

# Narcissistic Abuse Recovery Checklist

Gentle, practical steps you can take at your own pace. This is not a substitute for emergency help. If you are in danger, call emergency services.

## Safety & Stabilization

- Identify a safe place to stay today (friend, family, shelter, hotel).
- Create a discreet code word with a trusted person for help.
- Prepare a go■bag (ID, meds, cash card, charger, essentials).
- Turn off/limit location sharing on devices and apps.
- Plan a safe exit route and transportation backup.

## Documentation

- Keep a private log of incidents (dates, times, what happened).
- Save screenshots/voicemails in a secure folder or cloud.
- Photograph injuries and property damage with timestamps.
- Store copies of key documents (ID, SSN, leases, orders).

## Grounding & Nervous System

- Practice a 60■second breath: 4 in, 6 out — repeat 5 times.
- Name 5 things you see, 4 feel, 3 hear, 2 smell, 1 taste.
- Schedule two calm anchors daily (walk, stretch, music).
- Reduce stimulants (caffeine, social media) when dysregulated.

## Boundaries

- Write 3 non■negotiables (e.g., no shouting, no surprise visits).
- Switch to written communication when possible.
- Use brief responses (BIFF: Brief, Informative, Friendly, Firm).
- Mute or block on platforms that escalate conflict.

## Medical & Health

- List current meds and dosages; keep a photo on your phone.
- Book necessary checkups (primary, mental health).
- Track sleep, energy, and appetite for two weeks.
- Ask providers for written summaries of diagnoses and plans.

## Money & Practical

- Change passwords; enable 2■factor authentication on accounts.
- Open a separate bank account if needed; update alerts.
- Freeze credit or add fraud alerts if you fear identity misuse.

- List monthly essentials and minimum payments; build a lean budget.

## Legal & Protection (if applicable)

- Store police reports and case numbers safely.
- Learn basics of restraining/protective orders in your area.
- Collect witness statements or texts that show patterns.
- Ask an advocate or legal aid about your options.

## Support & Community

- Identify two people you can text without judgment.
- Join one survivor group (LGBTQ+■affirming if possible).
- Add hotlines/chat resources to your phone for quick access.
- Schedule one small joy activity this week.

## Rebuild Plan — Next 7 Days

- Choose one health task (e.g., sleep routine).
- Choose one money task (e.g., list bills).
- Choose one support task (e.g., message a friend).
- Choose one home task (e.g., tidy a safe corner).

### *My Emergency Contacts (name, number, role):*

---

---

---

---

---

### *Notes for my next appointment:*

---

---

---

---

---

---

Tip: Save a copy to your phone and share only with people you trust.