

Your Assets Worksheet

narcissists target people with these assets, how many do you identify with?

abundant mindset	generous	positive mindset
affectionate	gentle	peaceful
altruistic	good friend	perceptive
ambitious	giver	perseverance
appreciative	good communicator	pleasant
athletic	grateful	pretty/handsome
admits mistakes	gives compliments	protective
brave	hard-working	quick thicker
balanced	helpful	rational
creative	honest	realistic
candid	hopeful	respectful
caring	humility	self-reliant
carefree	humorous	self-respect
cheerful	inspirational	self-love
compassionate	independent	selfless
confident	innocent	serious
cooperative	integrity	sincere
creative	kind	smart
dependable	loving	social
determined	loves life	sensitive
devoted	love for family and friends	spirited
disiplined	loyal	strong
easy going	maternal	supportive
enthusiastic	mature	sweet
ethical	modest	straight forward
fair	never speaks badly of others	thoughtful
fun	obedient	tolerant
fateful	open-minded	tough
fearless	optimistic	trustworthy
focused	organized	understanding
forgiving	principled	willing to learn
financially secure	passionate	
friendly	patient	

Which of these things do you look for in a person? What behaviors reflect these?
What behaviors would be contrary to being these?