Are You Seeing the Warning Signs?

Five behaviours worth noticing in dating, intimate relationships, family and workplace interactions.

Recognize patterns. Record facts. Choose your next step.

Something Feels Off. What Are You Noticing?

Perhaps someone seems charming and attentive one day, but dismissive or demanding the next. Or you leave conversations feeling confused, embarrassed, or unsure of yourself. Those experiences are worth exploring without rushing to label the other person.

This short guide helps you notice observable behaviour, consider its impact, and decide what support you may want. It is adapted from the Behaviour Awareness & Response Journal by Master the Art of Human Connection.

How To Use This Guide

Read the five examples, choose any that feel familiar, and record what happened in your own words. You do not need to complete every section. A repeated pattern deserves attention, but one serious incident can be enough to seek help.

This is an educational reflection tool—not a diagnostic test for narcissistic personality disorder (NPD). Only an appropriately qualified professional can evaluate a person for a diagnosis.



Five behaviours worth noticing

These five examples are selected and adapted from the nine DSM-5-TR–informed behaviour categories in the full journal. They are not a checklist for diagnosing someone.

1. They act entitled to special treatment

They expect you to change plans, make exceptions, or comply immediately while overlooking your needs.

Notice: What happened when you said no or asked for something different?

2. They belittle or dismiss you

They mock your opinion, minimize your contribution, or speak to you as though you are inferior.

Notice: What exact words or actions stood out?

3. They show limited concern for your feelings

When you express hurt or need support, they repeatedly brush it aside or turn the conversation back to themselves.

Notice: How did they respond when you expressed a need?

4. They take advantage of your time, trust or work

They repeatedly benefit from your effort or resources without fair regard for the effect on you.

Notice: What did they ask for or take, and what was the impact?

5. They demand admiration or react harshly to criticism

They seek praise or special recognition and become hostile or dismissive when it is not offered.

Notice: How did they respond to a disagreement or ordinary feedback?

What actually happened?

Choose one concerning behaviour from the list above. Record up to three incidents. Approximate dates are fine. Write what was said or done rather than guessing motives. Three examples are a personal reflection prompt, not a diagnostic score or required threshold.

If there is a physical threat, one serious incident can be enough to act (don't wait for 3 occurrences).

The behaviour I am documenting (from the above list) is:

	Incident 1	Incident 2	Incident 3
Date			
What was said or done?			
How did it affect me or others?			

If you need more space, continue on a separate sheet. Store notes privately if you suspect someone might monitor your belongings, device or accounts.

What am I learning?

Take a moment to look beyond any one incident. These questions are about your experience—not diagnosing another person.

☐ Yes ☐ No ☐ Unsure Am I changing my behaviour to avoid upsetting this person?

_____

☐ Yes ☐ No ☐ Unsure Do I second-guess my memory, feelings or decisions after interacting with them?

_____

☐ Yes ☐ No ☐ Unsure Do I feel comfortable disagreeing or saying “no”?

_____

☐ Yes ☐ No ☐ Unsure Are apologies followed by lasting changes in behaviour?

_____

☐ More ☐ Less ☐ Unsure Am I feeling more confident and at ease in this relationship—or less?

_____

What patterns stand out?

What would I like to be different?

Pay attention to frequency, seriousness, escalation, power differences and how safe you feel. You do not need to wait for three incidents, or for a diagnosis, to ask for support.

Your next step

You can choose the next step that fits your situation. You are not required to confront someone to prove your concerns.

- Continue observing and recording facts when safe.
- Explore ways to regulate stress and respond without getting pulled into arguments.
- Talk confidentially with someone you trust or an appropriate professional.
- If you fear threats, stalking, violence or retaliation, seek personalized safety planning rather than relying on communication techniques alone.

Ready to Explore the Complete Journal?

If you've recognized some of these behaviours, the full 17-page *Behaviour Awareness & Response Journal* offers a more detailed way to explore what you've been experiencing.

It includes 9 behaviour categories, space to document specific incidents, a pattern summary, and deeper self-reflection exercises. Choose the format that works best for you:

Printable PDF or **Interactive Fillable PDF**

Would a conversation help?

I help people make sense of confusing relationship patterns and explore practical responses and next steps. You can book a complimentary 30-minute conversation to discuss what you have observed and what support might be useful. **Book a complimentary 30-minute call here.**

If you are concerned about your safety, consider identifying confidential support services in your province or community. When safe, keep their contact information somewhere private and accessible. If you are in immediate danger, contact emergency services.

Source and Scope:

Inspired by the nine descriptive characteristics of NPD in American Psychiatric Association, DSM-5-TR (2022), **https://www.psychiatry.org/psychiatrists/practice/dsm.**

This guide is not an official DSM questionnaire or validated screening instrument.

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