

Vulnerability Assessment Worksheet

We all have things in our lives that we value and motivate us. We often devote a lot of thought and time to these things. These things are targets for a Narcissist and are our vulnerabilities.

1. On a blank sheet of paper identify and list all those things you value the most, such as children, pets, relationships, financial security, health, hobbies, activities, profession, etc. There are no wrong answers, and every person will have a different list. Be specific and list as many things as you can.
2. From your list, circle those things the Narcissist knows you value. Look at what you've circled—this will be where the Narcissist attacks.
3. Take what you have circled and write each thing of value down in order of importance on the worksheet under the column titled "Concerns."
4. In column two under the heading "History/Threats," you will list any *history of attacks* or *threats* on the things you listed in column one under "Concerns."
5. In this column, you will list any risk factors/vulnerabilities allowing the Narcissist to repeat the harm or make good on threats.
6. In this column, you will write how you can block Narcissists from harming those things listed in column one, "Concerns."
7. Column four "Blocking" is also a "To do list." When you finish the worksheet, transfer your items from Column 4 into a "To do List" and check them off as you complete them.