SOTELDO PSYCHOTHERAPY

Client Recovery Resources

12 gentle, printable reflection worksheets

These activities support reflection on relationships, emotional regulation, grief, personal values, boundaries, and self-trust. There is no score and no required order. You may skip any activity that does not feel useful.

Important: These worksheets are general educational resources, not a diagnosis, psychotherapy, a personal safety plan, or a substitute for professional assessment. If someone could monitor your device or belongings, consider whether saving or printing these pages is safe.

How to use this collection
Pick one worksheet. Give yourself permission to pause. Write as much or as little as you wish. If you are working with a psychotherapist, you can choose whether to bring your reflections to a session.

An original educational collection inspired by the clinicians credited on each worksheet.
For urgent danger in Canada, call 911. See local crisis resources on the final page.

When a Conversation Leaves Me Unsure

Recognizing patterns without rushing to conclusions

Use this page to reflect on an interaction that felt confusing. You do not need to prove what happened or reach a final conclusion.

TAKE YOUR TIME Choose one recent interaction, or use an imagined example. Skip details that could compromise your privacy.

1. **What did I directly see, hear, or experience?**

2. **What interpretations or explanations were offered, including my own?**

3. **What feelings or sensations came up for me?**

4. **What remains unclear or uncertain?**

5. **What would help me feel steadier or better supported?**

6. **What is one choice I can make without needing the other person to agree?**

EDUCATIONAL SOURCES

Sarkis, S. (2022). Gaslighting: Recognition and Recovery for Manipulated and Controlled Clients. PESI. | Durvasula, R. (2022). Psychoeducation and Narcissistic Abuse: Different Types - Different Experiences. PESI.

My Stress Signals and Grounding Options

A gentle emotional regulation check-in

Stress can feel like agitation, numbness, exhaustion, or something else. Notice without judging or forcing yourself to relax.

TAKE YOUR TIME Notice your current experience. If body awareness feels overwhelming, focus on a neutral object or stop the exercise.

1. **Right now I feel: calm / activated / shut down / mixed / unsure**

2. **What emotions or body cues am I noticing (if any)?**

3. **What is happening around me right now? What feels supportive?**

4. **A grounding option I could try: look around / sit with support / move gently / contact a trusted person**

5. **How did I feel after trying it? It is okay if nothing changed.**

6. **One small act of care I can choose today is...**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI.

Reconnecting with My Values and Preferences

Finding a voice that feels like my own

Relationships can change how we express preferences. Begin with small, ordinary choices rather than major life decisions.

TAKE YOUR TIME There is no right or wrong answer. You can leave a question blank and return later.

1. **Something I enjoy, or used to enjoy, is...**

2. **A value I want more of in my everyday life is...**

3. **One preference I have been minimizing is...**

4. **When do I feel most like myself?**

5. **What would a small choice aligned with my values look like?**

6. **Who, if anyone, helps me feel comfortable having my own perspective?**

EDUCATIONAL SOURCES

Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI. | Johnston, N. (2020). Codependence: Treatment Strategies for Clients Who Lose Themselves in Others. PESI.

A Boundary I Can Safely Choose

Emotional autonomy without unsafe confrontation

Boundaries can be internal decisions, practical limits, or spoken requests. You do not need to confront someone if doing so could increase risk.

TAKE YOUR TIME If there is intimidation, monitoring, or potential retaliation, prioritize individualized safety support over a boundary script.

1. **What situation is leaving me uncomfortable or overextended?**

2. **Is discussing this directly safe? yes / no / unsure**

3. **What is within my control (my time, availability, information shared, or support sought)?**

4. **One small limit I could choose, without relying on their cooperation, is...**

5. **What reaction or risk should I consider before acting?**

6. **What support or alternative step would make this choice safer?**

EDUCATIONAL SOURCES

Gibson, L. C. (2022). Boundary Setting Strategies: How Your Clients Can Reclaim Emotional Autonomy. PESI. | Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI.

My Trust and Support Map

Noticing reciprocity, discretion, and care

Trust can be built gradually. You can decide what you share, with whom, and at what pace.

TAKE YOUR TIME If naming others on paper or a device could cause problems, use initials or complete this only during therapy.

1. **Who has shown reliability or care through their actions?**

2. **What specifically have they done that helped me feel respected?**

3. **What topics feel comfortable to share with this person?**

4. **Where might I need more distance or clearer limits?**

5. **What other support is available (service, community, professional)?**

6. **A low-pressure way to connect with support could be...**

EDUCATIONAL SOURCES

Cicippio, B. (2022). Rebuild Clients' Healthy Instincts and Restore Their Trust in Themselves after Manipulation. PESI.

Grief for the Past, Present, and Future

Giving different losses room to exist

Grief can include sadness, anger, relief, hope, and regret at the same time. You do not need to choose one emotion.

TAKE YOUR TIME Choose one time period or question. This worksheet is a reflection tool, not an exercise in forgiveness.

1. **Past: What have I lost, or what did I wish had happened differently?**

2. **Present: What reality or unmet need is difficult to acknowledge?**

3. **Future: What hoped-for possibility feels uncertain or changed?**

4. **What feelings accompany these losses, without judging them?**

5. **What might I want to honor, remember, or let go of?**

6. **What compassionate statement would I offer someone facing a similar loss?**

EDUCATIONAL SOURCES

Marlow-MaCoy, A. (2022). Grief and Narcissistic Relationships: Clinical Skills to Process Past, Present and Future Losses. PESI.

When I Miss Someone Who Also Hurt Me

An attachment and self-compassion reflection

Missing someone, caring about them, and recognizing harm can coexist. These feelings do not tell you what decision to make.

TAKE YOUR TIME If reconnecting could place you at risk, consider talking with a trusted professional before acting on an urge.

1. **What do I miss most about this person or relationship?**

2. **What moments were painful, frightening, or depleting?**

3. **What does the urge to reconnect seem to be asking for (comfort, familiarity, hope, relief)?**

4. **What safer ways might meet part of that need?**

5. **Who or what can support me during an intense moment?**

6. **What could I remind myself when I have two conflicting feelings?**

EDUCATIONAL SOURCES

Freeman, R. (2022). Trauma Bonds to a Violating Partner: How Neurobiology Can Work Against Victims of Narcissistic Abuse. PESI. | Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI.

Caring for Others Without Losing Myself

Balancing generosity with personal needs

Helping others is not inherently unhealthy. This exercise looks at whether patterns of giving are leaving space for your own life.

TAKE YOUR TIME Consider only a small change that is realistic in your current circumstances.

1. **What caring or helping behaviour matters to me?**

2. **When does it feel freely chosen and meaningful?**

3. **When does it become difficult, compulsory, or costly?**

4. **What personal need have I postponed or overlooked?**

5. **What is one realistic way to care for myself this week?**

6. **What support would help me maintain a healthier balance?**

EDUCATIONAL SOURCES

Johnston, N. (2020). Codependence: Treatment Strategies for Clients Who Lose Themselves in Others. PESI. | Kempe, A. (2022). After Self-Betrayal: Strategies to Help Clients Find Their Authentic Selves. PESI.

Many Parts of Me Can Have Different Feelings

Compassionate reflection on internal conflict

It is common to have different feelings about one relationship or decision. You can listen to them without treating any one feeling as the whole truth.

TAKE YOUR TIME Keep this light. If difficult memories or dissociation intensify, stop and return to grounding or work with a clinician.

1. **One part of me wants or hopes for...**

2. **Another part of me worries about...**

3. **What might each feeling be trying to protect or communicate?**

4. **What do I notice when I make space for both perspectives?**

5. **What would a compassionate, steady response to myself sound like?**

6. **What decision can wait until I feel more supported?**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Marlow-MaCoy, A. (2022). Grief and Narcissistic Relationships: Clinical Skills to Process Past, Present and Future Losses. PESI.

My Gentle Seven-Day Check-In

Small steps that support daily functioning

Progress is not always linear. Notice what helps, without grading yourself or setting a fixed recovery deadline.

TAKE YOUR TIME Aim for one manageable action, not perfection. Repeating a basic need counts as progress.

1. **This week, I would like to feel a little more...**

2. **One manageable practice I can try (sleep, movement, nourishment, connection, rest)...**

3. **On a difficult day, what usually helps even a little?**

4. **Who could I contact if I need extra support?**

5. **An ordinary moment I want to acknowledge is...**

6. **At the end of the week, what did I notice about my needs?**

EDUCATIONAL SOURCES

Schwartz, A. (2022). Complex Trauma: Create Change with Parts Work, Somatic Psychology and EMDR. PESI. | Cicippio, B. (2022). Rebuild Clients' Healthy Instincts and Restore Their Trust in Themselves after Manipulation. PESI.

Before I Make a Relationship Decision

Supporting choice rather than pressure

You do not need to decide everything today. Decisions may be affected by children, finances, housing, support and personal safety.

TAKE YOUR TIME This is not a danger assessment or a separation plan. If you fear retaliation or violence, seek individualized safety planning.

1. **What decision am I considering, and is it urgent?**

2. **What matters most to me about this choice?**

3. **What practical realities or barriers need attention?**

4. **Could any option increase my risk or someone else's risk?**

5. **What information or professional advice would be useful?**

6. **What small step could support my autonomy without forcing an immediate decision?**

EDUCATIONAL SOURCES

Baxter-Musser, K. (2022). Safely Leaving the Abusive Relationship: Do's and Don'ts for Therapists. PESI. | Durvasula, R. (2022). Psychoeducation and Narcissistic Abuse: Different Types - Different Experiences. PESI.

What Respectful Connection Means to Me

Exploring reciprocity, repair, and personal dignity

Healthy connection includes room for different needs, accountability, repair, and personal autonomy. Everyone can define their priorities.

TAKE YOUR TIME Use this for reflection on relationships you experience as safe. It is not a couples-therapy substitute for coercive or violent relationships.

1. **How do I know when someone is listening with respect?**

2. **What does taking responsibility for hurtful behaviour look like to me?**

3. **When do I feel free to disagree without fear?**

4. **Which personal needs should remain important within a relationship?**

5. **What does a healthy repair after disagreement include?**

6. **What kind of connection would I like to practice or seek?**

EDUCATIONAL SOURCES

Real, T. (2022). Narcissism and Intimacy: Coming Down from Grandiosity and Up from Shame. PESI. | Behary, W. (2022). Disarming the Narcissist in Couples Therapy. PESI.

Support, privacy, and next steps

If you need immediate help

If you or someone else is in immediate danger in Canada, call 911. For support with violence or abuse, start with the Government of Canada's provincial and territorial referral page: canada.ca/en/women-gender-equality/gender-based-violence/get-help-now.html.

Ontario support

Ontario lists confidential services and 24-hour crisis lines: ontario.ca/page/connect-supports-survivors-violence. The Assaulted Women's Helpline, serving women and dependants, can be reached at 1-866-863-0511, 24 hours a day. Other services are listed on the provincial portal.

Technology and privacy

Web searches, downloads, PDFs, printer queues and browsing histories may be visible to others. A quick-exit button does not erase activity. Consider using a device or support network that you trust. Do not record identifying details in a worksheet if it could create risk.

What this collection is and is not

These pages offer general education and self-reflection. They are not validated diagnostic tests; they cannot diagnose narcissistic personality disorder, confirm abuse, assess lethality or replace psychotherapy and individualized safety planning.

When to seek individualized support

Consider clinical consultation when distress, dissociation, sleep problems, functioning or relationship concerns persist or intensify. If you are concerned about coercive control or retaliation, seek confidential, individualized safety planning before disclosing plans or confronting another person.

Sources for support information: Government of Canada (Get Help Now; How to Plan for Your Safety); Government of Ontario (Connect with Supports for Survivors of Violence); ShelterSafe.ca (Staying Safe Online). Reviewed 23 November 2026.