



NPD + BPD in Relationships: Recognizing the Pattern Client Reflection Worksheet

1. Do I feel emotionally safe in this relationship?
2. Have I experienced idealization followed by sudden rejection or blame?
3. Do I often second-guess my memory or perceptions after a conflict?
4. Do I feel responsible for someone else's emotions, behavior, or survival?
5. Do I stay out of guilt, fear, or obligation?
6. Have my boundaries been ignored, tested, or eroded?
7. Am I often walking on eggshells, trying not to trigger a reaction?
8. Have I given more than I received-emotionally, mentally, financially?
9. Do I feel isolated from others who care about me?
10. Do I believe I can "heal" them if I just love them better?

You are not alone. This worksheet is not about judgment. It's about truth.

What truths are rising for you after answering these questions?

What would safety, peace, and self-respect look like for you today?

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