

# 239: The Narcissists Are Among You

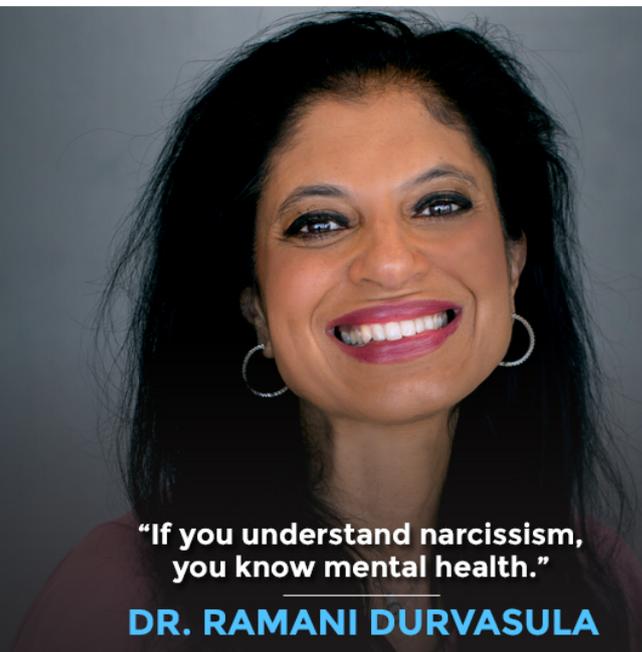
## 10 Point Checklist

Dr. Ramani Durvasula

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"If you understand narcissism,  
you know mental health."**

**DR. RAMANI DURVASULA**

# 10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.

- Take note of different types of narcissists. According to Dr. Ramani, there's Malignant, Covert, Noble, and Benign.
- Develop a pattern of recognition for people who play a significant role in my life. Whether they're my partner, family member, friend, boss, or colleague, there's a possibility of them being narcissistic.
- Learn to differentiate narcissism from psychopathy. One way to determine that is psychopaths are born with this type of mental imbalance, while narcissists aren't.
- As a parent, be emotionally available to children and make them feel that their feelings are valid, whether it's sadness or shame. Help them grow as socially aware human beings so that they don't end up as superficial narcissists.
- Watch out for gaslighting tendencies in a relationship. It is a form of psychological manipulation in which a person makes you question your own memory, perception, or judgment, often evoking low self-esteem.
- Don't let others use your vulnerability against you. If dealing with someone narcissistic, use the art of reverse psychology wisely because sometimes telling the truth will backfire against you.
- Document everything when working with narcissists in business. Sometimes they forget their promises and will tend to blame their own mistakes on others.
- "Smell test" people before you work or build a trusted relationship with them. Find out what their personalities are with the help of legitimate tests such as StrengthsFinder, DiSc, etc.
- Have the strength to cut toxic people out of your life. You don't deserve the pain of someone manipulating you emotionally or attacking your self-esteem.
- Grab a copy of Dr. Ramani Durvasula's book, "[Don't You Know Who I Am?: How to Stay Sane in an Era of Narcissism, Entitlement, and Incivility](#)."

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/the-narcissists-are-among-you-with-dr-ramani-durvasula>