

The Maladaptive Covert Narcissism Scale

- 1 = very uncharacteristic or untrue, strongly disagree
2 = uncharacteristic
3 = neutral
4 = characteristic
5 = very characteristic or true, strongly agree

1. I can become entirely absorbed in thinking about my personal affairs, my health, my cares or my relations to others. 5
2. My feelings are easily hurt by ridicule or by the slighting remarks of others. 5
3. When I enter a room I often become self-conscious and feel that the eyes of others are upon me. 5
4. I dislike sharing the credit of achievement with others. 4
5. I feel that I have enough on my hands without worrying about other people's troubles. 5
6. I feel that I am temperamentally different from most people. 5
7. I often interpret the remarks of others in a personal way. 5
8. I easily become wrapped up in my own interests and forget the existence of others. 5
9. I dislike being with a group unless I know that I am appreciated by at least one of those present. 3
10. I am secretly annoyed when other people come to me with their troubles, asking me for my sympathy. 2
11. I am jealous of good-looking people. 4
12. I tend to feel humiliated when criticized. 3
13. I wonder why other people aren't more appreciative of my good qualities. 5
14. I see other people as being either great or terrible. 2
15. I sometimes have fantasies about being violent without knowing why. 3
16. I am especially sensitive to success and failure. 4

17. I have problems that nobody else understands. 5
18. I try to avoid rejection at all costs. 4
19. My secret thoughts, feelings, and actions would horrify some of my friends. 5
20. I tend to become involved in relationships in which I alternately adore and despise the other person. 4
21. Even when I am in a group of friends, I often feel very alone and uneasy. 3
22. I resent others who have what I lack. 3
23. Defeat or disappointment usually shame or anger me, but I try not to show it. 5

Results

77% (high)

Absolute result is 94.

The absolute result can range from a minimum of 23 to a maximum of 115. Population average scores below 60 (low covert narcissism). Results above 60 (40%) indicate moderate covert narcissism, results above 82 (64%) indicate high covert narcissism, results above 97 (80%) indicate very high covert narcissism.