



# Relationship between narcissism and inter-partner conflicts Primary Quantitative Research

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## Abstract

Interpersonal conflicts are ubiquitous in romantic relationships, often leading to distress and dissatisfaction among partners. Narcissism, characterized by a grandiose sense of self-importance, a need for admiration, and a lack of empathy, has been identified as a significant factor influencing the quality and dynamics of interpersonal relationships. Narcissistic individuals often engage in self-enhancing strategies and distortions of reality, leading to difficulties in perspective-taking and empathizing with their partners' experiences and emotions. These cognitive and affective deficits contribute to communication breakdowns, misunderstandings, and power struggles within romantic relationships, exacerbating conflict dynamics. This research paper investigates the intricate relationship between narcissism and interpartner conflicts, aiming to shed light on how narcissistic traits influence the occurrence and nature within romantic dyads. Drawing upon a comprehensive review of existing literature on narcissism and the impact on interpersonal interactions. Methodologically, this paper employs quantitative measures such as surveys assessing narcissistic traits and overall couple satisfaction. Preliminary findings suggest a complex interplay between narcissistic tendencies and interpersonal conflicts, with higher levels of narcissism correlating positively with increased conflict frequency and intensity. Implications of these findings extend to both theoretical and practical domains, highlighting the importance of understanding narcissism in the context of romantic relationships and offering insights for therapeutic interventions aimed at mitigating conflict and enhancing relationship satisfaction.

**Keywords:** Interpersonal conflicts, Romantic relationships, Narcissism, Conflict dynamics, Couple satisfaction, Quantitative measures

## Chapter I: Introduction

Havelock Ellis, a physician and author from Britain, was the first to diagnose narcissism—pathological self-absorption—as a mental illness in 1898. Grandiose self-importance, a lack of empathy for others, an excessive need for adulation, and an unwavering belief that one is special and deserving of special treatment are characteristics of narcissism. The mythological character Narcissus, who fell in love with his own reflection, is the inspiration behind the disorder's name. Pathological narcissism, or narcissistic personality disorder, is rare: About 1% of people are known to be affected. When a person's everyday functioning is hampered by narcissistic tendencies, a mental disorder is suspected. Relationship problems usually result from this dysfunction because the pathological narcissist lacks empathy. Anger motivated by grandiosity and attention-seeking may also be its outward manifestation. The pathological narcissist naturally sees everyone else as inferior because they believe they are superior, and they may become intolerable to criticism or inquiries.

Navigating a relationship with a narcissist can be deeply frustrating and distressing. Narcissistic individuals may manipulate and take advantage of others in their pursuit of adoration and control, ruining their self-esteem and even trying to change their perception of reality. It is rarely productive to argue about their behavior with a narcissist. Narcissists are frequently charming and charismatic, qualities that might spark a romance quickly, because they are driven to win others over, especially when it comes to potential romantic partners. However, they might not be able to comprehend their partner's inner self and build a satisfying long-term relationship because of their innate lack of empathy.

People with narcissistic personality disorder find it extremely difficult to develop a trustworthy, equal relationship and fall in love. Among other unsettling actions, such an individual might try to isolate a new partner from friends and family and try to impose rigid rules in a relationship.

Understanding how narcissism contributes to inter-partner conflicts is crucial for several reasons:

1. **Relationship Dynamics:** Narcissism significantly influences the dynamics within romantic relationships. Individuals high in narcissistic traits often prioritize their own needs and desires over those of their partners, leading to imbalances in power, communication difficulties, and frequent conflicts.

2. **Conflict Resolution:** Narcissistic individuals tend to employ maladaptive conflict resolution strategies, such as aggression, manipulation, or avoidance, which can exacerbate relationship discord and hinder effective problem-solving. Understanding these patterns is essential for developing tailored interventions to promote healthier conflict resolution strategies.

3. **Relationship Satisfaction:** Inter-partner conflicts are a significant predictor of relationship satisfaction and stability. Narcissism's impact on conflict dynamics can contribute to decreased relationship satisfaction and increased likelihood of relationship dissolution. Understanding how narcissistic traits influence conflict can help predict relationship outcomes and inform interventions aimed at enhancing satisfaction and longevity.

4. **Mental Health and Well-being:** Inter-partner conflicts associated with narcissism can have profound effects on individuals' mental health and well-being. Partners of narcissistic individuals may experience emotional distress, low self-esteem, and feelings of invalidation. Understanding the role of narcissism in conflicts can inform therapeutic approaches to address these negative outcomes and promote individual and relational well-being.

5. **Prevention and Intervention:** Recognizing the contribution of narcissism to inter-partner conflicts is essential for developing preventive measures and effective interventions. By understanding the underlying mechanisms driving conflicts in narcissistic relationships, therapists, counselors, and relationship experts can tailor interventions to address specific challenges and facilitate healthier relationship dynamics.

Overall, gaining insights into how narcissism contributes to inter-partner conflicts is essential for promoting healthier and more fulfilling romantic relationships, enhancing individual well-being, and reducing the negative impact of narcissistic traits on intimate partnerships.

In intimate relationships, conflict is an inevitable aspect of human interaction. Disagreements, differences in opinions, and misunderstandings are common occurrences that can lead to conflict between partners. Interpartner conflict refers to the disagreements and tensions that arise within a romantic relationship, encompassing various domains such as communication, finances, parenting, and intimacy. How couples navigate and resolve these conflicts can significantly impact the overall satisfaction and stability of their relationship.

One crucial factor influencing the dynamics of interpartner conflict is the level of satisfaction within the couple. Couple satisfaction, often referred to as relationship satisfaction or marital satisfaction, reflects individuals' overall subjective evaluation of their relationship. It encompasses feelings of contentment, happiness, and fulfillment derived from the relationship. Research suggests that couple satisfaction serves as a key predictor of relationship longevity, emotional well-being, and overall quality of life.

The relationship between couple satisfaction and interpartner conflict is complex and bidirectional. On one hand, higher levels of couple satisfaction can serve as a buffer against the negative effects of conflict. Couples who are more satisfied with their relationship may approach conflicts with greater empathy, communication skills, and willingness to compromise. They may view conflicts as opportunities for growth and resolution rather than as threats to the relationship. Additionally, strong emotional bonds and positive interactions during times of conflict can reinforce feelings of intimacy and connection, ultimately enhancing overall satisfaction.

Conversely, persistent and unresolved interpartner conflicts can erode couple satisfaction over time. Chronic disagreements, hostility, and ineffective conflict resolution strategies can create emotional distance and dissatisfaction within the relationship. Couples experiencing frequent and intense conflicts may develop negative attributions about their partner, leading to resentment, anger, and disillusionment. As couple satisfaction declines, individuals may become less invested in the relationship and more prone to considering alternatives, such as separation or divorce.

Understanding the interplay between couple satisfaction and interpartner conflict is essential for promoting healthy and fulfilling relationships. By identifying factors that contribute to constructive conflict management and fostering open communication, couples can cultivate greater satisfaction and resilience in their relationships. This research aims to explore the nuanced dynamics of interpartner conflict and its implications for couple satisfaction, ultimately providing insights into effective interventions and strategies for enhancing relationship well-being.

The research objectives are:

- (i) Examine the Association Between Narcissism and Inter-Partner Conflicts by assessing the degree of correlation between levels of narcissism in individuals and the satisfaction in their romantic relationships.
- (ii) Validate self-reported measures of narcissism and couple satisfaction by comparing them with observational data.
- (iii) Contribute to a deeper understanding of the complex interplay between interpartner conflict and couple satisfaction. Ultimately, the findings may inform the development of interventions and support services aimed at strengthening romantic relationships and promoting overall well-being for couples.

By addressing these research objectives, the study aims to provide a nuanced understanding of how narcissism influences inter-partner conflicts and contribute to the development of more effective interventions and strategies for relationship management.

## Chapter II: Review of literature

1. David Kealy et al. (2022) sought to determine if interpersonal sensitivity, ambivalence, and aggressive issues governed the relationship between narcissism and distress, and if loneliness moderated the relationship between pathological narcissism and these issues. Significant interactions between pathological narcissism and loneliness—indicating moderation—were observed in connection to interpersonal sensitivity issues and interpersonal aggressiveness using self-report, cross-sectional data from a sample of 248 Canadian community members. According to the research, people with high levels of pathological narcissism are more likely to exhibit higher levels of sensitivity and aggressive

interpersonal difficulties, which may have an impact on the degree of distress symptoms. Also, they are also more likely to suffer loneliness.

2. Kasia Uzieblo et al. (2022) explored relationships between the quality of the relationship and the moderating influence of violent and non-violent conflict resolution strategies, as well as connections between self- and partner-reported psychopathic tendencies and the degree of agreement between these accounts (perceptual accuracy). 259 community members who identify as heterosexual couples participated. The findings showed that although partner and self-reports showed some degree of congruence, female partners tended to underestimate their male partner's psychopathic tendencies. Partner-reported and, to a lesser extent, self-reported psychopathic tendencies were inversely correlated with relationship quality. Remarkably, perceptual accuracy has very little correlation with the quality of relationships. The impact of psychopathic qualities on relationship quality appeared to be mitigated by non-violent negotiation, but there was no evidence to support the moderating influence of aggressive conflict techniques. When analyzing psychopathic qualities in intimate relationships, the study emphasizes the significance of taking into account the partner's perspectives in addition to constructive conflict resolution techniques.
3. Nicholas J. S. Day et al. (2021) studied participants (N = 436; current romantic partners [57.3%], former romantic partners [21.1%], and family members [15.4%]) who were in relationships with relatives who exhibited high levels of narcissistic tendencies. The participant's underlying mental health issues were measured in addition to a thematic analysis of their responses. Thematic analysis of participant responses revealed themes of demanding financial and sexual behaviors imposed by the narcissistic relative, as well as physical, verbal, emotional, and sexual abuse. Participants' responses included significant degrees of somatic concerns, self-aggression, despair, anxiety, and illness. In addition, individuals displayed overt animosity toward their narcissistic relative as well as themes of frustrated dependency and dependability strivings. Relationship partners and their narcissistic relative seemed to be caught up in intrapersonal and interpersonal dynamic problems. The clinical implications encompass paying particular attention to alliance concerns, focusing on setting limits to establish personal safety, and addressing dependency themes.
4. Joshua J. Underwood et al. (2021) examined the relationships between emotion dysregulation, distress tolerance, and grandiose, susceptible narcissism in a group of teenagers who were considered to be at-risk. 329 participants (ages 16–19) in a residential military-style intervention program provided data for the study. Emotion dysregulation and vulnerable narcissism were positively connected, while distress tolerance and vulnerable narcissism exhibited a negative association. On the other hand, grandiose narcissism had no correlation with distress tolerance and was adversely related to emotion dysregulation. Moreover, the relationship between grandiose narcissism and aggression was amplified by emotion dysregulation. These results suggest that vulnerable narcissism in teenagers, as opposed to grandiose narcissism, is more susceptible to the self-regulation difficulties that have been proposed.
5. Lane and Sherry Lynn Saunders (2020) examined the real-life experiences of women who have close connections with men they perceive to be narcissistic in their attitudes and behaviors. Three adult females were interviewed informally to gather data. The Interpretative Phenomenological Analysis method was used to analyze the data. The accounts shared by the participants revealed distinct stages and traits in their relationships. The individuals suffered from a generalized loss, weakened self-differentiation, and decreased well-being. Participants' residual sense of self was what triggered quitting the relationships as a result of experiencing pervasive loss, and acted as a wake-up call. In conclusion, the women believe that their experiences with intimate male partners have a detrimental impact on their lives, even when the language used to describe them may not be validated. The women also acknowledged and lamented their inability to bargain for respectable placement in their close relationships.



6. Caitlyn Y. Mejia et al. (2019) investigated the relationship outcomes predicted by the triarchic characteristics of psychopathy in nonclinical samples. In Study 1, data showed a substantial negative correlation between meanness and Sternberg's (1997) components of love (intimacy, passion, and commitment). The sample consisted primarily of students (N = 100, 24% men, 76% women). In Study 2, they repeated the findings of Study 1 and discovered further negative connections between self-reported physical aggression, psychological aggression, and love in intimate relationships. This was done using a more gender-balanced online community sample (N = 125, 53% men, 47% women). Furthermore, multivariate analyses showed that, in addition to the triarchic constructs of meanness and disinhibition, deficiencies in love also explained incremental variance in intimate partner aggression.
7. Jie Liu, Steven Ludeke and Ingo Zettler (2018) analyzed the presumptive similarity between Denmark (N = 93) and China (N = 236) in terms of the HEXACO personality traits in intimate relationships. In particular, this research postulated that, in comparison to the other four HEXACO traits (conscientiousness, emotionality, extraversion, and agreeableness), people expect greater similarity with their intimate partners in terms of honesty-humility and openness to experience. Assumed similarity was higher in Honesty-Humility than in Emotionality, Extraversion, Agreeableness, and Conscientiousness, according to the results of both investigations. Assumed similarity in Openness, however, was greater than in Emotionality and Conscientiousness alone. Additional analyses show that there are no cultural distinctions between China and Denmark with regard to the assumed comparability in openness and honesty-humility.
8. Virgil Zeigler-Hill and David R.C. Trombly (2018) investigated the relationship between self-perceived mate value and narcissism. More precisely, the potential that one's current love partner's perceived mate value may act as a mediating factor in the correlations between narcissistic competition and narcissistic adoration and self-perceived mate worth. They thought that narcissistic people might have a self-serving perspective on their romantic partner. The findings demonstrated that the negative relationship between narcissistic rivalry and self-perceived mate value and the positive relationship between narcissistic admiration and self-perceived mate value were mediated by perceived partner mate value.
9. Mielimaka et al. (2018) examined defensive style as a potential mediating factor in the connection between interpersonal issues and narcissism. 53 adult psychiatric outpatients who were selected for the study filled out questionnaires on narcissism, defensive style, interpersonal issues, and distress from current symptoms. Defensive behaviors that are immature and neurotic are highly linked to narcissism. Despite the fact that narcissism and interpersonal problems were not directly associated, a strong indirect relationship between narcissism and interpersonal problems was found through the neurotic defensive style. According to this research, narcissism has a role in the adoption of neurotic defensive mechanisms, which then affect how well a person interacts with others.
10. Brandon M. Weiss et al. (2018) confirmed links between boldness and externalizing behaviors linked to psychopathy and looked at a different way that boldness might be related to the psychopathy concept, namely by boosting the ability of psychopathic people to manipulate others. They evaluated the persuasiveness of video-recorded product pitches using data gathered from a Mechanical Turk sample, and they looked at the relationships between psychopathic and general qualities and persuasiveness in weaker (improvised) and stronger (scripted) circumstances. Only in the improvised condition did boldness show a slight positive correlation with perceived persuasiveness; in contrast, psychopathic qualities associated with disinhibition and antagonism/meanness showed a slight negative correlation with both persuasiveness and trust in the scripted condition. The findings imply that, while the effect was relatively slight, boldness may aid people in persuading others to attain desired goals. In contrast, psychopathic people with low boldness may need to employ other strategies (such as coercion or intimidation) to control others.

11. Artur Brzozowski et al. (2018) report the findings of two studies that looked at the frequency of physical aggression committed by women against their intimate partners and the factors that were associated with it among college-aged heterosexual women. The study examined the associations between personality qualities, resting heart rate, and heart rate variability—a measure of vagal activity—among females who reported engaging in physical aggression toward an intimate partner and those who did not. According to Study 1 results, 30.9% of individuals said they had physically abused an intimate partner in the year before. According to this research, a sizable portion of female undergraduates engage in aggressive behavior against their close relationships. The secondary psychopathic features of perpetrators were higher than those of non-perpetrators. Study 2 demonstrated a correlation between low resting heart rate and high heart rate variability and intimate partner violence in women. In comparison to those who do not engage in such behavior, those who commit acts of aggression both proactively and reactively scored higher on psychopathic traits, which measure emotional resilience and unempathic tendencies. This suggests that some instances of physical aggressiveness by female intimate partners may be proactive acts of aggression. These results suggest that reported aggressive acts may be the result of high heart rate variability and strong parasympathetic nervous system activity, but they also confirm the commonly observed link between low resting heart rate and aggression.
12. Christie Tetreault et al. (2018) through surveys with university students, examined the ways in which the dark personalities—Machiavellianism, subclinical narcissism, subclinical psychopathy, and subclinical sadism—influenced the commission of Inter-Partner Violence (IPV) in a cross-cultural study between Sweden and the United Kingdom. In order to investigate the effects that are particular to either sex or aggressiveness, they also contrasted the commission of IPV with same-sex aggression by a non-romantic partner. The following were the main findings from a sample of 342 participants: (a) women were more verbally aggressive than men; (b) men reported verbal and physical same-sex aggression of a non-romantic partner; (c) men scored higher on all Dark Tetrad personalities regardless of culture, while the Swedish sample scored significantly higher on subclinical narcissism and sadism; (d) there was a significant correlation between the Dark Tetrad and aggression perpetration; (e) different Dark Tetrad personalities predicted different forms of aggression perpetrated with some gender differences; and (f) being high on subclinical psychopathy predicted most types of aggression regardless of target. In order to better understand how and why diverse personalities act aggressively and in order to develop intervention strategies, the study emphasizes that dark personalities exhibit specific forms of aggression.
13. Marcela Madalena et al. (2018) studied the relationship between intimate partner violence—both committed and suffered—and the predictive potential of pathological personality traits and experiences in the family of origin. 170 heterosexual couples from the metropolitan area made up the sample, and they provided answers to the following questionnaires: the Revised Conflict Tactics Scale (CTS2), the Family Background Questionnaire, and the Clinical Dimensional Personality Assessment (CDPA). Multiple linear regression analysis was done step-by-step. The results showed that the personality traits "impulsiveness" and "mood instability" were associated with violence committed by women; "aggressiveness" and "paternal physical abuse" were associated with violence committed by men; "distrust" and "maternal decision-making approach" were associated with violence suffered by women; and "sexual abuse," "social avoidance," and "paternal psychological adjustment" were associated with violence suffered by men. The only characteristics that showed links to intimate relationship violence were those of the individuals themselves; none of the characteristics of their spouses did.

14. Asunción Fernández-Suárez et al. (2018) a thorough analysis of all empirical quantitative research (N = 41) on the connection between psychopathic characteristics and male-to-female IPV perpetration was done. Overall, these studies' results confirmed that psychopathy has a significant role in predicting the occurrence of male-to-female intimate partner violence (IPV) in both convicted and non-convicted partner-violent individuals. It appears that there is variation among male batterers with regard to their psychopathic characteristics. While psychopathy appears to be a useful predictor of IPV frequency (and subsequently IPV recidivism), it appears to be less effective in predicting the severity of IPV. There has been evidence of methodological flaws, primarily with regard to psychopathy measurement.
15. Thomas Curran, Andrew P. Hill and Luke J. Williams (2017) investigated the relationship between a particular psychologically controlling parenting style, parental conditional regard, and two dimensions of perfectionism, self-critical perfectionism and narcissistic perfectionism. This study expands on previous research on the relationship between the development of perfectionism in adolescence and psychologically controlling parenting. A standardized questionnaire was filled out by 316 teenagers (M age = 15.69 years, s = 1.23) in total. Parental conditional regard was found to be a positive predictor of both narcissistic and self-critical perfectionism, according to structural equation modeling. These results are the first to imply that the development of these two different forms of perfectionism may share a common parent socialization that is marked by love withdrawal and guilt induction.
16. Alexis M. Unrau and Mariam M. Morry (2017) examined if the relationship between psychopathy and interpersonal outcome was mediated by attachment avoidance. Measures of psychopathic characteristics, attachment, and romantic relationship variables were filled out by 167 university students who were in a romantic relationship. The results of linear regressions, univariate and multivariate analyses showed that deactivation and hyperactivation, more active prowling and less willful indifference in other partners, and poor relationship quality were all related to secondary features, but not primary ones. These relationships were largely mediated by avoidance. Therefore, those with high secondary features may benefit from correcting attachment deficiencies.
17. Rebecca L. Kauten and Christopher T. Barry (2016) explored the relationship between self-reported narcissism and self-, parent-, and peer-reported prosocial behavior as well as prosocial intentions in 155 at-risk adolescents in an effort to confirm earlier findings that adolescent pathological narcissism is associated with prosocial behavior. Grandiose narcissism showed a positive relationship with both self- and parent-reported prosocial behavior, while non-pathological narcissism showed a positive relationship with prosocial behavior as reported by parents. There was no discernible relationship between vulnerable narcissism and any form of prosocial conduct. Therefore, the relationship between teenage narcissism and prosocial conduct seems to depend on the narcissistic dimension and the prosocial behavior assessment technique.
18. Silvia Casale et al. (2016) centered on the importance of perfectionistic self-presentation in narcissistic models as an overcompensation tactic meant to divert attention from one's own shortcomings. They adopted a more comprehensive understanding of perfectionistic self-presentation, which takes into account self-presentation skill as well as the protective urge to appear flawless. Measures of narcissistic grandiosity, narcissistic vulnerability, effortless perfection, perfectionistic self-presentation capability, and perfectionistic self-presentation capability were completed by 305 students in the sample. According to the current research, grandiose narcissists feel compelled to project an idealized version of themselves, and they are able to do so because they are under pressure to be flawless. Vulnerable perfectionists, on the other hand, feel compelled to appear flawless yet are unable to do so. The findings support the theory that weak narcissists try to hide behind a mask but aren't confident in their ability to present a flawless front.

19. Angela Book et al. (2016) directly examined the cheater-hawk theory, which postulates a connection between psychopathy and two potentially useful interpersonal behaviors: violence and cheating. A maximum-likelihood factor analysis revealed that the measurements of hawk and cheater behaviors comprised a single component, as would be expected. As predicted, measures of cheater (entitlement, exploitiveness, and short-term mating orientation) and hawk (vengeance and violence) behaviors showed strong positive relationships with psychopathic traits. Moreover, psychopathic characteristics were linked to a propensity for individualistic and competitive strategies in an altruism game and a decreased likelihood of prosocial behavior. Lastly, there was a strong correlation found between psychopathic tendencies and scores on the combined-cheater hawk measure. Whether or not they scored highly on Factor 2 of psychopathy, people who scored highly on Factor 1 of psychopathy were predicted to use the actions and tactics linked to the cheater–hawk label. Overall, the data are consistent with the theory that psychopathy is a rapid life history approach marked by the pursuit of self-interest over the interests of others, including risk-taking, violence, and cheating (cheater). The results also show that those with higher levels of psychopathic traits are more likely to engage in both hawk and cheater actions as part of a single plan.
20. Anna Z. Czarna, Michael Dufner and Allan D. Clifton (2014) examined how two different forms of narcissism affected peer network popularity. They examined the differential relationships between grandiose and vulnerable narcissism and network centrality indices of liking and disliking using data from four groups of well-acquainted students (N = 122). The fact that more people nominated grandiose narcissists as disliked them suggests that their peers actively detested them. On the other hand, weak narcissists got less liking nominations but were not openly despised. When it came to dislike, grandiose and susceptible narcissists occupied a pivotal position since they were despised by members of the network who were not connected to one other. All things considered, these results suggest that unpopularity in peer networks can be uniquely predicted by any type of narcissism.
21. Jill Lobbestael et al. (2014) sought to determine the risk variables of narcissism for aggressiveness. Vulnerable narcissism, which is present in persons who appear modest and shy, was distinguished from grandiose narcissism, the more well-known type of narcissism that involves the overt assertion of personal superiority. A variety of methods were used to quantify aggression, including laboratory behavior, self-report measures (where proactive, instrumental aggression and reaction to provocation were measured independently), and physiological reactivity (testosterone). The testosterone response and aggressive behavior were predicted by grandiose narcissism. Self-reported aggression was predicted by vulnerable narcissism, although behavior and testosterone were unaffected. Therefore, situational context and personality influence testosterone responses in aggressive behavior, and grandiose narcissism may be more responsible for externalizing aggressiveness than susceptible narcissism.
22. Angela R. Grover et al. (2010) investigated, with a focus on gender, the connection between maltreatment throughout childhood and both physical and psychological dating violence perpetration and victimization among 1,399 South Korean college students. The observed associations were tested for gender invariance using tests of equivalent parameters and poisson regression models. The results showed that both male and female involvement in violent romantic relationships is consistently predicted by childhood maltreatment.
23. John S. Ogrodniczuk et al. (2009) investigated the findings and descriptions pertaining to clinical samples and revealed a strong correlation between narcissism and significant interpersonal impairment. Patients (N = 240) who were consecutively admitted to a day treatment program completed assessments on general mental distress, interpersonal issues, and narcissism. Groups of patients with high, moderate, and low levels of narcissism were identified. Both the overall level of



interpersonal impairment and specific interpersonal behavior domains were examined between the groups. The length of treatment and the status of discharge for each of the three groups were also compared. Chi-square and covariance analysis were performed. Increased narcissistic levels were at baseline substantially linked to increased interpersonal impairment. The more narcissistic patients' domineering, spiteful, and invasive behaviors were especially indicative of their interpersonal style. The findings confirm that narcissistic personality disorder is a legitimate diagnostic category and highlight the interpersonal impairment linked to narcissism.

24. David S. Black et al. (2009) investigated the possibility of violence in intimate relationships among emerging adults who see contemporary instances of interparental conflict. Data from 223 undergraduate students at a Southern California university with a diverse student body were analyzed. The effects of seeing interparental violence on the physical and psychological forms of IPV experienced in developing adult relationships were investigated using multivariate linear regression models. Testing was also done on the combined consequences of seeing both types of parental violence. For several forms of violence, support for the transmission of violence across generations has been found.
25. Daniel J. Whitaker et al. (2009) investigated how often physical intimate partner violence (IPV) is committed in partnerships. Data on 6,446 young adults who reported on two recent relationships were analyzed based on the National Longitudinal Study on Adolescent Health. The persistence of physical IPV perpetration throughout relationships was investigated, as well as the factors associated with persistent perpetration, using frequency and logistic regression analysis. Of those who had used physical violence in their first relationship, 70.3% and 29.7% of those people continued to do so in their second. The final multi-variate model revealed the following significant predictors of persistent physical IPV: age, living together versus apart in the subsequent relationship, respondent having more education than partner, and frequency of IPV in the first relationship. Physical IPV was not as common in relationships as it was in others; desistance was far more common. The best indicators of persistence were those unique to the second relationship.
26. René D. Drumm et al. (2009) analyzed three cases of intimate partner abuse in a conservative Christian church, noticing variations in the abuse tendencies of men and women according to gender. The study, which focuses on victimization patterns, identifies women as intimate terrorism targets. Intimate terrorism indicators such as emotional abuse, controlling behaviors, and symptoms of posttraumatic stress disorder (PTSD) were described by women who endured increasing levels of violence and sexual violence. In addition, women who experienced potentially fatal violence had to take the accompanying step of phoning 911 or the police. While controlling behaviors are present in components linked to male victimization as well, PTSD or fear behaviors typical of intimate terrorism are not associated with control.
27. Erin L. Nabors and Jana L. Jasinski (2009) investigated the connections between the opinions of college students toward gendered violence and gender roles and the violence they commit against their intimate partners. Research to date has not thoroughly examined the relationships between gender role, gendered violence-related views, and intimate partner violence, despite findings from earlier studies showing similar correlations. The current study seeks to address this gap by examining attitudes both before and after perpetration is reported in order to ascertain if attitudes come before or after perpetration. The study also looks at these connections between a collection of attitudes connected to chivalry, which were not previously studied in the literature on physical violence. The results imply that attitudes and intimate partner violence have more nuanced correlations than previous studies have shown, and that these relationships are different for male and female college students.

28. Andra L. Teten et al. (2008) examining self-reports of physical violence, three violence profiles were identified in a study of male veterans and their female partners seeking therapy for relationship problems: nonviolent, in which neither partner reported using physical violence (44%); one-sided violent, in which one partner reported using physical violence (30%); and mutually violent, in which both partners reported using physical violence (26%). The woman's age, the veteran's psychiatric diagnosis, and the accounts of both partners about the frequency and intensity of violence were used to differentiate the profiles. More verbal and physical hostility was reported by men and women in mutually violent partnerships than by any other group. The rates of sexual aggressiveness reported by the three groups were similar. Based on the profile of violence, assessments of marital satisfaction and intimacy did not differ. Regarding the frequency and severity of verbal, physical, and sexual aggression, there were no gender differences in the self-reports.
29. Jessica R. Williams et al. (2008) examined 62 empirical research that look at the prevalence of intimate relationship violence committed by women in three different demographics: adults, college students, and adolescents. The prevalence rates of physical, emotional, and/or sexual violence committed by females in heterosexual intimate relationships were reported in all research, which were published between 1996 and 2006. Emotional violence had the highest rates, followed by physical and sexual violence. Within each demographic, prevalence rates varied significantly, most likely as a result of variations in study methodology and sample sizes.
30. Amy M. Slep et al. (2021) explored theories on the relationship between the dynamics of anger in a relationship and intimate partner violence (IPV), as well as the moment-to-moment interpersonal influences on anger during couples' conflicts. Reliability but variability were observed in the relationships between an individual's outburst of anger one moment and the partner's subsequent outburst and sensation of rage. In couples with higher levels of IPV and lower levels of relationship satisfaction, women's sense of rage was more strongly influenced by men's displays of anger. Men who committed more acts of intimate partner violence showed more rage when compared to women. In general, partners responded to higher intensity anger by feeling more angry but not by displaying as much rage. The findings imply that the dynamics of rage are related to both dyadic processes and significant relationship outcomes.

### Chapter III: Methodology

This chapter outlines the methodological approach utilised in this study to investigate the connection between narcissism and interpartner conflicts within romantic relationships. By elucidating the research design, sampling strategy, methods for gathering data, measuring tools, and data analysis, ethical considerations, and limitations, this section provides a comprehensive overview of the methodological framework guiding the research process.

#### Research design

The primary purpose of the quantitative measure in this study is to quantitatively assess the levels of narcissism and couple satisfaction among participants in romantic relationships. By employing standardized measurement instruments, this approach aims to obtain numerical data that can be statistically analyzed to examine correlations within the data.

#### Participants

The sampling strategy aimed to recruit a diverse sample of individuals currently engaged in romantic relationships across various demographic backgrounds. Convenience sampling methods were primarily utilised, leveraging social media platforms, online forums, and community organisations to reach potential participants. Efforts were made to ensure representation across different age groups (20-30 years of age), genders (male and female), and relationship durations to enhance the generalizability of the findings.

## Measurement instruments

The selection of measurement instruments was guided by established psychometric properties and relevance to the research objectives. The Narcissistic Personality Inventory (NPI-16), drawn from across the dimensions of Raskin and Terry's (1988) 40-item measure by Ames, Daniel R., Rose, Paul, and Anderson, Cameron P. (2006), facilitated the assessment of narcissistic traits, while the Couple Satisfaction Index (16-item) scale was designed to measure one's satisfaction in a relationship into distinct typologies. The NPI is a self-report survey intended for measurement levels of narcissism in individuals. It consists of a series of statements related to narcissistic traits, and participants are asked to rate their agreement or disagreement with each statement on a Likert scale. The Couple Satisfaction Index (CSI) is a standardised questionnaire designed to assess relationship satisfaction among couples. The CSI consists of a series of items that capture various dimensions of relationship satisfaction, including communication, intimacy, conflict resolution, and overall relationship quality. Participants are asked to rate each item based on their perceptions of satisfaction on a Likert scale. These instruments provided standardised and reliable measures for quantifying key variables of interest within the study.

## Data analysis techniques

Quantitative data obtained from surveys were analysed using descriptive statistics, correlational analysis, and inferential statistics to examine relationships between variables and test hypotheses.

## Ethical considerations

Throughout the whole research process, ethical considerations were crucial to guaranteeing participant confidentiality, informed consent, and protection from harm. The goal of the study was explained in full to each participant, procedures, and their rights as research participants. Prior to their participation in the study, each subject provided their informed consent, and measures were implemented to safeguard their anonymity and confidentiality.

## Limitations of methodology

Despite meticulous planning and execution, several limitations inherent to the methodology warrant acknowledgment. These include potential sampling biases due to the reliance on convenience sampling methods, self-reporting biases inherent in survey responses, and limitations in generalizability due to the study's focus on a specific demographic profile. Furthermore, the study's cross-sectional design makes it challenging to determine causality or the temporal correlations between variables.

In summary, the methodological framework outlined in this chapter provides a structured and systematic approach to investigating the connection between narcissism and interpartner conflicts within romantic relationships. By employing a mixed-methods approach, this study endeavours to generate nuanced insights that assist in a deeper comprehension of the intricate interactions between individual personality traits and interpersonal dynamics in intimate relationships.

## Chapter IV: Analysis of Results

### Quantitative Analysis

The quantitative analysis section presents the results of statistical analysis conducted on data obtained from surveys administered to participants. Descriptive statistics are used to summarise participants' narcissistic levels as determined by the Narcissistic Personality Inventory (NPI) and their overall satisfaction within romantic relationships as measured by the Couple Satisfaction Index (CSI). Individual scores and frequency distributions are provided to depict the distribution of responses.

Correlational analysis is employed to examine the relationships between narcissism levels, couple satisfaction, which will indicate conflict occurrence within romantic relationships. Pearson correlation coefficients are

calculated to evaluate the power and course of associations between variables. Hypothesis testing is conducted to determine whether significant correlations exist between narcissism levels and inter-partner conflict.

Gender	Correlation	Interpretation
Females	-0.123	Significant negative correlation
Males	-0.053	Weak negative correlation

### Discussion of findings

The results of the correlational analysis provide valuable insights into the relationship between narcissism levels and couple satisfaction within romantic relationships, stratified by gender. Among female participants, a statistically significant negative correlation of -0.123 was found between narcissism levels and couple satisfaction. Conversely, among male participants, a weaker negative correlation of -0.053 was observed, although it did not reach statistical significance. These findings imply that greater levels of narcissism among females are linked to slightly lower levels of couple satisfaction, while the association among males is weaker and not statistically significant. These findings prompt a nuanced interpretation and consideration of potential underlying mechanisms. The negative correlation observed among females suggests that those who exhibit higher levels of narcissism may find it more difficult to be satisfied in romantic relationships. This could be attributed to the self-centred and egocentric nature of narcissistic individuals, which may impede their ability to empathise with and meet the emotional needs of their partners. Additionally, narcissistic individuals may prioritise their own desires and seek admiration and validation from external sources, leading to interpersonal conflicts and dissatisfaction within the relationship. However, it is essential to approach these findings with caution and consider alternative explanations. Factors such as communication patterns, attachment styles, and relationship dynamics may mediate or moderate the relationship between narcissism and couple satisfaction, particularly within different gender groups. Further studies could examine these in further detail for gender-specific nuances to elucidate how gender influences the interplay between narcissism and couple satisfaction within intimate relationships.

### Chapter V: Discussion

The findings provide valuable insights into the relationship between narcissism and couple satisfaction within romantic relationships, stratified by gender. The discussion aims to interpret and contextualise these findings within the broader literature on interpersonal relationships, personality psychology, and gender dynamics.

The found inverse relationship between couple fulfillment and narcissistic traits, particularly among female participants, underscores the detrimental impact of narcissistic traits on relationship dynamics. Individuals high in narcissism may exhibit self-centred behaviours, lack empathy for their partners' needs, and prioritise their own desires, leading to interpersonal conflicts and dissatisfaction within the relationship. The findings suggest that narcissism poses significant challenges to the establishment and maintenance of fulfilling romantic relationships, particularly among females who may be more affected by the negative consequences of narcissistic behaviour.

The differential patterns observed in the correlation between narcissism and couple satisfaction across gender lines emphasize the significance of considering gender-specific dynamics in understanding the impact of personality traits on relationship outcomes. Gender norms and societal expectations may influence the expression and perception of narcissistic traits among males and females, shaping the dynamics of romantic relationships differently.



The results of this study have significant ramifications for the philosophy and practice of interpersonal relationships and clinical psychology. They contribute according to our comprehension of the complex interplay between personality characteristics and connection satisfaction, highlighting the detrimental effects of narcissism on romantic relationships. Practitioners working with couples may benefit from incorporating assessments of narcissistic traits into therapeutic interventions and developing tailored strategies to deal with the issues raised by narcissism in romantic relationships.

It is critical to recognize the limits of this work and provide directions for additional research. Limitations such as sampling biases, reliance on self-report measures, and the cross-sectional nature of the study constrain the generalizability and causal inference of the findings. Future research could address these limitations by employing longitudinal designs, utilising multi-method approaches, and exploring additional factors that may moderate or mediate the relationship between narcissism and couple satisfaction.

The discussion highlights the detrimental impact of narcissistic traits on relationship dynamics, underscores the importance of considering gender-specific nuances, and identifies avenues for future research and clinical interventions aimed at promoting healthier relationship outcomes.

## **Chapter VI: Conclusion**

This dissertation has explored the intricate relationship between narcissism and couple satisfaction within romantic relationships, aiming to provide a thorough comprehension of the dynamics and implications of narcissistic traits on relationship outcomes. The quantitative analysis revealed a negative correlation between narcissism levels and couple satisfaction, particularly among female participants. Greater attributes of narcissism were linked to lower levels of relationship satisfaction, highlighting the detrimental effects of narcissistic traits on romantic relationships. Additionally, gender differences were observed in the relationship between narcissism and couple satisfaction, underscoring the significance of integrating gender-specific dynamics in understanding the impact of personality traits on relationship outcomes.

It adds to the wealth of information already available in the fields of psychology and relationship studies by elucidating the complex interplay between individual personality traits and interpersonal dynamics within romantic relationships. The findings underscore the negative consequences of narcissistic traits on relationship satisfaction and highlight the importance of considering gender-specific nuances in understanding the impact of personality on relationship outcomes.

Furthermore, the study offers practical implications for couples therapy and relationship counselling, emphasising the importance of assessing and addressing narcissistic traits in therapeutic interventions. Practitioners working with couples may benefit from incorporating assessments of narcissism into clinical assessments and developing tailored strategies to promote healthier relationship dynamics and enhance couple satisfaction.

Several recommendations can be made for future research and clinical practice based on the study's findings which are:

**Longitudinal Research:** Future research could employ longitudinal designs to investigate the long-term effects of narcissism on relationship outcomes and explore potential changes in narcissistic traits over time.

**Multifaceted Assessment:** Clinicians and researchers should utilize multi-method approaches to assess narcissistic traits, considering both quantitative measures and qualitative assessments to capture the complexity of narcissism within romantic relationships.

Gender-Specific Interventions: Clinicians should develop gender-specific interventions tailored to the unique needs and challenges faced by males and females in relationships characterized by narcissistic traits.

Preventive Education: Educational programs aimed at promoting healthy relationship dynamics could incorporate information about narcissism and its potential impact on relationships, empowering individuals to recognize and address narcissistic behaviours early on.

In conclusion, this dissertation provides a thorough examination of the complex interplay between narcissism and interpartner conflicts, contributing to the existing body of knowledge in the fields of psychology and relationship studies. It offers insights that can inform therapeutic interventions, counselling practices, and relationship education programs aimed at addressing and mitigating the adverse effects of narcissistic traits on intimate relationships.

## Chapter VII: Recommendations

The development of interventions and support services that are aimed at strengthening romantic relationships and promoting overall well-being for couples, consists of several key factors that should be considered which are:

1. **Understanding Relationship Dynamics:** This involves conducting thorough research to understand the complexities of romantic relationships. Researchers may analyse various aspects such as communication patterns, conflict resolution strategies, levels of intimacy, and overall satisfaction within relationships.
2. **Identifying Areas of Improvement:** Through research findings and assessments, specific areas where couples may need support or intervention should be identified. This could include issues related to communication breakdowns, unresolved conflicts, lack of intimacy, or challenges in managing stressors.
3. **Tailoring Interventions to Couples' Needs:** Recognizing that every couple is unique, interventions should be customised to address their specific strengths and challenges. This may involve considering factors such as cultural background, individual personalities, and past relationship experiences when designing interventions.
4. **Building Positive Relationship Skills:** Interventions focus on equipping couples with essential relationship skills, such as effective communication, active listening, empathy, and problem-solving. These skills are fundamental for nurturing healthy and resilient relationships.
5. **Promoting Emotional and Psychological Well-being:** Addressing mental health issues and promoting emotional well-being are integral parts of interventions. Strategies may include stress management techniques, coping skills development, and promoting self-care practices for both individuals and couples.
6. **Providing Education and Resources:** Couples can be offered educational resources and tools to deepen their understanding of relationship dynamics and cultivate healthy behaviours. Workshops, online materials, self-help resources, and access to trained counsellors or therapists can be provided to support couples.
7. **Encouraging Early Intervention:** Couples may be encouraged to seek support at the earliest signs of relationship distress rather than waiting for issues to escalate. Early intervention can help prevent problems from worsening and facilitate more effective resolution.
8. **Supporting Relationship Maintenance:** Programs and services ought to be developed to support ongoing relationship maintenance and growth. This involves offering regular check-ins, relationship education courses, or support groups that focus on strengthening bonds and fostering continued growth.
9. **Incorporating Evidence-Based Practices:** Interventions that are based on empirical research and evidence-based practices must be inculcated to ensure their effectiveness. Regular evaluation and

adaptation of interventions based on outcomes and participant feedback are essential to maintain relevance and efficacy.

10. **Promoting Access and Affordability:** Interventions and support services shall be made accessible and affordable to couples from diverse backgrounds. This may involve offering sliding-scale fees, online options, or community-based programs to ensure that all couples have access to support when needed.

By elaborating on each point, interventions and support services can be developed with a deeper understanding of the specific needs and challenges faced by couples, ultimately leading to more effective outcomes in strengthening relationships and promoting overall well-being.

Interventions can also be evolved by considering factors which must contribute to constructive conflict management and fostering open communication in relationships. Those factors can be:

1. **Effective Communication Skills:** Clear and assertive communication helps couples express their thoughts, feelings, and needs without resorting to criticism or defensiveness. Active listening, using "I" statements, and avoiding blame are essential components of effective communication.
2. **Empathy and Understanding:** Cultivating empathy allows partners to see situations from each other's perspective, fostering understanding and compassion. Being able to empathise with one another's feelings and experiences helps couples navigate conflicts with greater sensitivity.
3. **Respect and Validation:** Respectful communication involves acknowledging each other's opinions, feelings, and boundaries. Couples who validate each other's experiences, even when they disagree, create an atmosphere of mutual respect and acceptance.
4. **Emotional Regulation Skills:** Individuals who can manage their emotions effectively are better equipped to engage in constructive conflict resolution. Recognizing and regulating one's own emotions, as well as responding calmly to a partner's emotions, are crucial for productive communication.
5. **Conflict Resolution Strategies:** Couples would benefit from learning and implementing healthy conflict resolution strategies such as compromise, negotiation, and problem-solving. These strategies help couples find mutually satisfactory solutions to disagreements without resorting to power struggles or escalation.
6. **Openness to Feedback and Growth:** Couples who are open to giving and receiving feedback can address issues constructively and grow together. Being receptive to constructive criticism and willing to work on personal and relational growth fosters a culture of continuous improvement within the relationship.
7. **Building Trust and Safety:** Creating a safe and trusting environment encourages open communication and vulnerability. Partners who feel emotionally safe are more likely to express themselves authentically and address sensitive topics without fear of judgement or rejection.
8. **Shared Values and Goals:** Couples who share common values and goals have a strong foundation for constructive conflict management. Aligning on core beliefs and aspirations allows partners to work together toward common objectives, fostering cooperation and unity.
9. **Healthy Boundaries and Autonomy:** Respecting each other's autonomy and boundaries is essential for maintaining individuality within the relationship. Couples who establish healthy boundaries and allow space for independence are better able to communicate openly and maintain a sense of self within the partnership.
10. **Commitment to Growth and Learning:** Couples who prioritise personal and relational growth are more resilient in the face of challenges. Investing time and effort into learning new relationship skills, seeking therapy or counselling when needed, and being open to change contribute to greater satisfaction and resilience over time.

By cultivating these factors, couples can enhance their ability to manage conflicts constructively and foster open communication, ultimately leading to greater satisfaction and resilience in their relationships.

When examining the relationship between narcissism and couple satisfaction, it's crucial to consider gender-specific nuances and underlying mechanisms that shape interpersonal dynamics within romantic relationships. Avenues that can be examined for future research and intervention may incorporate following elements:

1. **Gender-Specific Nuances:** Research suggests that narcissism may manifest differently in men and women due to societal expectations and gender norms. For example, men with narcissistic traits may exhibit more assertive and grandiose behaviours, while women may display more covert forms of narcissism, such as manipulation or passive-aggressiveness. Gender differences in how narcissism influences relationship satisfaction may also stem from variations in communication styles, conflict resolution strategies, and emotional expression between men and women. So by focusing on these aspects, future interventions can be tailored according to individuals which will promote well-being and greater satisfaction.
2. **Underlying Mechanisms:** The underlying mechanisms linking narcissism to couple satisfaction may vary between genders. For instance, narcissistic men may prioritise their own needs and desires over their partner's, leading to relationship dissatisfaction due to perceived selfishness or lack of empathy. In contrast, narcissistic women may struggle with feelings of inadequacy or insecurity masked by outward displays of confidence, which can impact relationship dynamics and satisfaction levels differently than in men.
3. **Interpersonal Dynamics:** Narcissistic traits can influence various aspects of interpersonal dynamics within romantic relationships, such as ways of communicating, levels of emotional closeness, and the distribution of power. For example, narcissistic individuals may engage in manipulative or controlling behaviours to maintain a sense of superiority or dominance over their partner. These interpersonal dynamics can create tension, conflict, and dissatisfaction within the relationship, as the needs and perspectives of the narcissistic partner may take precedence over those of their partner.
4. **Avenues for Future Research:** Future research should explore how gender-specific manifestations of narcissism impact couple satisfaction over time, considering factors such as relationship duration, life transitions, and external stressors. Longitudinal studies can help elucidate the causal pathways between narcissistic traits and relationship outcomes, shedding light on whether narcissism predicts changes in couple satisfaction or vice versa. Additionally, research should investigate potential moderators and mediators of the narcissism-couple satisfaction relationship, such as attachment style, emotional regulation, and relationship quality.
5. **Intervention Strategies:** Interventions aimed at improving couple satisfaction in relationships affected by narcissism should consider gender-specific needs and challenges. Tailored interventions may include communication skills training, conflict resolution workshops, and couples therapy focused on addressing narcissistic traits and their impact on the relationship. Empowering partners to set and maintain healthy boundaries, enhance emotional regulation skills, and foster mutual respect and understanding can help mitigate the negative effects of narcissism on couple satisfaction. Psychoeducation about narcissistic personality traits and their implications for relationships can also promote empathy, compassion, and effective coping strategies among partners dealing with narcissism-related issues.

By considering these gender-specific nuances and underlying mechanisms, future research and intervention efforts can provide valuable insights into the complex interplay between narcissism and couple satisfaction, ultimately promoting healthier and more fulfilling romantic relationships.



Some practical implications for couples therapy and relationship counselling, emphasising the importance of assessing and addressing narcissistic traits in therapeutic interventions may consist of the practicalities of addressing narcissistic traits in couples therapy which are:

### 1. Assessment Nuances

**Observing Interaction Patterns:** The therapists or counsellors must watch how partners speak to each other, listen for blame-shifting, defensiveness, and interruptions.

**Psychoeducation:** Briefly explain narcissism to the couple, while focusing on the impact of behaviours, and not labels, which would increase accountability and healthier confrontations.

**Safety and Neutrality:** Therapists should establish ground rules for respectful communication and avoid taking sides.

### 2. Tailored Interventions

**Validation and Empathy for the Non-Narcissistic Partner:** They may feel unheard and gaslighted. Therapists can validate their experiences and help them develop assertive communication skills.

**Address Underlying Needs of the Narcissistic Partner:** Therapist should explore the root of their need for admiration and control. Is it low self-esteem or a fear of inadequacy?

**Role-Playing:** Encouraging practising of healthy communication strategies like active listening and "I" statements in a safe environment.

**Cognitive Behavioral Therapy (CBT):** This can help the narcissistic partner identify and challenge negative thought patterns that fuel their behaviours.

### 3. Challenges and Solutions

**Manipulation and Resistance:** The narcissistic partner may try to manipulate the therapist or resist taking responsibility. Therapists can address these tactics directly and refocus on healthy communication.

**Support System for the Non-Narcissistic Partner:** By encouraging them to connect with friends, family, or support groups for emotional validation and guidance, the therapist can enhance the non-narcissistic partners' overall self-image.

**Focusing on Strengths:** Highlighting positive aspects of the relationship to build hope and motivation for change.

**Developing a "Safety Plan":** The non-narcissistic partner might need strategies to cope with potential manipulation or emotional outbursts.

### 4. Knowing When to Stop

**Therapist Safety:** If the narcissist becomes abusive or poses a safety risk, the therapist may need to end therapy.

**No Improvement:** If there's no progress after a significant effort, the therapist might recommend individual therapy or suggest the non-narcissistic partner consider if the relationship is healthy long-term.

**Additional Resources:** Therapists can recommend books or articles on narcissism and healthy relationships for both partners to gain a deeper understanding.

All in all, couples therapy with narcissistic traits requires a skilled therapist with expertise in personality disorders. By using a combination of assessment, targeted interventions, and ongoing support, therapists can empower couples to navigate these complex dynamics and build a healthier relationship, or help the non-narcissistic partner make informed decisions about their future.

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## Appendix

### Questionnaires used for data collection

#### 1. Couples Satisfaction Index (CSI-16)

Please indicate the degree of happiness, all things considered, of your relationship.

Extremely unhappy	Fairly unhappy	A little unhappy	Happy	Very Happy	Extremely Happy	Perfect
0	1	2	3	4	5	6

In general, how often do you think that things between you and your partner are going well?

All the time	Most of the time	More often than not	Occasionally	Rarely	Never
5	4	3	2	1	0

	Not at all true	A little true	Somewhat true	Mostly true	Almost completely true	Completely true
Our relationship is strong	0	1	2	3	4	5
My relationship with my partner makes me happy	0	1	2	3	4	5
I have a warm and comfortable relationship with my partner	0	1	2	3	4	5



I really feel like part of a team with my partner	0	1	2	3	4	5
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	Not at all	A little	Somewhat	Mostly	Almost completely	Completely
How rewarding is your relationship with your partner?	0	1	2	3	4	5
How well does your partner meet your needs?	0	1	2	3	4	5
To what extent has your relationship met your original expectations?	0	1	2	3	4	5
In general, how satisfied are you with your relationship?	0	1	2	3	4	5

For each of the following items, select the answer that best describes how you feel about your relationship. Base your responses on your first impressions and immediate feelings about the item.

Interesting	5	4	3	2	1	0	Boring
Bad	0	1	2	3	4	5	Good
Full	5	4	3	2	1	0	Empty
Sturdy	5	4	3	2	1	0	Fragile
Discouraging	0	1	2	3	4	5	Hopeful
Enjoyable	5	4	3	2	1	0	Miserable

**2. Narcissistic Personality Inventory (NPI-16)**

Read each pair of statements below and choose the one that comes closest to describing your feelings and beliefs about yourself. You may feel that neither statement describes you well, but pick the one that comes closest. Please complete all pairs.

1. I really like to be the centre of attention

It makes me uncomfortable to be the centre of attention

2. I am no better or no worse than most people

I think I am a special person

3. Everybody likes to hear my stories  
Sometimes I tell good stories
4. I usually get the respect that I deserve  
I insist upon getting the respect that is due me
5. I don't mind following orders  
I like having authority over people
6. I am going to be a great person  
I hope I am going to be successful
7. People sometimes believe what I tell them  
I can make anybody believe anything I want them to
8. I expect a great deal from other people  
I like to do things for other people
9. I like to be the centre of attention  
I prefer to blend in with the crowd
10. I am much like everybody else  
I am an extraordinary person
11. I always know what I am doing  
Sometimes I am not sure of what I am doing
12. I don't like it when I find myself manipulating people  
I find it easy to manipulate people
13. Being an authority doesn't mean that much to me  
People always seem to recognize my authority
14. I know that I am good because everybody keeps telling me so  
When people compliment me I sometimes get embarrassed
15. I try not to be a show off  
I am apt to show off if I get the chance
16. I am more capable than other people  
There is a lot that I can learn from other people