

Blue Feather Counseling / Consulting

Narcissistic Abuse Recovery Homework Packet

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This packet is designed to help survivors of narcissistic abuse identify patterns of dishonesty, reflect on their experiences, and regain clarity and self-trust.

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Narcissistic Abuse Recovery Homework Packet – Fillable Version

Worksheet 1: Tracking the Lies

Use this table to write down specific lies you've experienced. Categorize them, record the impact, and reflect on what you see now.

Lie / Statement	Category	Impact on Me	What I See Now

Worksheet 2: Spotting the Patterns

What patterns do you notice across the lies? Write them here.

Pattern I Notice	Example from My Experience

Reflection Prompts

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

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.”