UNDERSTAND THE PATTERNS

Rebuilding Self-Trust

After repeated challenges to your memory or perceptions, it may become difficult to trust your own experience. This reflection separates observations, feelings, questions, and interpretations.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I replay conversations repeatedly.
- [ ] I doubt my memories after disagreements.
- [ ] I seek reassurance before making decisions.
- [ ] I apologize before knowing what happened.
- [ ] I dismiss my feelings as unreasonable.
- [ ] I feel confused when two accounts conflict.

REFLECT AT YOUR OWN PACE

Describe one recent event in plain, observable terms.

What did I feel at the time? What questions remain open?

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 Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials.

UNDERSTAND THE PATTERNS

Rebuilding Self-Trust

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

How might I speak to myself without having to prove a particular conclusion?

What information or support would help me think more clearly?

What is one decision I can make without anyone else validating it?

OPTIONAL GENTLE PRACTICE

Use four headings in a private note: “Observed,” “Felt,” “Unsure about,” and “Need now.” Skip writing if it may put you at risk.

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