

COMMON FEELINGS IN A NARCISSISTIC RELATIONSHIP

- **FEELING "I AM NOT GOOD ENOUGH"**
- **SELF-DOUBT AND SECOND-GUESSING YOURSELF**
- **SADNESS AND DEPRESSION**
- **CHRONICALLY APOLOGETIC**
- **FEELING ANXIOUS AND WORRIED**
- **CONFUSION AND AS THOUGH YOU ARE "LOSING YOUR MIND"**
- **FEELING HELPLESSNESS AND HOPELESSNESS**
- **FEELING UNSETTLED**
- **INABILITY TO FEEL PLEASURE/HAPPINESS**
- **FEELING SHAME**
- **MENTAL AND EMOTIONAL EXHAUSTION**

