

Subtle Signs Of Narcissism You Might Be Missing

Today's podcast is about subtle signs of narcissism you might be missing.

Narcissists are often difficult to identify at first because their behavior is subtle & confusing. They can be charming, engaging, & even seem generous, at least on the surface. Over time, certain red flags begin to appear however, leaving you feeling emotionally drained, invalidated, & questioning yourself.

The Bible provides wisdom in discerning unhealthy people, including narcissists.

Second Timothy 3:1-3 in the Amplified Bible says, ***“But understand this, that in the last days dangerous times [of great stress & trouble] will come [difficult days that will be hard to bear]. For people will be lovers of self [narcissistic, self-focused], lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy [and profane], & [they will be] unloving [devoid of natural human affection, calloused & inhumane].”***

Narcissism is not just simple vanity. It is an intense lack of empathy, a need for control, & an inability to form genuine, loving relationships. If you ever have walked away from an interaction with someone feeling confused, exhausted, or invisible, you may have encountered a narcissist.

Today we will explore some subtle signs that are often overlooked.

You Have To Explain Basic Human Decency To Them. A major sign of narcissism is that you find yourself explaining things that should be common sense, like kindness, empathy, & treating others with respect. You may have to explain why their words were hurtful, only for them to dismiss or mock your feelings. They may lack basic emotional awareness & need you to spell out why something was offensive. They often act as if they do not understand how their behavior affects others, but fully understand when someone hurts them.

Luke 6:31 says, ***“Do to others as you would have them do to you.”*** Healthy people naturally understand this principle. Narcissists, however, cannot apply it unless it benefits them.

Conversations Leave You Confused & Exhausted. Simple conversations with a narcissist feel mentally draining. Instead of clear, honest discussions, they:

- Talk in circles instead of answering direct questions.
- Change the subject when they do not want to address something.
- Shift the blame back onto you, making you feel like the problem.
- Somehow turn the conversation back to themselves, no matter what the topic was.

After speaking with them, you feel like your head is spinning, your emotions are drained, or you have been gaslit into doubting yourself.

Matthew 5:37 says, ***“But let your statement be, ‘Yes, yes’ or ‘No, no’ [a firm yes or no]; anything more than that comes from the evil one.”*** Healthy communication is clear, direct, & honest. Narcissists intentionally confuse conversations to maintain control & avoid accountability.

They Show Little Or No Concern For Your Pain. When you are struggling, a narcissist’s response is often cold, dismissive, or annoyed. Instead of offering comfort, they:

- Minimize your feelings.
- Make it about them.
- Give superficial responses but show no real care or follow up.

Even when they pretend to care, their lack of genuine empathy shows. They may say the right words, but their actions never match.

Romans 12:15 says, ***“Rejoice with those who rejoice [sharing others’ joy], & weep with those who weep [sharing others’ grief].”*** A truly loving person will share your pain, not ignore or compete with it.

They Make Excuses For Those Who Hurt You.

Instead of supporting you when someone mistreats you, a narcissist often:

- Defends the person who hurt you.
- Tells you to let it go before you have even had time to process it.
- Acts like you are overreacting instead of validating your feelings.

They do this because they relate more to the offender than the victim & because they enjoy keeping you in a place of self doubt & weakness.

Ephesians 5:11 says, ***“Do not participate in the unfruitful deeds of darkness, but instead even expose them.”*** A Godly person does not excuse or enable sin. They stand with those who are hurting, not those who cause pain.

If you recognize these behaviors in someone close to you, there are things you can do to protect yourself.

Set Boundaries. Jesus set boundaries with toxic people. He never tolerated manipulation or abuse. You too have the right to limit your interactions with narcissists. Matthew 7:6 says, ***“Do not give that which is holy to dogs, & do not throw your pearls before pigs; for they will trample them under their feet, & turn & tear you to pieces.”***

Stop Explaining Yourself. You do not need to convince a narcissist to treat you with basic decency. If they refuse to see your value, walk away & guard your heart. Proverbs 26:4 says, ***“Do not answer [nor pretend to agree with] the frivolous comments of a [closed-minded] fool, otherwise you will be like him.”***

Seek Support From Godly, Safe People. Isolation is a narcissist's greatest tool. Surround yourself with people who truly love & support you. Ecclesiastes 4:9-10 says, ***"Two are better than one because they have a more satisfying return for their labor; for if either of them falls, the one will lift up his companion."***

Pray For Wisdom & Strength. Ask God to guide you in handling difficult relationships & give you discernment in dealing with narcissists. James 1:5 says, ***"If any of you lacks wisdom [to guide him through a decision or circumstance], he is to ask of [our benevolent] God, who gives to everyone generously & without rebuke or blame, & it will be given to him."***

If someone repeatedly confuses, drains, or invalidates you, trust the warning signs God is showing you. You are not overreacting. You are not imagining it.

Narcissists thrive in deception, but God is a God of truth, clarity, & peace. Trust Him to lead you away from toxic relationships & into ones that reflect His love.

Know that God sees you, values you, & wants you in healthy, life giving relationships. You deserve to be surrounded by people who love you as He does.

Thank you for listening to my podcast!