

Recognizing the NPD + BPD Pattern in Relationships

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?

You are allowed to choose you.

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Printed on July 26, 2025