



Narcissistic Abuse Recovery Homework

1: Tracking Lies

Write down specific lies you've experienced. Then define the underlying message, record the impact, and reflect on what you see clearly now.

THE LIE: _____

UNDERLYING MESSAGE: _____

IMPACT ON ME: _____

WHAT I SEE NOW: _____

THE LIE: _____

UNDERLYING MESSAGE: _____

IMPACT ON ME: _____

WHAT I SEE NOW: _____

THE LIE: _____

UNDERLYING MESSAGE: _____

IMPACT ON ME: _____

WHAT I SEE NOW: _____

THE LIE: _____

UNDERLYING MESSAGE: _____

IMPACT ON ME: _____

WHAT I SEE NOW: _____

2: Spotting the Patterns

What patterns do you notice across the lies?

Pattern I notice: _____

Example from my experience: _____

Reflection: _____

Reflection Prompts:

1. Which of these lies do I still find myself struggling to believe?
2. How did these lies affect my sense of self-worth and confidence?
3. Which tactics do I now recognize more clearly?
4. How can I remind myself of the truth when I feel pulled back into doubt?
5. What support systems or practices help me stay grounded in reality?

Pattern I notice: _____

Example from my experience: _____

Reflection: _____

Grounding Affirmation

“The lies told about me are not my truth. I see clearly, I trust myself, and I release the need to carry blame that is not mine.”