

30 Signs You Were Raised By A Narcissist

This checklist will help you identify if you were raised by a narcissistic parent or caregiver.

You may not experience all these signs, but even 6 or more might be an indicator that you experienced some form of emotional neglect.

If you're unsure, or would like to know more, please seek out the help of a mental health professional.

For more information and support for emotional neglect and narcissistic abuse, check out www.mattdfox.com

Your experience now... (tick all those that apply)	Tick box
1 You feel alone or on the outside a lot of the time	
2 You second guess yourself a lot	
3 It's hard to know what your feeling, but you're really tuned into others' feelings	
4 You take care of others ahead of yourself	
5 You experience social anxiety and find groups hard	
6 When things go wrong in relationships you're the one to fix it	
7 You find it hard to trust	
8 You need others' approval to feel good about yourself	
9 You find yourself bullied or marginalised at work or friendship groups	
10 You have an ambivalent relationship with your body	
11 You numb out, zone out or have out of body experiences frequently	
12 You're prone to anxiety and / or depression	
13 You feel powerless to change	

14 You tend to be a perfectionist	
15 You're a people pleaser	
16 You feel guilty but you don't know why	
17 You're scared of showing who you really are - people wouldn't like you if they really knew you	
18 You have a strong need for control	
19 You hate being controlled	
20 You tend not to get angry easily, but when you do, you really explode	
21 You have unexplained low level illness frequently	
22 You blush easily	
23 You feel irritable but can't say why	
24 You find social situations including visiting family, weigh heavily on you	
25 You feel something is wrong but you can't say what	
26 When things go wrong, you automatically assume it's your fault	
27 You feel you're faulty or unloveable as you are	
28 Your inner critical voice is very strong	
29 You have emotional flashbacks	
30 You want to run away	