YOUR ANSWERS. YOUR PERSPECTIVE.

Narcissism

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Recognition and visibility

You describe a clear need for your achievements to be noticed and for special recognition. Comparisons over attention may influence how satisfied you feel with success.

2

Expectations and exceptions

You describe expectations of exceptions or special consideration. Your own wishes sometimes receive more weight in your answers than others' circumstances and boundaries. Some responses differ substantially from this direction.

3

Individual responses matter

Expectations and exceptions: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

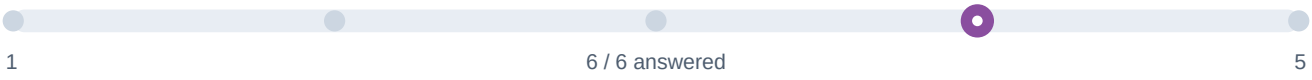
Consider an exception you wanted: what supports it from your perspective, and what argues against it from the other person’s?

02 / YOUR REPORT

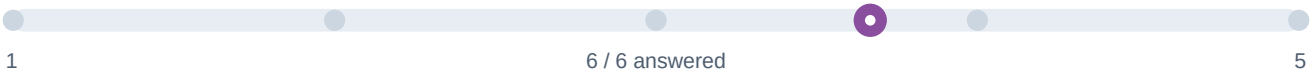
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

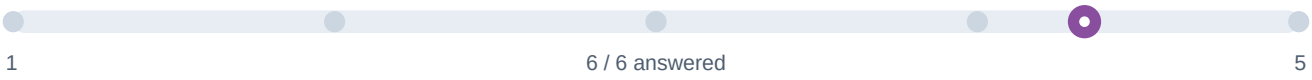
Recognition and visibility — 4.0 / 5



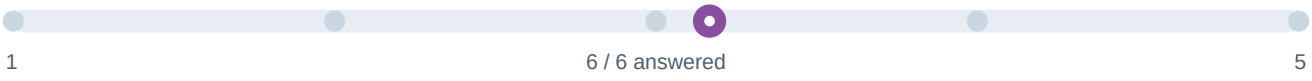
Expectations and exceptions — 3.7 / 5



Criticism and self-worth — 4.3 / 5



Perspective and reciprocity — 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

Your answers show the importance you give to recognition and special treatment, how criticism affects your self-image and how much room you give others. These original questions measure neither a probability of narcissism nor a personality disorder.

Your result in words

Recognition and visibility: You describe a clear need for your achievements to be noticed and for special recognition. Comparisons over attention may influence how satisfied you feel with success.

Expectations and exceptions: You describe expectations of exceptions or special consideration. Your own wishes sometimes receive more weight in your answers than others' circumstances and boundaries.

Expectations and exceptions: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: I can accept that my concerns are subject to the same conditions as other people’s. | Mostly true

Item 11: I usually consider the extra effort my wishes create for others. | Not at all true

Consider a possible everyday situation

Consider an exception you wanted: what supports it from your perspective, and what argues against it from the other person’s?

04 / YOUR REPORT

Recognition and visibility

Trace your responses and connect them with everyday situations.

This area describes how important visible recognition is to your experience. Wanting recognition is not in itself treated as a disorder.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a clear need for your achievements to be noticed and for special recognition. Comparisons over attention may influence how satisfied you feel with success.

Scale direction: less reliance on visibility / more reliance on visibility.

Two concrete responses

Item 3: I can feel pleased about an achievement even when nobody hears about it.

Your response: Partly true (reverse-scored in the calculation)

Item 5: I can usually let others take the spotlight without feeling diminished.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Recall an achievement that received no external praise. What still mattered to you about it, and what recognition would you have wanted?

When does this fit me - and when does it not?

05 / YOUR REPORT

Expectations and exceptions

Trace your responses and connect them with everyday situations.

These statements concern expectations about treatment, consideration and exceptions. They do not determine whether a particular request was justified in a situation.

Your response value **3.7 / 5**



What this means in practice

You describe expectations of exceptions or special consideration. Your own wishes sometimes receive more weight in your answers than others' circumstances and boundaries.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less expectation of special treatment / more expectation of special treatment.

Two concrete responses

Item 10: I can accept that my concerns are subject to the same conditions as other people’s.

Your response: Mostly true (reverse-scored in the calculation)

Item 11: I usually consider the extra effort my wishes create for others.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Consider an exception you wanted: what supports it from your perspective, and what argues against it from the other person’s?

When does this fit me - and when does it not?

06 / YOUR REPORT

Criticism and self-worth

Trace your responses and connect them with everyday situations.

This area concerns your inner response to criticism or comparison. Sensitivity to criticism does not establish a personality diagnosis.

Your response value **4.3 / 5**



1 6 / 6 answered 5

What this means in practice

You describe praise and criticism strongly affecting your self-image. Specific feedback may feel like a judgement of your whole person and prompt defensiveness.

Scale direction: less self-worth pressure from criticism / more self-worth pressure from criticism.

Two concrete responses

Item 17: I can acknowledge a mistake without immediately needing to offset it with a success.

Your response: Partly true (reverse-scored in the calculation)

Item 16: Praise can change my view of myself more than my own assessment of the matter.

Your response: Very true

A prompt for further reflection

Break down one piece of feedback: what specific matter was addressed, and what additional statement about yourself did you infer?

When does this fit me - and when does it not?

07 / YOUR REPORT

Perspective and reciprocity

Trace your responses and connect them with everyday situations.

This area describes attention to your own and others' concerns in interaction. It does not measure capacity for empathy or permit judgements about others.

Your response value **3.2 / 5**



1 6 / 6 answered 5

What this means in practice

Your answers fall between "more reported reciprocity" and "more focus on your own concerns". This can reflect differing experiences or tentative agreement. The particular statements you endorse or reject are more informative here than the average alone.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: more reported reciprocity / more focus on your own concerns.

Two concrete responses

Item 19: I sometimes notice late that my contribution left little room for others.

Your response: Mostly untrue

Item 24: I can give someone recognition without comparing them with myself.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Consider a conversation from both perspectives: what was your concern, and what concern might the other person have had?

08 / YOUR REPORT

Your values clearly explained

Recognition and visibility

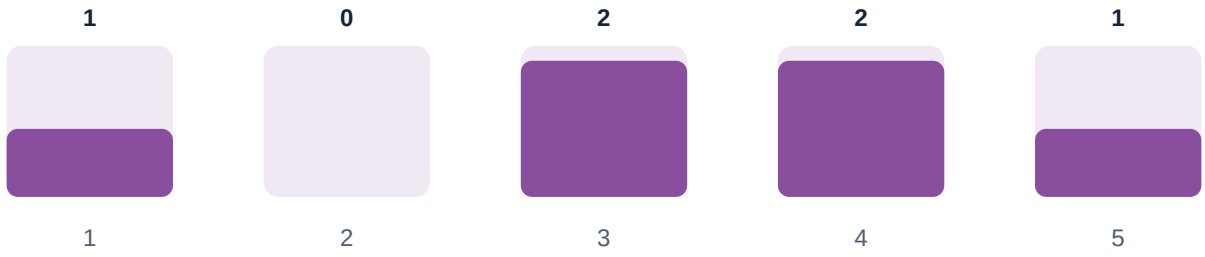
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Expectations and exceptions. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Consider an exception you wanted: what supports it from your perspective, and what argues against it from the other person’s?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original statements that have not been clinically validated. Not the NPI, PNI or another established instrument. The report describes selected self-reported tendencies and assigns neither a narcissism type nor a diagnosis of narcissistic personality disorder. It makes no judgement about a person’s worth, trustworthiness or suitability for a relationship. Answer about yourself; this questionnaire cannot assess another person.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**After a success, I focus strongly on whether others noticed it.**	Recognition and visibility | Mostly true
2	**I talk about things that went well partly because I want to stand out.**	Recognition and visibility | Very true
3	**I can feel pleased about an achievement even when nobody hears about it.**	Recognition and visibility | Partly true | reverse-scored
4	**In a group, I notice how much attention others receive compared with me.**	Recognition and visibility | Mostly true
5	**I can usually let others take the spotlight without feeling diminished.**	Recognition and visibility | Not at all true | reverse-scored
6	**I prefer to show aspects of myself that make a strong impression.**	Recognition and visibility | Partly true
7	**I sometimes expect more flexibility than I would offer in the same situation.**	Expectations and exceptions | Partly true
8	**When a general rule gets in my way, I quickly look for an exception for myself.**	Expectations and exceptions | Very true
9	**In shared decisions, I sometimes give myself more weight than others.**	Expectations and exceptions | Mostly true
10	**I can accept that my concerns are subject to the same conditions as other people's.**	Expectations and exceptions | Mostly true | reverse-scored
11	**I usually consider the extra effort my wishes create for others.**	Expectations and exceptions | Not at all true | reverse-scored
12	**I become impatient when others maintain their boundaries on matters important to me.**	Expectations and exceptions | Partly true
13	**Factual criticism sometimes occupies me as though it judged my whole worth.**	Criticism and self-worth | Very true
14	**When receiving critical feedback, I first look for weaknesses in the person giving it.**	Criticism and self-worth | Mostly true

Your responses in full / CONTINUED

15 **I can usually separate criticism of something specific from my person as a whole.**
Criticism and self-worth | Not at all true | reverse-scored

16 **Praise can change my view of myself more than my own assessment of the matter.**
Criticism and self-worth | Very true

17 **I can acknowledge a mistake without immediately needing to offset it with a success.**
Criticism and self-worth | Partly true | reverse-scored

18 **The idea of appearing ordinary rather than exceptional troubles me.**
Criticism and self-worth | Mostly true

19 **I sometimes notice late that my contribution left little room for others.**
Perspective and reciprocity | Mostly untrue

20 **I find it tiring to stay with a problem for long when it does not affect me personally.**
Perspective and reciprocity | Partly true

21 **I usually ask what the other person needs before suggesting my solution.**
Perspective and reciprocity | Mostly untrue | reverse-scored

22 **I sometimes take help for granted more than I consider what it costs the other person.**
Perspective and reciprocity | Partly true

23 **In a shared success, I emphasise my part more than other people's contributions.**
Perspective and reciprocity | Mostly untrue

24 **I can give someone recognition without comparing them with myself.**
Perspective and reciprocity | Not at all true | reverse-scored