UNDERSTAND THE PATTERNS

Noticing Relationship Patterns

You do not need to diagnose someone to reflect on how their behaviour affects you. Look for repeated patterns, your feelings, and the choices realistically available to you.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] My feelings or needs are repeatedly dismissed.
- [ ] I monitor someone's mood to avoid negative reactions.
- [ ] Expectations or rules change unexpectedly.
- [ ] I feel responsible for preventing another person's anger.
- [ ] Warmth and harsh criticism alternate.
- [ ] I hesitate to discuss the relationship with others.

REFLECT AT YOUR OWN PACE

Which repeated interactions stand out to me? What did I actually observe?

What happens to my feelings, body, or behaviour afterward?

You may skip any prompt. If someone monitors your device or papers, consider whether keeping this worksheet is safe.

Concepts informed by: Durvasula, R. (2023). Dynamics of Narcissistic and Antagonistic Relationships. PESI training materials. | Durvasula, R. (2023). Working with the Fallout of Narcissistic Abuse. PESI training materials.

UNDERSTAND THE PATTERNS

Noticing Relationship Patterns

These questions are for you, not for proving anything to someone else. You can write a few words, discuss them in therapy, or simply think about them.

EXPLORE WHAT MATTERS TO YOU

What do I know from direct experience, and what remains uncertain?

What has helped me cope so far, even imperfectly?

What would feeling respected look like in one ordinary interaction?

OPTIONAL GENTLE PRACTICE

Try describing one interaction using behaviour-based language: “When ___ happened, I felt ___ and needed ___.” No confrontation is required.

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