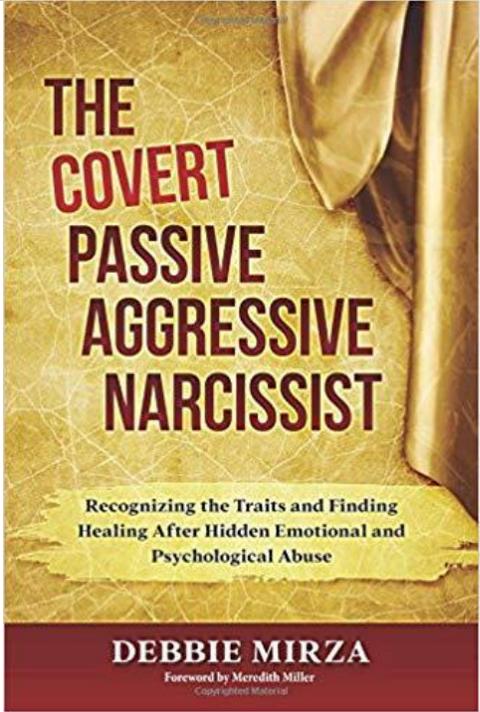


20 COVERT NARCISSIST RED FLAGS by Debbie Mirza

1. They Sabotage days that are special to you: birthdays, holidays, Mother's Day, Father's Day, and important anniversaries to you.
2. They "forget" things like when you ask them to pick up more tomatoes when they are at the store. They will say, "Sure!" Then very often they come home and apologize for forgetting but won't go back to get you what you requested.
3. They are good at apologizing, but it is not sincere. Their apology seems sincere, but it isn't, and their future actions reflect that.
4. They will act like they care about you to others when you're sick or recovering from an injury or surgery, but they despise taking care of you and you will feel their underlying resentment of you.
5. They won't do anything obvious, but you will never feel good enough for them during sex. You will feel like something is wrong with you.
6. They will pit you against other people, and you will never notice that they are the actual cause of the riff.
7. They will never or rarely ever praise you for anything you accomplish.
8. They will put most of life's responsibility for the home, the kids, the bills, etc. on you.
9. They appear calm, but you feel their underlying rage, like a dormant volcano.
10. You are the one that puts all the effort into the relationship, not them.
11. They don't take personal responsibility, but they will tell you they do.
12. They project their own issues onto you and you end up taking the shame and blame. They do this in a way where you don't notice it happening.
13. You will experience health issues like fibromyalgia, autoimmune disease, chronic fatigue, depression, anxiety, candida, and urinary tract infections. You will attribute these to other things, when your body is affected by being in a relationship with a covert narcissist.
14. They often punish you with the silent treatment.

15. They can be great parents when the kids are young. That changes when the kids begin to think for themselves.
16. They are well liked by others.
17. They don't have close friends that really know them.
18. They can be chameleon type people, becoming whom they are around, so people feel heard and understood by them.
19. They become you. Later when they discard you, they become their next target.
20. Your relationship with them will appear nearly perfect to others, and you will be in a relationship with them for years, decades, without noticing the above traits.

	<p>Debbie Mirza is the author of <i>The Covert Passive Aggressive Narcissist: Recognizing the Traits and Finding Healing After Hidden Emotional and Psychological Abuse</i>. To learn more about Debbie's work visit www.debbiemirza.com.</p>
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