



10 Clear Signs You've Been Abused by a Narcissist

By Kris Reece February 15, 2024

#1- Hyper-Vigilance

Startle easily, don't like to be scared.

Constantly monitoring other's moods, always on edge.

#2- Trauma Bonding

Strong emotional attachment and dependency to the person causing the pain.

#3- Loss of Identity

Do not know who you are apart from them.

They are happy to define you and create a dependency on them. "I'm the bread winner, you can't survive without me".

#4- Chronic Guilt

Not because of something I've done, but because of their gaslighting.

#5- Physical ailments, especially hormonal

#6- Low Self Esteem

Feeling unworthy and inadequate.

#7- Emotional Dependence

Always trying to get validation from them, even though they never give it.

#8- Walking on eggshells

Constantly anxious about how they will interact. Leading into being anxious always and putting it on others.

Fear of criticism and judgement, so you "tone down" your true self and try to blend in.

Being "quirky or funny" is not ok.

#9- Trust Issues

Not knowing who or what to trust. Trusting no one is just as unhealthy as trusting everyone. Health = discernment. Learning who and what to trust by listening to the Holy Spirit. Trust does NOT = love.

#10- Self-doubt

Question my feelings and thoughts, even my whole reality.