

CLINICAL RELATIONSHIP PROTOCOL



UnderstandYourPartner

Narcissist Detection Manual

*Clinical markers of high-conflict personality
types.*

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The Covert Narcissist Detection Manual

21 Red Flags You Can't Ignore

Introduction

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

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.

☒ RED FLAG #2: MOVED FAST

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

☒ RED FLAG #3: THE MIRROR EFFECT

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

☒ RED FLAG #4: ISOLATION

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

☑ **RED FLAG #5: PLAYED VICTIM**

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

☑ **RED FLAG #6: HOT-COLD CYCLES**

Intense love → Sudden withdrawal. Keeps you desperate.

☑ **RED FLAG #7: TESTED BOUNDARIES**

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

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.

☑ RED FLAG #9: SILENT TREATMENT

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

☑ RED FLAG #10: TRIANGULATION

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

☑ RED FLAG #11: FAKE APOLOGIES

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

☑ RED FLAG #12: INVALIDATING YOUR FEELINGS

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

☑ RED FLAG #13: DEFLECTS BLAME

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

☑ RED FLAG #14: NARCISSISTIC RAGE

Explodes over tiny criticisms. You walk on eggshells.

PHASE 3: Advanced Manipulation (15-21)

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

You start wondering if YOU are the problem.

☒ **RED FLAG #16: PROJECTION**

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

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

Weaponizes your trauma or secrets in arguments.

☒ **RED FLAG #18: FINANCIAL CONTROL**

Controls the money. Sabotages your job.

☒ **RED FLAG #19: SMEAR CAMPAIGN**

Tells everyone YOU are the abuser. Isolates you.

☒ **RED FLAG #20: NO EMPATHY**

Annoyed when you are sick or crying.

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

Business trip = Freedom. Your body knows.

Part 2: Scoring Your Results

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+)

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.