

“The four D’s of Narcissistic Behavior”

This resource provides a framework of behaviors that may occur in unhealthy relationships and can be used to help identify patterns that may impact your well-being.

Deny -

Refusing to acknowledge, minimizing, or contradicting behavior when concerns are raised. The person may insist that something did not happen, that it wasn't significant, or that the situation was misunderstood.

“That never happened.”

Deflect -

Redirecting attention away from the concern of their own behavior. This might involve changing the subject, shifting blame, bringing up unrelated past behavior, or focusing on what someone else did instead.

“What about what you did?”

Devalue -

Dismissing or undermining another person's feelings, experiences, concerns, or credibility. This may include minimizing their reactions, calling them overly sensitive, criticizing their character, or suggesting that their perspective is unreasonable.

“You’re being way too sensitive.”

Disengage -

When confronted about concerning behavior, a person may abruptly end the conversation, withdraw communication or affection, refuse further discussion, or threaten to end the relationship rather than engage with the concern.

“If that’s how you feel, then we’re done.”



These behaviors do not, on their own, indicate narcissism or a mental health condition. Consider how these patterns affect your well-being and whether your relationship feels safe and respectful.