

Narcissistic Abuse Worksheet

1. What signs of narcissistic abuse have you seen and how did they affect you?

2. Did anyone warn you about this relationship being toxic? What would you have done differently if you knew about narcissistic abuse?

3. Did you stand up for yourself when you were treated poorly? Why or why not?

4. What behavior or situations trigger painful memories?

5. Write about your feelings of anger. Write a list of everything you feel angry about.

6. How can you show yourself acceptance and love throughout your healing journey?

7. Do you have anyone who can understand what you've been through and offer support?

8. What do you need to forgive yourself for?

9. Write a list of positive mantras to repeat to yourself every day to help you release the past and heal.

10. What can you do today to bring greater peace into your life?
