

# Narcissistic Marriage Red Flags Checklist

## A Guilt-Free Self-Assessment

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If you're wondering whether you were married to a narcissist, this checklist will help you see the patterns clearly – without shame or self-blame. Many readers discover they were experiencing subtle emotional abuse for years.

### HOW TO USE THIS CHECKLIST

Read each statement and tick the ones that feel familiar. At the end, reflect on your experience. This is for your eyes only – be gentle with yourself.

### RED FLAGS IN NARCISSISTIC MARRIAGE

#### *During the Early Stage (Love Bombing Phase)*

- They showered you with excessive praise, gifts, and attention very quickly.
- They pushed for fast commitment (marriage, moving in, etc.).
- They told you that you were “the only one who understands them.”

#### *Ongoing Patterns in the Relationship*

- Frequent criticism disguised as “feedback” or “jokes.”
- Your achievements were minimized or turned into their own.
- You felt like you were “walking on eggshells” most of the time.
- Your needs and feelings were regularly dismissed or called “too sensitive.”
- Gaslighting – they denied things you clearly remembered.
- Silent treatment or emotional withdrawal when you expressed disappointment.

- They played the victim even when they hurt you.
- Double standards – rules that applied to you but not to them.
- Triangulation – bringing other people into conflicts to make you jealous or insecure.
- Passive-aggressive behavior instead of direct communication.
- Making you feel guilty for spending time with friends or family.
- Controlling finances, social life, or daily decisions subtly.
- Public charm vs private criticism (especially signs of a covert narcissist husband).

### EMOTIONAL IMPACT ON YOU

- You started doubting your own memory, perception, or sanity.
- You felt anxious, exhausted, or depressed most of the time.
- You gave up hobbies, friends, or goals to keep the peace.
- You felt responsible for their emotions and happiness.
- Even after leaving, you still feel trauma-bonded or guilty.

### SCORING

#### 0–5 ticks

Some narcissistic traits may be present.

#### 6–12 ticks

Strong signs of narcissistic patterns – your experience was likely emotionally abusive.

#### 13+ ticks

High likelihood you were married to a narcissist (overt or covert).

**What surprised you the most while going through this checklist?**

