

Self-centeredness is an excessive concern with one's own needs, desires, and interests, often to the detriment of others. It can manifest as dominating conversations, lacking empathy, and taking more than is given in relationships. Causes can include upbringing, hardship, or being taught entitlement, while in some cases, it may stem from a mental health condition.

Characteristics

- Dominating conversations: Monopolizing discussions by focusing on their own life and accomplishments.
- Lack of empathy: Difficulty or inability to understand or share the feelings of others.
- One-sided relationships: Feeling that you put in all the effort to maintain a relationship without getting much in return.
- Wanting things done their way: A desire for others to comply with their plans and ideas.
- Increased worry over small things: Becoming upset or agitated over minor issues.
- Driven by ego: Motivated by their own emotions, opinions, and ego.

Potential causes

- Upbringing: Being favored, bullied, or taught to be entitled can contribute to self-centeredness.
- Hardship: Being forced to fight for resources or experiencing bullying can lead to this trait.
- Mental health conditions: Certain conditions, like some personality disorders, can be a cause.

How to address it

- For self-awareness: If you suspect you are self-centered, try journaling to understand the root of these behaviors.
- Focus on others: Consciously practice putting others' needs first and genuinely caring for those around you.
- Practice self-care: A healthy approach to self-care can prevent you from becoming self-centered, allowing you to be more present for others.
- Seek professional help: If self-centeredness is linked to a personality disorder or other mental health condition, therapy may be beneficial.