

Skill-Building Worksheet: Narcissistic Abuse Recovery

Exercise 1: Boundary Visualization

Instructions: Close your eyes, breathe deeply, and imagine a glowing light surrounding you as a safe and healthy boundary. Use the space below to describe your boundary: its color, shape, energy, or what it means to you.

Affirmations to repeat silently:

- I have the right to protect my space.
- I get to decide what enters my energy.
- I am allowed to have boundaries.

Exercise 2: Reclaiming the Inner Voice

Instructions: Think of a situation where you doubted yourself or were silenced. Reflect and respond to the following prompts:

1. What was I feeling in that moment?

2. What did I **want** to say or do?

3. What message did I hear from the abusive person that made me doubt myself?

4. What would my wise inner voice say instead?

Exercise 3: Red Flag Rehearsal

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Instructions: Practice healthy responses to red flags. Use this space to write a red flag you often experience, and how you might respond to it.

Example: Red Flag - "You're too sensitive, I was just joking."

Response - "It may have been a joke to you, but it didn't feel that way to me."

Your Red Flag:

Your Response:
