history or statement about the relationship, situation or event can be helpful. Pathologically narcissistic people often present, perceive and/or relay situations differently than others do. They may have difficulty expressing or identifying emotions, difficulty addressing subjects directly, difficulty answering direct questions, they may not give what most would consider important or even crucial details, they may state feelings or opinions as facts, they may have difficulty presenting events in chronological order, they may confabulate or conflate events, statements may come across as blatantly self-serving or conforming to a narrative, there may be obvious patterns of perception or repetition of phrasing (repeating descriptive phrases such as "She was the scum of the earth," or "I worshiped the ground he walked on," or "I'm not a monster;" patterns of perception such as "Once again, I was fired for no reason," or "They were just like all the others," etc), there may be various telegraphed "tells," such as volunteering information not asked for or defending against accusations not made.

Most importantly, we are looking for patterns that reflect affected, dysfunctional thought processes, mindsets or perception.

Any combination of these things should be considered red flags:

- Seeks to create a self-serving narrative
- Does not provide specifics regarding situations
- Patterns of perception and/or repetitive phrasing
- Does not identify or describe emotions
- States opinions and feelings as facts and/or evidence
- Uses descriptive words or phrases but gives no details
- Self-perception is superficial, one-sided and/or not nuanced
- Descriptions of others are superficial, black and/or white with little grey
- Obvious intellectual or emotional posturing
- Confabulating, conflating, gaslighting, purported memory gaps
- Narrative and/or perception are exceedingly self-centered/self-focused

NOTES: Situations that present as PTSD-related, spectrum schizophrenia, bi-polar disorders or spectrum autism can be explored for pathological narcissism.