

5 Signs You're Dealing with a Narcissist

A Guide for Women Reclaiming Their Voice

By Arstella Lee

You're not crazy. You're not imagining things. Narcissistic behavior is subtle, manipulative, and can erode your confidence slowly. This guide will help you recognize the signs—so you can reclaim your clarity, peace, and voice.

1. *They Always Need to Be Right*

- 1 Conversations turn into arguments.
- 2 Facts are twisted to make you look wrong.

2. *They Gaslight You*

- 1 They make you doubt your memory or perception.
- 2 Common phrases: "That never happened," "You're too sensitive."

3. *They Use Love and Affection as a Tool*

- 1 Kindness is conditional.
- 2 Affection is withdrawn to punish or manipulate.

4. *Small Power Moves Test Your Boundaries*

- 1 Messes left behind, ignoring requests, subtle controlling behavior.
- 2 Your compliance or reaction feeds the cycle.

5. *They Make Everything About Themselves*

- 1 Your feelings and needs are minimized.
- 2 You feel drained, invisible, or always on edge.

Recognition is the first step. Healing is next.

If this guide resonated with you, my book goes deeper into:

- 1 Breaking trauma bonds
- 2 Rebuilding emotional strength
- 3 Healing with faith and clarity
- 4 Reclaiming your identity

Ready to go deeper?
Visit: www.arstellalee.com

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