

THE JORDAN HARBINGER SHOW

Worksheet for Joe Navarro | How to Identify and Protect Yourself from Harmful People (Episode 135)

Crossing paths with dangerous personalities is just one of the frequent hazards of occupying planet Earth. But it's not like these undesirable characters walk around with handy labels that warn us of their ill intentions -- but what if there were a way to spot them as if they did?

[In this episode](#), we talk to former FBI special agent Joe Navarro, one of the world's most recognized experts in nonverbal communication and author of [Dangerous Personalities: An FBI Profiler Shows You How to Identify and Protect Yourself from Harmful People](#).

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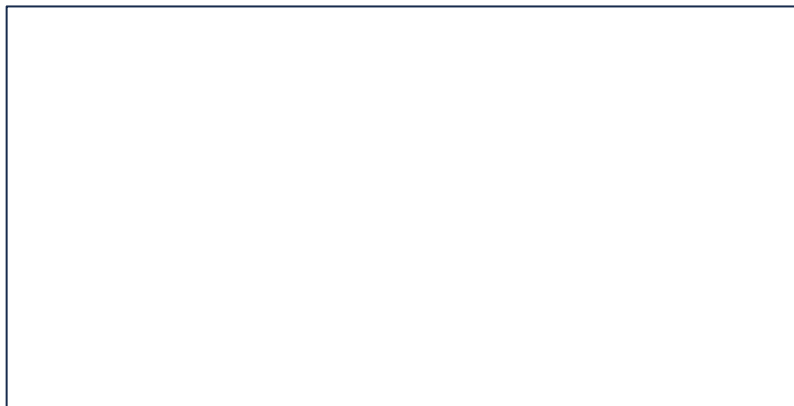
Document Everything

Thankfully, we won't all fall victim to a predator or a narcissist at their worst. However, *someone* reading this will. So here's how to be prepared in case you happen to be that someone.

If there's a personal relationship in your life (from boss to boyfriend) where the other person has started exhibiting red-flag behavior, it's time to start writing things down.

"Aggressors never keep records," Joe told me. This puts you in a better position should you bring a case to court, need a restraining order, or an intervention from Human Resources. Plus, you won't have to trust your memory six months down the line.

Document the date and time of the incident (no matter how small). You can email this to yourself so you have a permanent record (it'll stay on the server).



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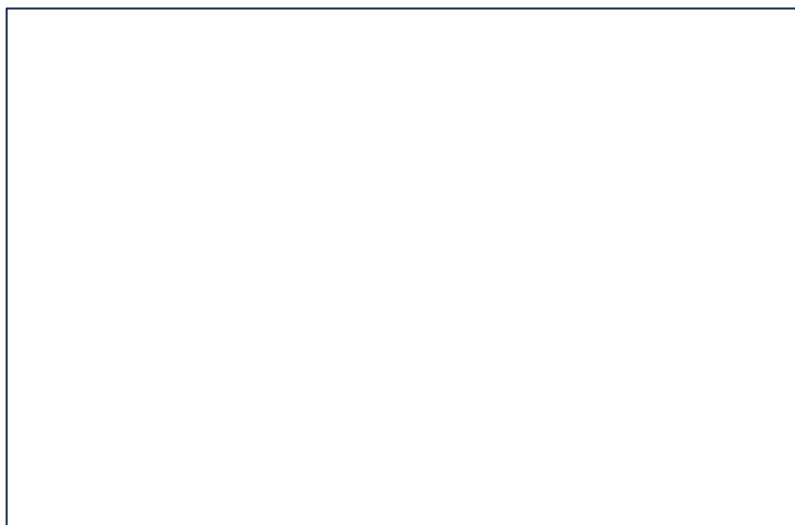
The One-Question Narcissism Quiz

Dangerous Personalities provides a rather thorough 125-item checklist where you can evaluate someone's behavior to see if they might be a narcissist.

"The person who has these characteristics is severely flawed of character," Joe told me. "They leave a debris field of human suffering behind them and they don't care."

Before you become a wasted feature of that debris field, you can ask yourself one question: *Does this individual overvalue him/herself while devaluing others?*

If you think the answer is more than likely yes, it's time to go through the checklist.



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Listen to Your Gut

Your limbic brain works whether you listen to it or not. It's the part of your brain (or gut) that's evolved to sense when something is wrong. It's the part of your brain that wants to keep you out of trouble but thanks to social programming, you can try and shut it up or rationalize it away.

"You have no social obligation to be victimized ever," Joe told me with 100% certainty.

Your assignment is simple: remember to listen to that inner voice that's constantly analyzing the world and telling you if something is wrong.



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You Must Learn

Just because someone acts selfish, or like a jerk, doesn't mean they meet the diagnostic criteria for a malignant narcissist. In fact, we all have bad days and can check off a few of those boxes. That's why Joe's checklists are the real deal. If you are able to analyze someone over time, and they keep checking off more of those boxes, this could be serious.

"How many of these things are we seeing and how often?" is how Joe told me watch with a careful eye. So how do we train that careful eye? We can't all read the DSM-5 (much less understand it) but we can do things like read Joe's book. Knowing what you're observing can mean, in some cases, life or death.

"Once I teach you to look for these behaviors, you will never forget them," he said.

If you're seriously worried about someone in your life, the first option should always be to call law enforcement. If it's not there yet, try Joe's book.



Full show notes and resources for this episode [can be found here.](#)

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About



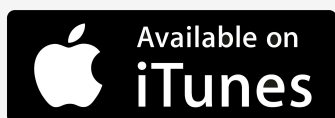
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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