A PAUSE, A PRACTICE, A NEXT STEP

Narcissistic Abuse: Focus on the Behavior

You can name harmful behavior without diagnosing someone.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may feel confused, repeatedly blamed, or afraid to disagree. Someone may dismiss your experience, isolate you, or try to control your choices.

01 / Notice and reflect

Which behavior is affecting my safety or freedom?

02 / Notice and reflect

Who could help me consider my options?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Find relationship safety resources in Crisis Support. Seek emergency help for immediate danger and use a private device if monitoring is a concern.

Read more: VA · Emotional and psychological abuse

More tools and immediate support: Our Healing Room / Crisis Support.