Narcissism Workbook

Recognize and effectively respond to narcissistic behavior, set healthy boundaries, and build up your self-worth.

- Identifying Narcissistic Traits
- Identifying Gaslighting Tactics
- Setting Healthy Boundaries
- Plus 2 More Helpful Worksheets

ChoosingTherapy.com

Narcissism Workbook

Navigating relationships with individuals who exhibit narcissistic traits can be challenging and emotionally draining. This bundle of worksheets is designed to empower you by offering tools to recognize and respond to manipulative behaviors.

Here is a brief introduction to each worksheet included in this package:

Identifying Narcissistic Traits

Understanding how narcissistic traits manifest can help you better navigate your relationships and protect your emotional well-being. This worksheet will guide you in identifying these behaviors and reflecting on your personal experiences with the individual in question.

Identifying Gaslighting Tactics

Gaslighting is a form of manipulation that can make someone doubt their memories, views, or sanity. Learn some common gaslighting tactics with examples and how to identify instances when you experienced gaslighting so you can come up with better responses and avoid it in the future.

Setting Healthy Boundaries

This worksheet is designed to help you understand and set healthy boundaries to manage arguments in your relationships. By identifying your needs and limits, you can communicate more effectively, protect your well-being, and build stronger, healthier relationships. Use this worksheet to explore your boundaries and develop strategies for maintaining them.

Personal Strengths Inventory

Dealing with a narcissist can erode your sense of self-worth, as their manipulative tactics often aim to undermine your confidence and control your perceptions. This personal strengths inventory is designed to help you reclaim your power by focusing on your inherent strengths. By identifying and embracing your positive attributes, you can protect your self-esteem from the damaging effects of narcissistic behavior.

Narcissistic Abuse Cycle

This worksheet is designed to help you recognize the narcissistic abuse cycle, which can keep a victim dependent and confused. Use this worksheet to understand each step of the cycle, including the behaviors of the narcissist, your feelings, and your responses.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about narcissism:

Identifying Narcissistic Traits: Are They a Narcissist?

Understanding how narcissistic traits manifest can help you better navigate your relationships and protect your emotional well-being. This worksheet will guide you in identifying these behaviors and reflecting on your personal experiences with the individual in question.

Directions: Check the box for each narcissistic trait the person demonstrates. Then indicate how you feel when you're around the potential narcissist in the *Your Emotions* box. The more traits and emotions you identify with, the higher the likelihood the person is demonstrating narcissistic traits.

Narcissistic Traits	Your Emotions
☐ Exploits others	☐ Mentally exhausted
☐ Lack of empathy	☐ Losing self-confidence
☐ Arrogant and condescending	☐ Helpless and weak
☐ Excessive need for control	☐ Feel they control you
☐ Uses manipulation tactics	☐ Question your sanity
☐ Relationships are self-serving	☐ Experiencing anxiety
☐ Preoccupied with own needs	☐ Influenced by their behavior
☐ Difficulty accepting criticism	☐ Feel isolated from others
☐ Sense of entitlement	☐ Negative and in a bad mood
☐ Needs excessive praise	☐ Don't respect yourself
☐ Believe they are superior	☐ Fear their behaviors
☐ Preoccupied with success	☐ Resent their self-centeredness
☐ Thinks others envy them	☐ Guilt for their actions even when you know it isn't your fault

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about narcissism:

Identifying Gaslighting Tactics

Gaslighting is a form of manipulation that can make someone doubt their memories, views, or sanity. This worksheet aims to introduce you to some of the most common gaslighting tactics by providing examples and to help you identify instances when you experienced gaslighting so you can come up with better responses and avoid it in the future.

Gaslighting Tactic: Denial

The gaslighter tells you a conversation or event never happened, or insists it didn't happen the way you remember it. They say things like:

- "That's not what happened."
- "I never said that."

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Distraction

The gaslighter tells regularly interrupts you or changes the subject. They say things like:

- “Let’s plan a vacation!”
- “Oh! Did you hear about...”

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Sabotage

The gaslighter does things to purposely make you feel or seem incompetent. They may take such actions as:

- Wrecking your vehicle to prevent you from leaving the house
- Throwing away important mail so you can't follow through on time

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Projection

The gaslighter blames you for the same behaviors in which they are actually engaging in. For example:

- Saying, “I think you’re cheating on me” if you suspect them of cheating
- Accusing you of telling lies if you call them out on a lie they’ve told

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Insults and Degrading Comments

The gaslighter will insult you and degrade you so you continue to doubt yourself. They may say things like:

- “See? This is what makes you really crazy.”
- “You don’t know what you’re talking about.”

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Threats

The gaslighter threatens negative and scary results if you don't trust them or go along with their idea. They may say things like:

- "If you keep doing that the kids will be taken away from you!"
- "If you don't do what I say, this relationship is done."

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Making Light of Serious Situations

The gaslighter minimizes serious situations or accusations. They may say things like:

- “It’s not a big deal.”
- “I don’t know what your problem is, it was nothing.”

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about gaslighting:

Identifying Gaslighting Tactics

Gaslighting Tactic: Silent Treatment

The gaslighter refuses to engage in conversation or respond to your concerns. They may:

- Leave the room or house and stay away from you for hours.
- Turn up the volume on the television or radio.

List Examples of Ways You Have Been Gaslight Like This

List Ways You Could Respond to this Tactic in the Future

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

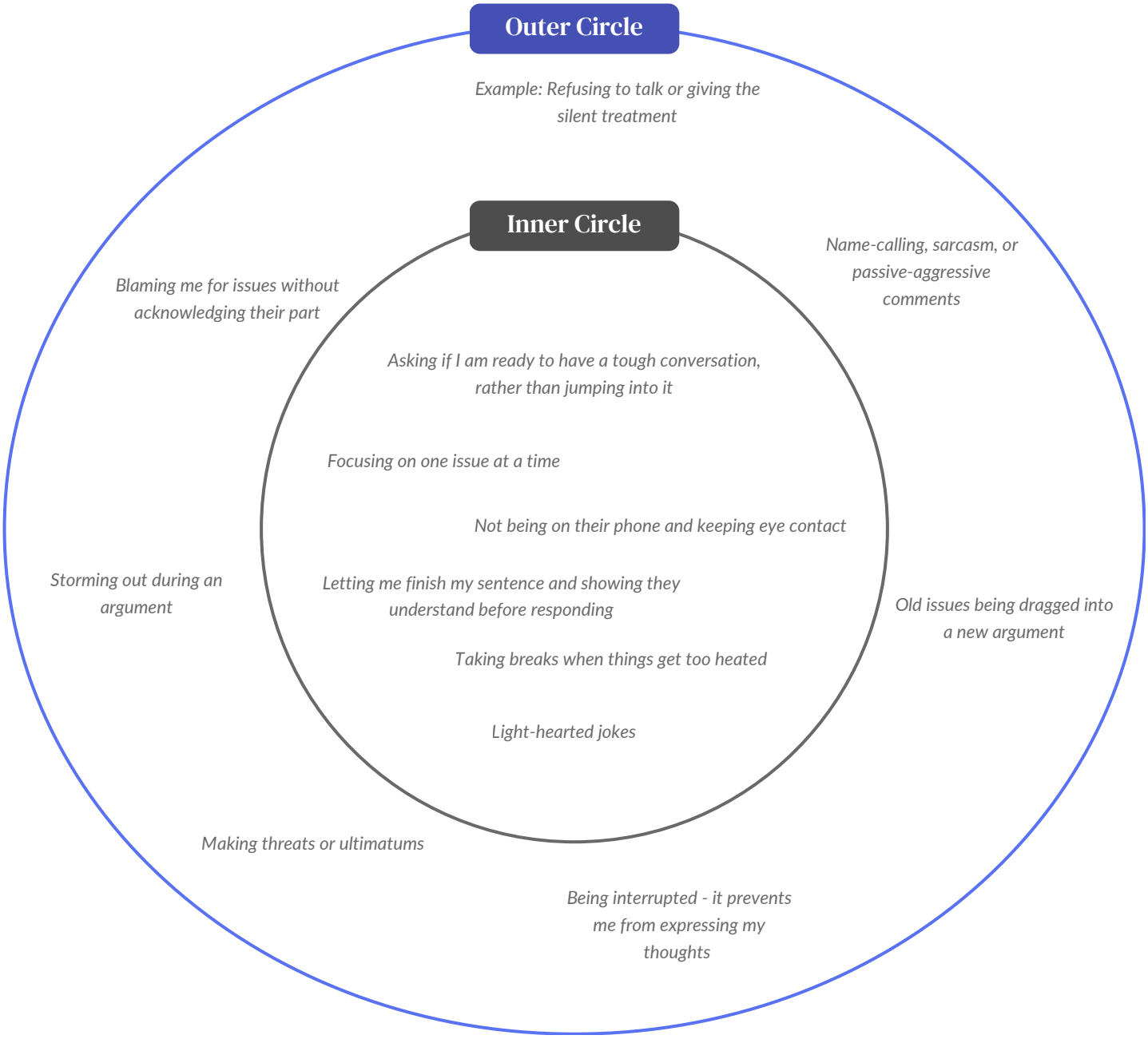
Scan or click here to learn more about gaslighting:

How to Set Healthy Boundaries Around Arguing

This worksheet is designed to help you understand and set healthy boundaries to manage arguments in your relationships. **By identifying your needs and limits, you can communicate more effectively, protect your well-being, and build stronger, healthier relationships.** Use this worksheet to explore your boundaries and develop strategies for maintaining them.

PART 1: Visualize Your Boundaries

Inside the circle, write everything that makes you feel safe and respected during a disagreement. On the outside of the circle, down anything that makes you feel stressed, disrespected, or unsafe during a disagreement. These are behaviors or situations that push your boundaries and need further attention.



*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

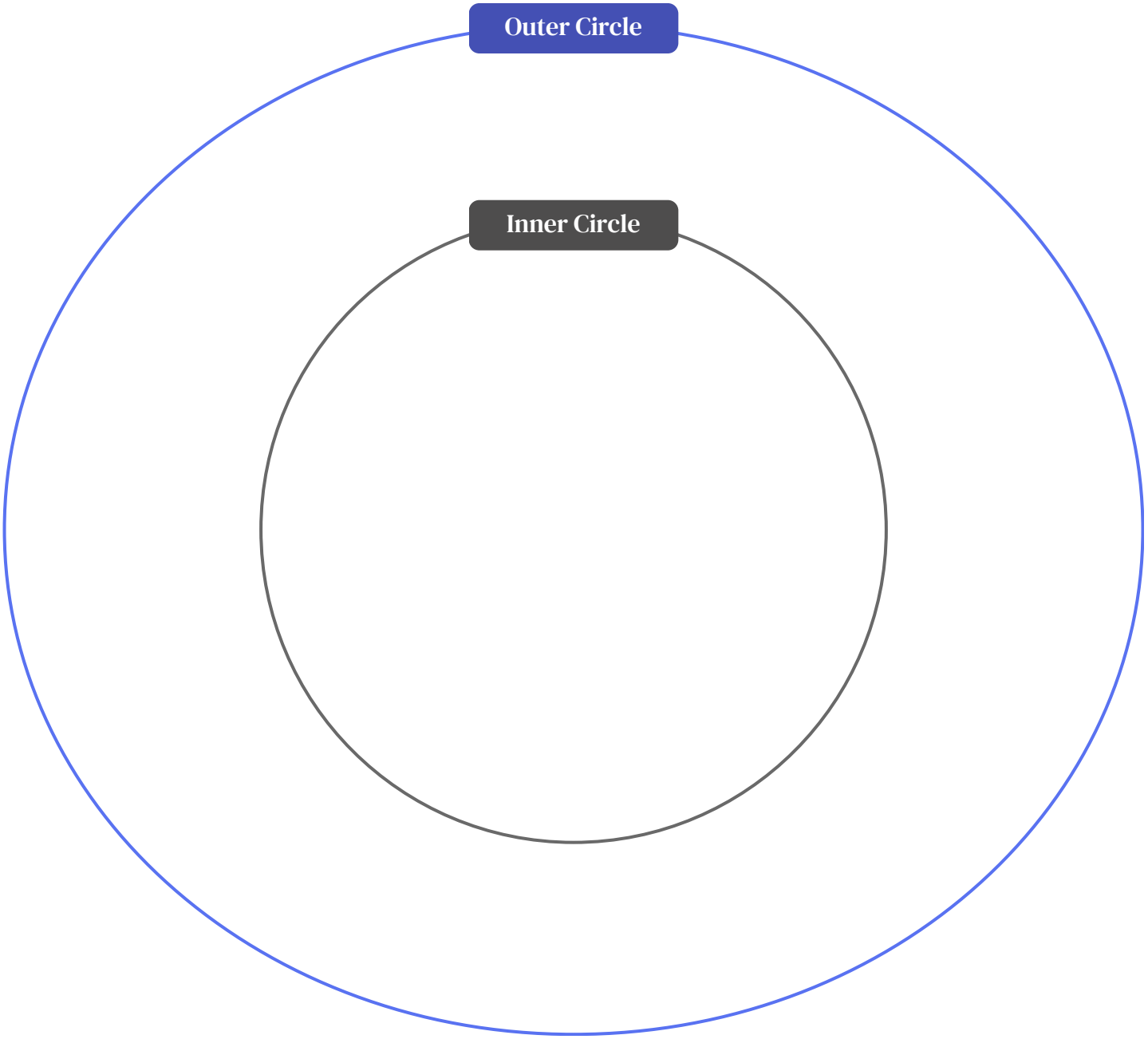
© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about setting healthy boundaries in relationships:

How to Set Healthy Boundaries Around Arguing

When filling out your inner and outer circle, here are some questions to consider:

- What actions or behaviors from my partner help me feel calm and respected during arguments?
- What behaviors or actions from my partner currently cause me stress during arguments?
- What specific moments in our arguments make me feel supported and valued?
- What about our arguments leaves me feeling drained and exhausted?
- What environments or settings help me feel more at ease during difficult conversations?
- What environments or settings make me feel more stressed or unsafe during arguments?



**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about setting healthy boundaries in relationships:

How to Set Healthy Boundaries Around Arguing

PART 2: How to Establish Your Communication Boundaries

Here are some basic rules and examples for communicating your boundaries effectively.

Use Confident Body Language

Stand or sit up straight, maintain eye contact, and use firm but calm gestures to convey confidence and assertiveness.

Be Clear & Set Consequences

Be specific about what behavior you want to change and clearly state what will happen if your boundary is not respected.

Keep Your Tone Calm and Respectful:

Speak calmly and assertively, avoiding raised voices or aggressive tones to maintain a respectful atmosphere.

Practice Active Listening:

Listen to the other person's response without interrupting and acknowledge their perspective while staying firm on your boundary.

Verbal Boundaries

- " I need you to speak to me in a calm, respectful tone."
- "I need you to avoid using sarcasm."
- "I need you to focus on the issue at hand and not make personal attacks."
- "I need you to clearly and honestly communate without being evasive."

Emotional Boundaries

- "I want to feel that my feelings are acknowledged and validated."
- "I want you to apologize if you hurt my feelings."
- "I need you to avoid using my vulnerabilities against me."
- "I want to take breaks when I start feeling overly emotional."

Time Boundaries

- "I want to take a 10-minute break."
- " I want to agree on a specific time to discuss conflicts, so I can mentally prepare."
- "I want to limit discussions to 30 min."
- "I need to postpone arguments if they start late at night, so we both get enough sleep."

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about setting healthy boundaries in relationships:

How to Set Healthy Boundaries Around Arguing

PART 3: Develop Strategies for Maintaining Boundaries (Example Page)

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Example: Whenever we argue, Steve often gets really loud and brings up stuff from the past, which makes me feel like I'm being attacked and overwhelmed.

Boundary I will set:

I need us to keep our voices down and stick to the current issue we're discussing.

Any potential challenges:

Steve might think I'm trying to avoid the argument or might ignore my request and keep arguing.

How I will handle these challenges:

If Steve starts raising his voice, I'll calmly say, "Remember, we agreed to keep our voices down. I need us to talk calmly so I can stay engaged in the conversation." If Steve keeps ignoring my request and gets even louder, I'll say, "I need a 10-minute break to calm down, and then we can continue." I'll go to another room or step outside to give myself time to relax. After we've both calmed down, I'll check in with him and say, "I noticed we had some trouble sticking to our agreed boundaries. Can we talk about how to improve this for next time?"

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about setting healthy boundaries in relationships:

How to Set Healthy Boundaries Around Arguing

PART 3: Develop Strategies for Maintaining Boundaries

Use the following prompts to create a plan for reinforcing your boundaries consistently and effectively.

Situation:

Boundary I will set:

Any potential challenges:

How I will handle these challenges:

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about setting healthy boundaries in relationships:

Personal Strengths Inventory

Dealing with a narcissist can erode your sense of self-worth, as their manipulative tactics often aim to undermine your confidence and control your perceptions. This personal strengths inventory is designed to help you reclaim your power by focusing on your inherent strengths. **By identifying and embracing your positive attributes, you can protect your self-esteem from the damaging effects of narcissistic behavior.**

Recognizing your strengths not only helps to counteract the negative influence of a narcissist but also promotes a more resilient, empowered mindset, enabling you to navigate these challenging relationships with greater confidence.

PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

Because dealing with a narcissist can change your perception of yourself, you may feel you do not have the strengths below unless you match the description *100%, all the time*. **Challenge yourself to push back against those thoughts**. One way to do this is to identify the strengths of someone you know and admire, and consider whether you hold them to the same impossible standard.

Self-Control	**Confidence**	**Flexibility**	**Ambition**
I manage my emotions and impulses, which allows me to make thoughtful choices.	I believe in my abilities and have positive expectations of success.	I adapt to change, adjust my approach, and think creatively in new situations.	I have a strong desire and determination to achieve success and accomplish my goals.
Wisdom	**Creativity**	**Curiosity**	**Bravery**
I use knowledge and experience to make sound judgments and decisions.	I think outside the box and generate original ideas.	I desire to to ask questions, discover new things, and expand my knowledge.	I face fear, uncertainty, or danger with determination and resolve.
Fairness	**Forgiveness**	**Gratitude**	**Honesty**
I believe in just treatment, and that everyone has equal opportunities.	I let go of resentment and anger, choosing to understand and move on from a hurtful experience.	I appreciate and am thankful for the positive aspects of life.	I am truthful and sincere in my words and actions.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about overcoming your inner critic:

Personal Strengths Inventory

Optimism I expect the best possible outcome and believe in a brighter future.	**Humility** I have a modest view of my importance, which allows me to learn from others.	**Humor** I have the ability to find and share amusement, and create a lighter perspective on challenges.	**Kindness** I am caring, considerate, and desire to help others.
Patience I stay composed while waiting or facing challenges, without getting frustrated or giving up.	**Love of Learning** I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.	**Perseverance** I am committed to see things through, despite obstacles and setbacks.	**Open Mindedness** I am willing to consider new ideas and perspectives with receptiveness.
Teamwork I collaborate effectively with others to achieve a shared goal.	**Social Awareness** I understand the emotions, needs, and perspectives of others.	**Spirituality** I believe in a purpose or connection to something larger than myself.	**Enthusiasm** I have a zest and passion that fuels my excitement and motivation.
Generosity I give my time, resources, or skills to help others without expecting anything in return.	**Problem-Solving** I am able to analyze situations, identify solutions, and overcome challenges effectively.	**Dependability** I am reliable and others can count on me to fulfill my commitments and responsibilities.	**Authenticity** I live and express myself genuinely, being true to my values and beliefs.
Adventurousness I am eager to experience new and exciting things, with a sense of curiosity and daring.	**Assertiveness** I communicate my needs, wants, and opinions clearly and confidently.	**Independence** I am self-sufficient and resourceful, taking responsibility for my own well-being.	**Logic** I am able to think clearly and reach sound conclusions based on reason and evidence.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about overcoming your inner critic:

Personal Strengths Inventory

PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. This process will empower you to navigate interactions with a narcissist more effectively, ensuring that your needs and values remain central in your relationships.

Lists the strengths you possess that help you in your relationships

Describe a specific time your strengths were able to help your relationships

Describe two new ways you could use your strengths to help you in your relationships

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about overcoming your inner critic:

Personal Strengths Inventory

PART 3: Applying Your Strengths to Achieve Personal Fulfillment

After being affected by narcissism, it's common to feel disconnected from your sense of purpose and enjoyment in life. This section of the worksheet will help you explore how you currently use your strengths to enhance your sense of purpose and joy, even in the face of challenges.

Lists the strengths you possess that help you achieve personal fulfillment

Describe a specific time your strengths were able to help you with personal fulfillment

Describe two new ways you could use your strengths to help you with personal fulfillment

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about overcoming your inner critic:

Narcissistic Abuse Cycle

The narcissistic abuse cycle is a manipulation pattern used to control partners and make them question their reality. Each phase keeps the victim confused and dependent, trapping them in the abuse cycle. Use the following worksheet to track the behaviors of your narcissistic partner, your feelings, and your responses to help recognize if you are trapped in a narcissistic abuse cycle.

---

1. Idealization

The honeymoon stage.

The narcissist puts you on a pedestal and makes you feel special.

2. Devaluation

The narcissist removes you from the pedestal and begins to put you down with criticism, insults, and gaslighting.

You feel worthless.

3. Rejection

The narcissist discards you.

This is especially likely if they are no longer getting their fill of ego-boosting attention and affirmations in the relationship.

4. Hoovering

The narcissist attempts to pull you back into the relationship.

They may use love-bombing, promises, or show up at your home or work to try to convince you to stay.

Recovering from narcissistic abuse is a long process that takes time, so it is critical you allow yourself grace during this time. Make sure you have a safe environment to begin healing, seek support from loved ones, and consider working with a therapist. It can be challenging to talk about narcissistic abuse, but processing your experience may offer you a path to a healthier relationship with yourself and others.

Given the emotionally volatile and abusive nature of narcissistic relationships, it's important to seek help immediately if you feel you are in danger. You do not need to endure any kind of abuse and are not obligated to stay and work things out. Abuse should never be tolerated.

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about the Narcissistic Abuse Cycle:

Narcissistic Abuse Cycle

Stage 1: Idealization

The narcissist will put a partner on a pedestal and make them feel perfect or incapable of wrongdoing. This can feel nice at first, but it escalates quickly and becomes overpowering and overwhelming to the partner.

How did the narcissist behave?	How did you feel?	How did you respond?

Stage 2: Devaluation

The narcissist removes you from the pedestal. You may feel worthless as the narcissist begins to put you down, possibly by using verbal or physical abuse and physical intimacy as a weapon. When confronted, the narcissist plays the role of the victim and continues to devalue you.

How did the narcissist behave?	How did you feel?	How did you respond?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about the Narcissistic Abuse Cycle:

Choosing Therapy.com

Narcissistic Abuse Cycle

Stage 3: Rejection

In the rejection phase, the narcissist places all the blame and downfall of the relationship on you. The narcissist will discard you, especially if they are no longer getting their fill of ego-boosting attention and affirmations in the relationship.

How did the narcissist behave?	How did you feel?	How did you respond?

Stage 4: Hoovering

The narcissistic hoovering stage refers to the narcissist's attempt to reconnect and reconcile after a period of withdrawal. Hoovering can come in many different forms, including exacerbating crises, engaging in love-bombing tactics, or spreading rumors.

How did the narcissist behave?	How did you feel?	How did you respond?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

© 2025 Choosing Therapy, Inc. All rights reserved.

Scan or click here to learn more about the Narcissistic Abuse Cycle:

Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our strict editorial standards ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com

325+ Companies Reviewed

3,625+ Hours of Firsthand Experience

1,545+ Data Points Analyzed

Best Online Therapy

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

Best Online Psychiatry

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.

Best Mental Health Apps

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

Therapist Directory

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

© 2025 Choosing Therapy, Inc. All rights reserved.

Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at ChoosingTherapy.com can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

Learn More with Mental Health Quizzes

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.

Free Mental Health Worksheets

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.

© 2025 Choosing Therapy, Inc. All rights reserved.