

Narcissistic Recovery Checklist

1. Acknowledge & Name the Abuse

Recognize the manipulation, gaslighting, and emotional harm. Accepting the reality of what happened is the first step to healing.

2. Educate Yourself

Learn about narcissistic abuse, trauma bonding, and manipulation tactics to regain clarity and self-trust.

3. Establish No Contact or Grey Rock

If possible, cut off contact. If not, limit emotional engagement and minimize responses.

4. Build a Strong Support Network

Reconnect with trusted friends, family, or survivor support groups to feel less isolated.

5. Seek Professional Support

Consider therapy with a specialist experienced in narcissistic abuse recovery and trauma.

6. Prioritize Self-Care

Focus on sleep, nutrition, movement, journaling, hobbies, and mindfulness practices.

7. Process Emotions and Grieve

Allow yourself to fully feel and process anger, sadness, and confusion without judgment.

8. Identify Personal Patterns

Reflect on tendencies like people-pleasing or codependency, and work on breaking harmful cycles.

9. Reclaim Your Identity & Boundaries

Redefine who you are outside of the narcissist's control. Learn to set and protect healthy boundaries.

10. Rebuild Independence & Joy

Explore hobbies, passions, and relationships that affirm your value and autonomy.

11. Observe Without Absorbing

Practice mindfulness and avoid internalizing others' negativity or manipulation.

12. Share & Advocate

When ready, consider sharing your story or helping others heal through advocacy or writing.

Step	Action
1	Acknowledge the abuse
2	Learn about narcissism
3	Enforce no or low contact
4	Reconnect with trusted support
5	Get therapy or professional help
6	Focus on self-care
7	Process emotions and grief
8	Identify personal patterns
9	Restore identity & boundaries
10	Rebuild joy & independence
11	Observe without absorbing
12	Share and advocate