

7 signs that you are married to a narcissist

Click here to download this free report, "7 Signs that You Are Married to a Narcissist."

You will get instant access to a checklist that will help you determine if your spouse has a narcissistic personality.

If you suspect that your spouse is a narcissist, it is probably already affecting your life in a negative way.

This free report will help you to

- Find out for sure if this is what's going on, so that you can decide what to do about it.
- Understand that even if your spouse has blamed you for the problems in your marriage and life, it's not really your fault.
- Get the help and resources that you need.

I'll never forget the first time I heard the term "narcissist".

My best friend came to me, so upset and confused. She could not figure out what was going on with her husband. She started describing him... listing his symptoms, really...

He was arrogant, demanding, and would never apologize for anything. He would be so rude to others, but then could be unbelievably charming at times. He could be nice and get along with people, but then be overbearing and make up stories that just weren't true. He exaggerated all the time.

It all sounded so familiar to me. Because I grew up with a father and a grandmother who were both just like that.. I remember the pain I felt as a child, never being able to win their love and experiencing the chaos of my parents' divorce.

But I had no idea that there was a word for this type of thing.

I put those symptoms into the computer into a search engine and that's when "narcissist" came up.

That's when the light bulb came on, and I began to study narcissism. Over the years I learned how to work with narcissists and their families.

I'm Christine Hammond. I'm a licensed mental health counselor, the author of, *The Exhausted Woman*, and I host a podcast called, "Understanding Today's Narcissist."

If you think you might be married to a narcissist, chances are things are not going well in your marriage and you could probably use some help and advice.

When you download this report I will also send you articles and tips that will help you.