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Traits of a True Narcissist

1. Low Self-Esteem That Hides Behind a Mask

Narcissists are on a constant search to fill their narcissistic supply and appear to be confident. They spend a lot of time seeking validation from others and getting reassurance from external sources. You might see glimpses of their lack of self-worth as you get to know them, but they will be fleeting and far between.



2. Lack of Empathy

The biggest telltale sign of a narcissist is their lack of empathy. This doesn't mean they're merely cruel or uncaring—they genuinely don't have a sense of empathy or understanding about what other people go through. Because they don't feel empathy, narcissists don't do any self-reflection after an argument.

3. Gaslighting: Projection and Deflection; Lying and Denying

Gaslighting is a term to describe when someone, especially a narcissist, convinces others that they're imagining or misremembering things. Being gaslit makes the victim question their reality, judgment, and even their sanity. Narcissists also project and deflect their own failings onto those around them. They lie and deny because their egos are so fragile. So they never take responsibility for their mistakes.

