

Reflections for Heart & Mind: Understanding & Healing from Narcissistic Wounds

Living Christianly Rooted in Truth, Planted in Grace — Reflection Series

INTRODUCTION

If you've lived with or been deeply hurt by someone with narcissistic patterns, you know the confusion, fear, or self-doubt that can linger. People with narcissistic traits often twist truth, use manipulation, or belittle others to feel powerful. When you've been on the receiving end of that, you may question your worth, your memories, or your right to have boundaries.

This reflection will help you name what you've experienced, break through the confusion with biblical truth, and begin to see yourself as God does — seen, valued, and protected.

CLINICAL INSIGHT

What is a narcissistic wound?

Psychologists define narcissistic abuse as a pattern of manipulation, gaslighting, blame-shifting, or emotional control by someone who centers themselves and disregards others' feelings. Long-term exposure can leave you feeling like you're "walking on eggshells," questioning reality, or carrying deep shame.

Recent research shows that the 4 most common and most difficult effects to heal from after narcissistic abuse are:

1. Chronic self-doubt due to gaslighting.
2. Low self-worth and internalized shame.
3. Hypervigilance and fear of conflict.
4. Difficulty trusting others, leading to isolation.

These wounds can also lead to maladaptive coping patterns — behaviors you used to survive that may now keep you stuck, like people-pleasing, over-apologizing, avoiding confrontation, or staying silent to keep the peace. Healing often means unlearning these habits, building healthy boundaries, and strengthening your identity in Christ.

BIBLICAL CONNECTION

God's Word is clear: He cares deeply about the oppressed and the wounded. Joseph was betrayed and abused by his own brothers out of jealousy and resentment. They mocked him, stripped him of what he loved, and sold him like he didn't matter — yet God never left him.

"You meant evil against me, but God meant it for good..." — Genesis 50:20 (ESV)

When you've been hurt by someone's selfishness or pride, remember that God is not like that person. He is your safe place. He heals the brokenhearted and restores what was stolen.

“The Lord is near to the brokenhearted and saves the crushed in spirit.” — Psalm 34:18 (ESV)

Like Joseph, you may have been hurt by people who should have protected you. You may have been misunderstood, blamed, or treated as if your feelings didn’t matter. But Joseph’s story reminds us that what others meant for harm, God can redeem. Your story is not over, and your identity is not defined by how someone treated you — it is defined by who God says you are.

Let’s explore how this issue shows up in your own life—and what spiritual and practical tools can help you walk in freedom.

REFLECTION EXERCISES

Reflection Exercise 1 – Truth vs Lies

How to use this reflection exercise below: Read each question. Use the tables to write your honest thoughts and anchor them in Scripture truth.

Reflection Question	Your Response	Truth Anchor (Verse)
<i>What did the narcissistic person make you believe about yourself?</i>		
<i>What patterns (e.g., gaslighting, blame-shifting) did you experience?</i>		
<i>How did that affect your ability to trust yourself or others?</i>		
<i>What does God say about your true worth?</i>		
<i>What healthy boundaries might God be inviting you to strengthen?</i>		

Reflection Exercise 2 – Maladaptive Coping Patterns

Instructions: Sometimes we adapt habits to survive manipulation — but they keep us stuck. Use this table to name yours and write a first step to break free. You can use your journal if you need more room.

Maladaptive Habit	When Do You Do It?	New Truth/Action
<i>Example: People-pleasing</i>	<i>When I feel scared someone will be angry.</i>	<i>My worth is not based on approval. I can speak honestly and trust God with the outcome.</i>
<i>Example: Avoiding conflict</i>	<i>When I fear arguments.</i>	<i>It’s OK to say “No” and set healthy boundaries.</i>

RUN THE RACE – APPLICATION & ACCOUNTABILITY PLAN

“Do you not know that in a race all the runners run, but only one receives the prize? Run in such a way as to get the prize.” — 1 Corinthians 9:24

SEEK THE HOLY SPIRIT

Ask God to show you the habits, fears, or silence patterns that keep you stuck in unhealthy relationships or thinking patterns.

PRAY

Invite Him to heal your mind so you don't need unhealthy patterns to feel safe.

SAMPLE PRAYER:

Father, I surrender the lies I believed and the habits I've used to feel safe. Help me trust You instead. Heal my wounds and give me courage to live in truth and freedom. Amen.

SURRENDER

Write down any old habits, fears, lies, or patterns you need to surrender to God this week.

When an old habit shows up, pause and pray:
“Lord, help me stand in truth and break this cycle.”

UNLOCK YOUR MIND

Key Scripture: “You meant evil against me, but God meant it for good...” (Genesis 50:20, ESV)

Key Truths:

- ✓ *God sees and heals betrayal.*
- ✓ *I am not what was spoken over me.*
- ✓ *I can choose new, healthy patterns.*

PERSONAL CHANGE PLAN

What I Want to Change	What Steps Will I Take to Change?	What Bible Verse Will I Memorize to Support My Change?

CONNECT WITH AN ACCOUNTABILITY PARTNER

WHY ACCOUNTABILITY HELPS

Change rarely happens in isolation. Research in psychology and behavior change shows that people are far more likely to follow through on goals and behavior changes when they share them with another person and check in regularly. Accountability increases follow-through, reduces avoidance, and helps reinforce new habits and healthier thinking patterns over time.

The Bible also teaches that we are not meant to grow alone. God often uses other people to encourage us, remind us of truth, and help us stay on the right path.

“Two are better than one... If either of them falls down, one can help the other up.”
— Ecclesiastes 4:9–10 (ESV)

“Therefore, encourage one another and build one another up...” — 1 Thessalonians 5:11 (ESV)

Accountability is not about being judged or controlled — it is about being supported, encouraged, and reminded of truth as you grow and change. Choose at least one person who is safe, trustworthy, and supportive, and check in with them regularly about what you are working on.

Identify one accountability partner who will encourage you to stay connected and nurture these bonds.

Name	Method of Contact	Contact Info
Check-In Day:		

JOURNAL PROMPT

Where is God inviting you to trust Him more deeply as you break old patterns?

SCRIPTURE MEMORY VERSE

Genesis 50:20 (ESV) — “You meant evil against me, but God meant it for good...”

SUMMARY

- ✓ Named the wounds caused by narcissistic abuse
- ✓ Recognized common effects and survival habits
- ✓ Anchored your mind in biblical truth
- ✓ Created a plan to break free from unhealthy patterns

OPTIONAL GROUP DISCUSSION PROMPT

Which old habit do you feel God is asking you to break? How can you support each other in this?

WHAT'S NEXT?

God calls us to keep growing, maturing, and being transformed by His truth. The Apostle Paul reminds us that we aren't meant to stay on spiritual "milk" forever — but to grow up into spiritual "meat" so we can stand strong in faith (*Hebrews 5:12–14*). He also urges us to *train to run the race in such a way as to win the prize* (*1 Corinthians 9:24–25*).

You've taken an important step by completing this *Reflections for Heart & Mind* worksheet — don't stop here! Keep pressing forward as you renew your mind and restore your soul:

Reflections for Heart & Mind → awareness & insight

Explore a new topic that meets you where you are today — anxiety, grief, identity, boundaries, and more.

Renewed Mind → thought patterns & beliefs

Dive deeper into transforming thought patterns and building biblical truth habits.

Soul Restoration → emotional healing & deeper wounds

Focus on emotional healing, identity in Christ, and restoring your heart in God's presence.

CLINICAL NOTE

This worksheet is a tool for reflection and personal growth but is not a substitute for professional counseling or mental health treatment. If this issue significantly affects your emotional health, relationships, daily functioning, or sense of safety, consider seeking support from a licensed mental health professional or Christian counselor. If you are located in Illinois and are seeking faith-integrated counseling, you may contact **InTouch Mind Health** for more information or to schedule an appointment. You may also seek care from another licensed provider in your area.

InTouch Mind Health

(312) 544-0551

www.InTouchMindHealth.com

If you are in crisis or feel unsafe, please call 988 or your local emergency number.

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