

Is It Really Them? Or Is It You? The No-BS Guide to Spotting a Narcissist Before You Gaslight Yourself Again *by High Vibe Beth™*

✨ Intro: Stop Second-Guessing Yourself

If you've found yourself Googling "Am I dating a narcissist?" more than once (okay, like 12 times), this guide is for you. You're not crazy. You're not dramatic. You're not too sensitive. You're intuitive—and your inner radar has been blaring like a red siren in a rom-com gone wrong.

Let's clear the fog, call out the BS, and get you back to your high-vibe self. Because your sparkle? It's not meant to be dulled by a walking emotional tornado Sis.

🔥 Section 1: The Narc Decoder – 10 Red Flags to Stop Ignoring

1. **Love bombs, then ghost mode** – Day one: roses and sonnets. Day 15: silence and confusion. Classic.
 2. **Apologizes? Never heard of it.** – You get explanations. Excuses. Deflections. But an actual "I'm sorry, I hurt you"? Girl, keep dreaming.
 3. **Perpetual victim vibes** – They're always the one who's *so misunderstood*. Somehow, *you're* always the villain.
 4. **Twists your words mid-sentence** – You said, "I need space," and now they're accusing you of cheating. Make it make sense.
 5. **Competes with your glow** – Your wins? Threats. Your joy? Too loud. Your light? Apparently too much—for someone dim.
 6. **Never compliments you until you ask** – "Yes, you look nice." Thanks... I think?
 7. **Silent treatments + sudden rage** – One minute, it's ice queen. Next, full-blown tantrum. It's not passion—it's manipulation.
 8. **Keeps you guessing** – Are we okay? Are we not? If you're constantly decoding their mood swings, you're in emotional debt.
 9. **Performs in public, punishes in private** – Everyone else sees their Oscar-worthy charm. You get the blooper reel.
 10. **You walk on eggshells daily** – If you have to rehearse your words to avoid an explosion, that's not love—it's emotional blackmail.
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Section 2: Gaslight Alert – 5 Things You're Not "Too Sensitive" For

1. **Noticing patterns doesn't make you paranoid** – It makes you *observant*.
 2. **Being emotionally exhausted isn't dramatic** – It's your nervous system waving a white flag.
 3. **Their constant need for praise? Not cute** – You're not their mirror or their mommy. No, thank you.
 4. **Tired of the drama? You're not selfish** – You're just done being someone's emotional janitor.
 5. **Not fixing them doesn't make you cold** – It makes you wise. You're not a rehab center for broken egos.
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Section 3: You Might Be in a Narcissistic Dynamic If...

- You feel emotionally hungover after every conversation.
- You apologize just to keep the peace—even when you did nothing wrong.
- You question yourself constantly: Did I overreact? Was it my fault?
- You hide your wins so they won't feel threatened.
- You crave space but feel guilty for wanting it.

Honey, that's not love. That's a slow leak of your self-worth.

Section 4: What Now?

- **You don't need a diagnosis to protect your peace.** A narcissist checklist isn't a permission slip—it's a wake-up call.
 - **Boundaries aren't mean—they're magic.** Draw the line, glitter it up, and don't apologize for it.
 - **You're allowed to choose yourself.** Even if they call you selfish. Especially then.
 - **Emotional safety is the bare minimum.** If you're not safe to speak, feel, or just *be*—you're not safe at all.
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Your Glow Is Not Up for Debate

It's not your job to shrink to keep the peace. It's not your job to twist into a pretzel to be understood. You're not "too much"—you're just too high-frequency for someone still stuck in ego.

Affirmation: *I trust my gut more than I trust their mask.* Ready to raise the bar and release the BS? Grab the next guide on setting high-vibe boundaries, or come hang out with us where the glow-ups are loud and the standards are high -- TikTok & Insta highvibebeth.

xo, **Beth**

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High Vibe Beth's Narc Detector Checklist

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Write every one that applies from the narc checklist at the top: 3 or more? Babe, you've got your answer.

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