

11 Signs You Were in a Relationship With a Narcissist

A gentle checklist. You weren't imagining it.

How to use this: read each one slowly, and tick the ones that sound familiar. This isn't about labeling anyone or diagnosing a person. It's about *validating you*.

Early signs

- ☐ **Love bombing**
Fast, intense, overwhelming connection, by design
- ☐ **Mirroring**
They seemed to want exactly what you wanted
- ☐ **Fast intimacy or commitment**
Moving in, talking marriage, meeting family quickly

During the relationship

- ☐ **Gaslighting**
You stopped trusting your own memory
- ☐ **Triangulation**
Jealousy used to keep you off balance
- ☐ **The silent treatment**
Punishment through withdrawal
- ☐ **Blame-shifting**
Conflicts always became your fault
- ☐ **Moving goalposts**
Expectations that were never reachable

Signs you recognize in hindsight

- ☐ **Isolation from friends and family**
Your world got smaller, slowly
- ☐ **Walking on eggshells**
Reading moods before a word was said
- ☐ **Loss of identity**
Losing track of what you want and believe

If you ticked more than a few: you weren't imagining it. You weren't too sensitive, and you weren't the problem. Recognizing the pattern is step one. There's nothing you have to do right this second.

A lens for noticing patterns, not a diagnosis or a verdict on any person. Coaching is not therapy or crisis care. If you're in crisis, call or text 988 (US).

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