

Narcissistic Abuse Recovery Checklist

Recognizing the Abuse

- I understand what narcissistic abuse is and its common patterns.
- I can identify behaviors like gaslighting, manipulation, and control.
- I recognize how the abuse has affected my emotional and mental health.

Setting Boundaries

- I have set clear personal boundaries with the abuser or toxic individuals.
- I practice saying "no" without guilt or fear.
- I limit or cut off contact when needed to protect my wellbeing.

Self-Care & Healing

- I prioritize my physical and emotional health daily.
- I engage in activities that bring me joy and relaxation.
- I reach out for support from trusted friends, family, or professionals.

Building Strength & Resilience

- I am learning to rebuild my self-esteem and confidence.
- I challenge negative self-talk and replace it with positive affirmations.
- I recognize my progress, no matter how small, and celebrate it.

Moving Forward

- I forgive myself for past mistakes and allow space for growth.
- I focus on my goals and dreams beyond the abuse.
- I am open to new healthy relationships and connections.