iRise COACHING SERVICES

7 STEPS TO

Reclaim Yourself

After Narcissistic Abuse

A gentle starter guide to clarity, boundaries, self-trust, and your next chapter.

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iRiseCoaching.co



HEAL. EMPOWER. RISE.

WELCOME

A Softer Place to Begin

You do not have to figure everything out today.

If a relationship left you doubting yourself, walking on eggshells, over-explaining, or feeling disconnected from who you used to be, recovery can begin with something very small: believing that your experience matters.

This guide is not about labeling another person. It is about helping you notice harmful patterns, reconnect with your own voice, and make choices that support your safety, peace, and self-respect.

> KEEP THIS CLOSE Healing is not a race. Clarity can come in layers, and a small act of self-trust still counts as progress.

Use these seven steps in order or return to the one you need most. Write in the spaces, journal separately, or simply read and reflect. You are allowed to move at your own pace.

What do I want more of in my life right now?

What do I want less of?

BEFORE YOU BEGIN

Support, Safety, and Scope

A coaching guide should support your choices - not replace professional care.

This guide is educational and reflective. It is not therapy, medical care, legal advice, financial advice, diagnosis, or emergency support. Narcissistic personality disorder can only be diagnosed by a qualified clinician; your healing does not require you to diagnose anyone.

- If you are in immediate danger, contact local emergency services or a trusted local resource.
- In the United States, call or text 988 for the Suicide & Crisis Lifeline if you are in emotional crisis or considering self-harm.
- For U.S. domestic violence support, contact the National Domestic Violence Hotline at 800-799-SAFE (7233) or text START to 88788.
- If digital monitoring may be a concern, use a safer device when looking for help or making plans.
- For custody, divorce, protective orders, housing, immigration, or financial rights, seek qualified legal or advocacy support.

> YOUR PACE MATTERS You never have to confront someone, disclose private information, or make a major decision just because an exercise suggests reflection. Safety comes first.

One person or professional I can contact for support:

One place where I feel safer or more grounded:

STEP 1

Name What Happened Without Blaming Yourself

Confusion often grows when you keep trying to explain away behavior that repeatedly hurts, controls, dismisses, intimidates, or destabilizes you. Naming a pattern does not require a diagnosis. It simply means describing what happened and how it affected you.

> **REMEMBER** Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Use observable language: “When I said no, they kept pressuring me.”
- Separate behavior from your worth: “That happened to me” is different from “That happened because I am not enough.”
- Notice repetition. One difficult moment and a repeated pattern are not the same thing.

Write one event using only facts you could have observed or heard.

_____

_____

_____

MY TINY ACTION

I will stop blaming myself for someone else’s choice to: _____

STEP 2

Rebuild Trust in Your Own Reality

After repeated invalidation, you may second-guess your memory, feelings, or judgment. Rebuilding self-trust is not about becoming certain about everything. It is about learning to take your own observations seriously again.

> REMEMBER Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Pause before asking someone else what you "should" think.
- Write down what you noticed before explaining it away.
- Use balanced truth: "I may not know every motive, but I know how this behavior affected me."

Complete this sentence: "What I know for sure is..."

_____

_____

_____

MY TINY ACTION

One decision I can make without asking for permission is: _____

STEP 3

Calm Before You Decide

When your nervous system is activated, everything can feel urgent. A pause gives your body time to settle so your next choice can come from intention rather than pressure, fear, or panic.

> **REMEMBER** Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Put both feet on the floor and name five things you can see.
- Take a slow exhale that is a little longer than your inhale.
- Delay non-urgent replies: “I need time to think. I’ll get back to you.”

What does “activated” feel like in my body?

_____

_____

_____

MY TINY ACTION

My go-to grounding action will be: _____

STEP 4

Set Boundaries You Control

A boundary is not a rule that forces another adult to behave. It is a decision about what you will do to protect your time, energy, access, privacy, or emotional well-being.

> **REMEMBER** Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Instead of “You have to stop yelling,” try “If yelling starts, I will end the conversation.”
- Keep the boundary simple. You do not need a courtroom argument to justify it.
- Choose consequences you can realistically carry out.

What situation needs a clearer boundary?

_____

_____

_____

MY TINY ACTION

If _____ happens, I will _____

STEP 5

Stop Over-Explaining

Over-explaining can become a survival habit when you are used to defending every feeling, choice, or boundary. You are allowed to communicate clearly without presenting a case for why your needs are valid.

> REMEMBER Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Try a shorter answer first.
- Repeat your message instead of adding more reasons.
- Remember: disagreement does not automatically mean your boundary is wrong.

Where do I tend to explain myself long after I have already been clear?

MY TINY ACTION

A shorter sentence I can practice is: _____

STEP 6

Reconnect With Your Identity

Harmful relationships can make your world smaller. Recovery includes remembering that you are more than what happened to you. Your interests, values, humor, creativity, goals, friendships, and preferences still belong to you.

> **REMEMBER** Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Make a list of things you enjoyed before the relationship became consuming.
- Choose one low-pressure activity that feels like you.
- Reconnect with people who respect your “no” and do not demand a performance from you.

What part of myself have I missed the most?

_____

_____

_____

MY TINY ACTION

This week I will reconnect with myself by: _____

STEP 7

Choose Your Next Chapter

Recovery is not only about leaving pain behind. It is also about building a life that feels more peaceful, honest, and aligned with your values. Your next chapter can begin before you feel completely "healed."

> **REMEMBER** Your goal is not perfect certainty. Your goal is enough clarity to choose what supports your well-being.

TRY THIS

- Choose one value you want your life to reflect: peace, courage, stability, joy, honesty, connection, or something else.
- Make the next step small enough to complete.
- Measure progress by your choices and self-respect, not by whether difficult feelings ever return.

If my life felt more like mine, what would be different?

_____

_____

_____

MY TINY ACTION

My next small step is: _____

BOUNDARY TOOLKIT

Short Sentences You Can Borrow

Clear does not have to mean cold. Short does not mean rude.

WHEN YOU NEED...	TRY...
Time to think	"I'm not making that decision right now."
To end an argument	"I'm willing to talk when we can both speak respectfully."
Privacy	"I'm keeping that information private."
To decline	"No, that doesn't work for me."
To resist pressure	"My answer is still no."
To stop over-explaining	"I've explained my decision. I'm not discussing it further."
To pause a text exchange	"I'm stepping away from this conversation for now."

> A USEFUL TEST If a boundary requires another person's agreement before you can keep it, rewrite it around an action you control.

The sentence I most need to practice:

REFLECTION

What Is Changing for Me?

Notice progress that may be quieter than you expected.

☐ I notice my feelings without immediately arguing with them.

☐ I can name at least one pattern that no longer feels acceptable to me.

☐ I am practicing a boundary that depends on my own action.

☐ I am giving myself more time before making pressured decisions.

☐ I am reconnecting with an interest, value, or person that feels like me.

☐ I am learning that peace can feel unfamiliar and still be healthy.

The biggest truth I am taking from this guide is:

One thing I am proud of myself for noticing or changing:

KEEP RISING A difficult day does not erase your progress. Recovery is often the practice of returning to yourself again and again.

YOUR NEXT STEP

You Do Not Have to Rebuild Alone

Support can help you turn insight into consistent action.



SHARON

Founder, iRise Coaching Services

Meet Sharon

I created iRise Coaching Services to support women who are ready to rebuild their confidence, strengthen their boundaries, reconnect with themselves, and move forward with greater clarity and purpose.

Coaching is a collaborative space for reflection, goal-setting, accountability, and practical next steps. It is not a substitute for therapy or crisis care.

If this guide helped you put words to what you have been carrying, your next step can be simple: learn more about the coaching support available through iRise.

EXPLORE COACHING SERVICES

iRiseCoaching.co

YOUR REMINDER You are allowed to choose a life with more peace, more clarity, and more room to be yourself.

HEAL. EMPOWER. RISE.

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