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**ASPEN  
Answers**

by Barry Erath, MSSW, LCSW

**INFLATED SENSE  
OF SELF**

It is certainly a good thing to have self-confidence and high self-esteem, but there is also such a thing as too much of these good things. Narcissistic Personality Disorder (NPD) is the term used to describe people with an inflated sense of self-importance and extreme self-preoccupation. The trouble that people with NPD can run into is that they are unable to feel empathy for others, nor are they able to gain insight into themselves. Instead, while preoccupying themselves with idealized self-images, those with NPD crave admiration and repel criticism. As a result, relationships suffer. While causes of this disorder are unknown, it can be diagnosed (on the basis of a psychological evaluation) and treated (with talk therapy).

Of course, NPD can have an extreme effect on your relationships. But many times relationships suffer through the wear and tear of living everyday life, with no extraordinary cause at all. We can help you repair your relationships, no matter what the cause. Our caring counselors provide a safe space and proven techniques for you to help repair your relationships. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Road, Suite 1. *Offering you and your family compassionate and professional advice.*

*P.S. A personality disorder is defined as "an enduring pattern of inner experience and behavior that deviates markedly from the expectations of the culture of the individual who exhibits it."*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)