

20 Signs You're With a Covert Narcissist

1. You're here, asking the question.
2. The suspect isn't overt. They're not elated all the time, they can lack energy & get depressed. Cowardly lion. Conflicted, ambivalent. Cognitive dissonance. Self-doubt.
3. Highly vulnerable to stress, fatigue. Ostentatiously, conspicuously vulnerable. Lot of sob stories. Theatrical self-pity.
4. They conceal their grandiose fantasies.
5. They know their projected self-image is false. They do feel entitled and special, but they also tell themselves they're not good enough.
6. Arrogant, entitled, never apologize, but not confident.
7. They're split, ambivalent, vulnerable to stress, exhausted.
8. [18:14](#) - Desire to be seen as a rescuer. Fake morality, fake humility, fake superiority. Will tend toward charitable acts to be seen as benevolent, magnanimous, loving rescuer.
9. They use guilt trips a lot to manipulate and feed their self-pity and victim mentality, to substantiate their ostentatious vulnerability. They advertise their pain and suffering.
10. Extremely self-centered. Extremely stubborn, no respect for boundaries; lack generational boundaries; propensity toward incest, physical or emotional.
11. Hypersensitive to criticism, toward anything that might embarrass. They try to re-frame or invalidate criticism.
12. [25:30](#) - Huge victim mentality – Unrecognized Messiah Complex
13. [26:47](#) – Projection. Inverted Narcissist attracts overt narcissists.
14. [29:25](#) – They paint the picture of a perfect childhood.
15. [30:00](#) – Their attempts at empathy seem inauthentic, like they're quoting lines about human emotion from bad movies. Beneath all that is a deep puss-filled reservoir of rage, like an envious spoiled toddler. “How dare you: I deserved that, and you got it. I must destroy you now.”
16. [32:40](#) – They're generally dysfunctional. Because they're full of ambivalence and self-doubt, their lives tend to be quite messy. The best indicator of future behavior is previous behavior. If their story is filled with broken failures, odds are you will eventually be another of those stories.
17. [34:15](#) – Propensity toward depression because their pursuit of narcissistic supply is often unsuccessful. Petulant sulking child. “Everything is awful” - overblown, hyperdramatic.
18. [36:14](#) – They feel under-appreciated and moan loudly about it. “The world isn't ready for my genius just yet, people are such idiots.”
19. [36:55](#) – Lying. They're not strong enough to be classic overt narcissists so they depend a lot more on deceit, denial. Shame-based disorder. Almost impossible to admit fault and apologize. “Certain emotions are so strong, they'll destroy everything. Avoid at all costs.” Refuse to feel vulnerable, refuse empathy. Ashamed of secrets.
20. [39:50](#) – Effect of Covert Narcissism . . . it can drive people crazy . . . gaslighting, table-turning . . . uncertainty . . . doubting one's own senses/discernment. It makes people twitchy, breathless, as though they had just seen or been the victim of a physical assault. Dis-regulated, jumping at shadows, shaking. Shy Narcissist is likely to be more cerebral, capable of tricking therapists, studying Narcissism to prove they don't suffer from it.