



Student Handout

Understanding Narcissism, Controlling Behaviors, and Stalking

Warning Signs to Look For:

1. **Excessive Self-Centeredness:** Extreme focus on themselves with little consideration for others.
2. **Lack of Empathy:** Inability to genuinely understand or care about your feelings and needs.
3. **Manipulation:** Using tactics like guilt-tripping, gaslighting, or emotional blackmail to control you.
4. **Constant Need for Validation:** Requiring constant praise and admiration, becoming upset when not receiving it.
5. **Sense of Entitlement:** Believing they deserve special treatment and becoming angry when they don't get it.
6. **Superficial Charm:** Initially charismatic and charming, making it difficult to spot their true nature early on.
7. **Extreme Jealousy or Possessiveness:** Becoming excessively jealous or controlling in the relationship.
8. **Manipulative Love Bombing:** Overwhelming you with affection and attention to gain your trust.
9. **Isolation:** Trying to isolate you from friends and family or manipulate your social interactions.
10. **Threat to Physical Safety:** Behaviors can escalate to stalking, physical violence, or sexual assault.
11. **Emotional and Psychological Harm:** Leading to anxiety, depression, and post-traumatic stress disorder.
12. **Damage to Self-Esteem:** Causing a significant decline in self-esteem and self-worth.
13. **Social Isolation:** Cutting you off from friends and family.
14. **Disruption of Daily Life:** Constant surveillance and control disrupting normal activities.
15. **Legal Consequences:** May lead to restraining orders or criminal charges.
16. **Long-Term Psychological Trauma:** Lasting effects requiring therapy and support.

Seeking Help:

- If you or someone you know is experiencing any of these behaviors, seek support immediately.
- Talk to a parent, teacher, trusted friend, or the police.

- Look up free support lines such as womensaid.org.uk or victimsupport.org.
- For men, there is support at mankind.org.uk and refuge.org.

Remember: There is help available to guide and assist you in any dangerous situation. Ensure your safety and well-being by reaching out for support.

Reflection Assignment:

Write a short reflection (1-2 paragraphs) on what you learned about narcissism and controlling behaviors. Discuss how this knowledge can help you in your own life or assist someone you know who might be experiencing these behaviors.