

HEALING AFTER NARCISSISTIC ABUSE CHECKLIST



Use this checklist as a guide for reclaiming your power and rebuilding your life after experiencing narcissistic abuse.

Adapt it to fit your needs and pace.



1. Recognize abusive patterns

- Reflect on behaviours you experienced (love bombing, gaslighting, isolation, blame shifting).
- Understand that abuse is not your fault.

2. Establish safety and boundaries

- Break contact or create strict boundaries with the abuser when possible.
- Set clear limits for communication and access to your personal space.

3. Seek professional support

- Contact a therapist or counsellor who specialises in trauma or narcissistic abuse recovery.
- Reach out to support groups or hotlines if you feel unsafe.

4. Build a support network

- Connect with trusted friends and family who believe and validate your experiences.
- Join survivor communities (such as the Queen's Rise Circle) for shared understanding and encouragement.

5. Practice self-care

- Prioritise sleep, nutrition, movement and relaxation techniques (e.g., meditation, yoga, deep breathing).
- Engage in creative outlets like journaling, art or music.

6. Rebuild self-esteem

- Challenge internalised negative messages; replace them with affirmations of your worth.
- Celebrate small victories and progress.

7. Educate yourself

- Learn about narcissistic personality traits and abuse cycles to gain clarity and prevent future manipulation.
- Read books or articles and listen to podcasts on emotional abuse and healing.

8. Set goals and envision your future

- Identify personal goals (career, relationships, hobbies) and create a plan for achieving them.
- Visualise your life free from abuse and filled with joy and autonomy.

9. Seek healthy connections

- Surround yourself with people who respect your boundaries and value mutual support.
- Build relationships based on trust, empathy and equality.

10. Consider professional help for legal or financial matters

- If applicable, consult with legal, financial or social services to address issues like custody, financial abuse or housing.

11. Maintain boundaries and self-awareness

- Recognise triggers and create strategies to cope with them (e.g., grounding techniques, safety plans). Continue setting and enforcing boundaries in all relationships.

12. Pay it forward

- Share your story when you feel ready; helping others can reinforce your healing. Advocate for awareness of narcissistic abuse and support survivors.

Remember: healing is a journey, not a destination.

Be gentle with yourself and seek help
whenever you need it.

