

Yes, at some point, most people demonstrate self-centeredness, which is a natural focus on one's own needs and desires. This can be a normal and even healthy part of self-preservation, but can become detrimental when it leads to a lack of empathy or consideration for others. Factors like insecurity, upbringing, and societal pressures can influence the degree to which people are self-centered.

Self-centeredness as a natural function

- Self-preservation: The tendency to focus on oneself can be an evolutionary or situational response to protect your own interests and well-being.
- Ego strength: A degree of self-centeredness is necessary to maintain your sense of self and "ego strength".
- Situational factors: Feelings of loneliness can lead to more self-centered behavior as a short-term survival mechanism, although this can worsen loneliness in the long run.

Signs of excessive self-centeredness

A constant need for validation and attention, A lack of empathy or consideration for others' problems and feelings, Difficulty compromising, An exaggerated sense of self-importance, and A sense of entitlement.

What can contribute to self-centeredness

- Insecurity: People who are insecure may act self-centered as a defense mechanism.
- Upbringing: A person's upbringing, including a lack of validation, can contribute to developing self-centered traits.
- Societal factors: Increased individualism in modern society, partly driven by factors like economic development and social media, can lead to more self-centered behaviors.
- Past trauma: Sometimes self-centeredness can be a defensive reaction to protect against feelings of vulnerability or past trauma, notes this Reddit post.

Why it's important to distinguish

It's useful to distinguish between occasional self-centeredness and a consistently self-centered pattern of behavior.

- Self-centeredness: The tendency to bring the focus back to yourself in conversations.
- Selfishness: Acting purely in your own interests, regardless of the impact on others.