

# STELLAR *Life*

Hosted By *Orion*

## How to Spot a Narcissist

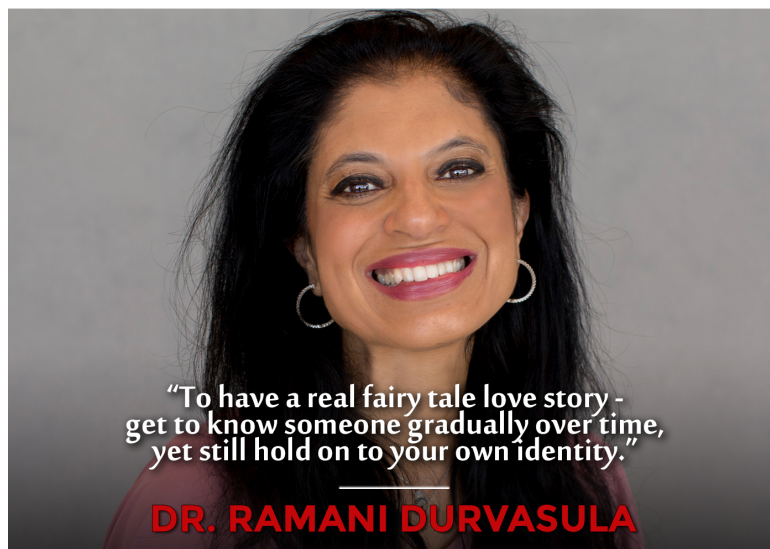
10 Point Checklist

**Dr. Ramani Durvasula**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"To have a real fairy tale love story - get to know someone gradually over time, yet still hold on to your own identity."

**DR. RAMANI DURVASULA**

# 10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.

- Steer clear of toxic social media culture. Remember, your social media accounts are just tools, not your identity.
- Don't overcrowd your system with too much information. Pressuring yourself to do more than you can, normally, is not healthy for your mental health. Driving yourself to exhaustion isn't okay.
- Refrain from shaming other people's emotions especially when they are feeling sad or ashamed, and vice versa.
- Be aware if a person is gaslighting you. It is a form of psychological manipulation in which a person makes you question your own memory, perception, or judgment, often evoking low self-esteem.
- Don't share everything all at once at the beginning of a relationship. It's important to build trust along the way because a narcissist can use your vulnerability against you.
- Remember the core of a healthy relationship: respect, kindness, compassion, reciprocity, and mutuality.
- Prioritize your wellbeing before others. You cannot pour from an empty cup. Therefore, it's difficult to take care of others when you are not feeling good about yourself.
- Don't hesitate to seek help from a therapist when you feel it's necessary. Even people without mental health diagnoses can benefit from professional advice on how to cope and deal with life and a place to vent.
- If you're a parent, be a role model and refrain from spending too much time on your phone. Reducing screen time for children can help them develop better cognitive skills and social awareness.
- Learn how to spot a narcissist when you read Dr. Ramani Durvasula's book, ["Don't You Know Who I Am?": How to Stay Sane in an Era of Narcissism, Entitlement, and Incivility](#).