

Narcissistic Abuse Recognition Worksheet

Choose a relationship that has made you feel confused, emotionally drained, or constantly unsure of yourself. Answer the questions below as honestly as possible.

Part 1: Behavior Reflection

For each question, circle your answer: OFTEN / SOMETIMES / NEVER

A. Emotional Manipulation

- Do you feel like you're "walking on eggshells" around this person?
- Do they make you feel guilty for things that aren't your fault?
- Do they twist your words or deny things you clearly remember?

B. Control & Isolation

- Do they try to control how you spend your time or who you talk to?
- Do they try to isolate you from your family, friends, or support systems?
- Do they undermine or criticize your decisions frequently?

C. Self-Centered Behavior

- Do they make most conversations about themselves?
- Do they dismiss or minimize your feelings?
- Do they crave constant attention, admiration, or validation?

D. Idealization & Devaluation

- Did they begin the relationship with extreme praise or affection (love bombing)?
- Do they now criticize or ignore you unexpectedly?
- Do they alternate between being loving and being cruel?

Part 2: Reflection Questions

1. Which behavior patterns stood out to you the most?

2. How did the relationship make you feel about yourself?

3. Have you made excuses for this person's behavior? Why?

4. How do you feel when you're around them-empowered or diminished?

Part 3: Reaffirm Your Worth

Write a short paragraph titled: "What I Deserve in a Relationship"

Example:

"I deserve to feel safe, respected, and valued. I should not have to earn love by shrinking myself or avoiding conflict. I deserve consistency, honesty, and kindness from the people in my life."