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Understanding Self-centered People

Self-centered people focus mostly on themselves, often thinking about their own feelings, needs, and achievements above others. While it's normal to care about ourselves, self-centered individuals may take it too far and not notice how their actions affect those around them.

These individuals often have a constant need for attention. They tend to talk a lot about their successes but rarely ask about other people's lives. This lack of empathy can lead to misunderstandings and hurt feelings, as they may struggle to understand or care about others' emotions. On social media, particularly professional platforms like LinkedIn, self-centered individuals may post their profiles on others' updates. This behavior can come off as trying to steal the spotlight or gain attention for themselves rather than supporting their colleagues.

The impact of self-centered behavior can be significant. It can create a negative atmosphere, leading friends and colleagues to feel neglected or unappreciated. This can result in conflicts or distancing. In the workplace, being overly focused on oneself can harm one's professional reputation; colleagues might view them as uncooperative or egotistical. Additionally, constantly seeking validation from others can lead to anxiety and stress, as self-centered individuals may feel unhappy when they don't receive the attention they crave.

If you encounter self-centered individuals, there are several ways to cope. Setting boundaries is important to maintain your own space and avoid being overwhelmed by someone else's needs. Open communication can help; if their behavior bothers you, talking to them may raise their awareness of how they come across. It's also essential to focus on your well-being by surrounding yourself with people who appreciate you and contribute positively to your life. If someone's self-centered behavior negatively impacts your happiness, it might be best to limit your interactions with them.

Understanding self-centeredness can help us navigate our relationships better. While it's okay to care about ourselves, it's equally important to care about others and foster supportive, balanced connections.

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