

“Coming Home to Yourself”

**A Free 12-Page
Healing Workbook for
Survivors of
Narcissistic Abuse**



“Where I Am Now?”

Yes or No?

I trust my instincts more than I used to.

I don't feel responsible for everyone's emotions.

I can say no without explaining myself.

I recognize my old patterns.

I don't feel the need to prove my side of the story.

I am beginning to enjoy my own company.



Things I Don't Do Anymore (Fill In The Blanks):

I don't chase _____ anymore.

I don't explain _____ anymore.

I don't apologize for _____ anymore.

I don't tolerate _____ anymore.

I don't abandon myself when _____.



What I'm Learning About Myself

Before the abuse, I believed _____ about myself.

Now I'm beginning to understand _____.

Something I actually like about myself is _____.

Something I want to rediscover is _____.



My New Rules for Relationships

In my relationships, I will no longer _____.

I need _____.

I deserve _____.

A red flag I won't ignore again is _____.

A green flag I want more of is _____.



When I Start Doubting Myself:

I don't need to convince someone else that my experience was real.

**I know what I experienced.
I know how I felt.**

**I know what I will no longer accept.
I am allowed to trust myself.**



What Am I Ready to Reclaim?

The goal isn't simply to leave the past behind. It's to make room for a life that feels like yours again.

A part of myself I want back is _____.

Something I used to enjoy was _____.

A dream I put on hold was _____.

Something new I would like to try is _____.

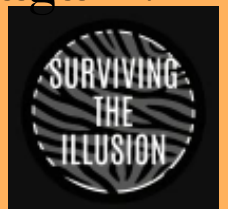
I want my life to feel more _____.

I want to spend more time with people who _____.

I want to spend less time _____.

One small thing I can do for myself this week is _____.

One thing I am giving myself permission to do again:



Learning to Trust Yourself Again

When you've spent years being questioned, dismissed, blamed, or made to doubt your own perceptions, trusting yourself can take time.

Complete these sentences:

I know I'm uncomfortable when...

My body often tells me something is wrong by...

One instinct I ignored in the past was...

Today, I am willing to listen to myself when...

I don't need someone else's permission to...

A reminder:

I am allowed to pause.

I am allowed to question.

I am allowed to say no.

I am allowed to change my mind.

I am allowed to trust what I feel and observe.



My Peace Is a Priority

Peace may feel unfamiliar when you've spent years managing someone else's emotions.

What tends to disturb my peace?

What situations am I no longer willing to participate in?

What helps me feel safe, grounded, and calm?

**My Peace Plan:
When I feel overwhelmed, instead
of reacting immediately, I will:**

- 1.
- 2.
- 3.

**Something I need to remember:
I don't have to attend every argument I'm invited to.**



The Person I Am Becoming

You are not defined by what happened to you. You are allowed to create a new vision for yourself.

Complete the sentences:

The person I am becoming is _____.

I know my worth because _____.

I no longer feel obligated to _____.

I protect my peace by _____.

I surround myself with people who _____.

I give myself permission to _____.

I am proud that I _____.

My vision for the next chapter:

**Six months from now,
I would love to look back and say:**



My Commitment to Myself

I Choose Me.

**I will no longer measure my worth
by how someone else treats me.**

I will listen to my instincts.

I will honor my boundaries.

**I will stop abandoning myself to
keep someone else comfortable.**

I will allow myself to heal at my own pace.

I will make room for joy again.

**I will remember that leaving the past behind
does not mean forgetting what I learned from it.**

**I survived.
I am healing.
I am becoming.
And my life belongs to me.**

**My commitment to myself:
I promise to _____**

Date: _____

Signature: _____

**Surviving the Illusion
You survived the illusion.
Now it's time to come home to yourself.**

