Narcissistic Personality Disorder

Narcissistic personality disorder is an “Cluster B (dramatic, emotional or erratic) personality involving a pervasive pattern of grandiosity in fantasy or behaviour, need for admiration and lack of empathy” (Barlow, Durand, du Plessis, & Visser, 2017, p. 535).

A pervasive pattern of grandiosity (in fantasy or behaviour), need for admiration and lack of empathy, beginning by early adulthood and present in a variety of contexts, as indicated by five (or more) of the following:

1. Has a grandiose sense of self-importance (e.g. exaggerates achievements and talents, expects to be recognized as superior without matching achievements).

2. Is preoccupied with fantasies of unlimited success. Power, brilliance, beauty or ideal love.

3. Believes that he or she is ‘special’ and unique and can only be understood by, or should associate with, other special or high-status people (or institutions).

4. Requests excessive admiration.

5. Has a sense of entitlement (i.e. unreasonable expectations of especially favourable treatment or automatic compliance with his or her expectations).

6. Is interpersonally exploitative (i.e. takes advantage of others to achieve his or her own ends).

7. Lacks empathy: is unwilling to recognise or identity, with the feelings and needs of others.

8. Is often envious of others or believes that others are envious of him or her.

9. Shows arrogant, haughty behaviours or attitudes.