

CLINICAL RELATIONSHIP PROTOCOL



UnderstandYourPartner

# Narcissist Detection Manual

*Clinical markers of high-conflict personality  
types.*

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# The Covert Narcissist Detection Manual

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*21 Red Flags You Can't Ignore*

# Introduction

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If you're reading this, you already know something is wrong. Your gut is telling you something is OFF. You just can't prove it.

**This guide will give you the proof.**

**Overt vs. Covert Narcissism** **Overt:** Arrogant, loud, demanding. Easy to spot.

**Covert:** Plays victim, passive-aggressive, "sensitive". Hidden and dangerous.

**Why Covert is more dangerous:** They hide behind vulnerability. They make YOU feel like the abuser.

## Part 1: The 21 Red Flags Checklist

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Check EVERY box that applies. Be honest.

### PHASE 1: Early Dating Red Flags (1-7)

#### ☒ RED FLAG #1: LOVE-BOMBED YOU

Texted constantly. "Soulmates" within weeks. Future faking. **\*\*Why:\*\*** It's a hook. They're creating an addiction.

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#### ☒ RED FLAG #2: MOVED FAST

Exclusive instantly. "I love you" too soon. **\*\*Why:\*\*** Speed prevents you from seeing their mask slip.

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#### ☒ RED FLAG #3: THE MIRROR EFFECT

They liked everything you liked. Became your twin. **\*\*Why:\*\*** They studied you to become your perfect match.

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#### ☒ RED FLAG #4: ISOLATION

"Your friends are toxic." "I just want you to myself."

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☑ **RED FLAG #5: PLAYED VICTIM**

Every ex was "crazy." The world is against them.

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☑ **RED FLAG #6: HOT-COLD CYCLES**

Intense love → Sudden withdrawal. Keeps you desperate.

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☑ **RED FLAG #7: TESTED BOUNDARIES**

Pushed for things you said no to. Ignored your "stop."

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## PHASE 2: Mid-Relationship Red Flags (8-14)

### ☑ RED FLAG #8: GASLIGHTING

"I never said that." "You're remembering it wrong." \*\*Goal:\*\* Make you doubt your sanity.

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### ☑ RED FLAG #9: SILENT TREATMENT

Punishes you with silence for days. Only ends when YOU apologize.

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### ☑ RED FLAG #10: TRIANGULATION

Compares you to exes, coworkers. Makes you jealous on purpose.

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### ☑ RED FLAG #11: FAKE APOLOGIES

"I'm sorry you feel that way." "I'm sorry BUT..."

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### ☑ RED FLAG #12: INVALIDATING YOUR FEELINGS

"You're too sensitive." "You're overreacting."

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### ☑ RED FLAG #13: DEFLECTS BLAME

You bring up an issue → They attack YOU for something else.

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### ☑ RED FLAG #14: NARCISSISTIC RAGE

Explodes over tiny criticisms. You walk on eggshells.

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### **PHASE 3: Advanced Manipulation (15-21)**

☒ **RED FLAG #15: MAKES YOU FEEL CRAZY**

You start wondering if YOU are the problem.

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☒ **RED FLAG #16: PROJECTION**

They accuse YOU of what THEY are doing (lying, cheating).

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☒ **RED FLAG #17: USES VULNERABILITIES AGAINST YOU**

Weaponizes your trauma or secrets in arguments.

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☒ **RED FLAG #18: FINANCIAL CONTROL**

Controls the money. Sabotages your job.

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☒ **RED FLAG #19: SMEAR CAMPAIGN**

Tells everyone YOU are the abuser. Isolates you.

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☒ **RED FLAG #20: NO EMPATHY**

Annoyed when you are sick or crying.

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☒ **RED FLAG #21: YOU FEEL RELIEF WHEN THEY'RE GONE**

Business trip = Freedom. Your body knows.

## Part 2: Scoring Your Results

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### 0-5 Checks: probably safe

Relationship has issues, but likely not narcissism.

### 6-12 Checks: Toxic Territory

Narcissistic traits. Likely won't change. 80% eventually leave.

**13+ Checks: DANGER ZONE (High Probability NPD)** \* They won't change. \* Therapy won't work. \* Staying = Psychological harm.

## Part 3: What To Do (If Score is 13+)

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### Step 1: Accept Reality

You cannot love them into changing. This is a THEM problem.

### Step 2: Stop Explaining

Do NOT show them this list. They will just gaslight you. Save your energy.

### Step 3: Build Exit Plan

See "Toxic Relationship Survival Kit."

- Separate money.
- Document abuse.
- Tell one trusted person.

- Leave quietly.

### **THE HARDEST TRUTH**

Narcissism is a personality disorder. It is ego-syntonic (they think they are right). You cannot fix them.

**YOU CAN ONLY SAVE YOURSELF.**