PSYCHOEDUCATION / CLIENT HANDOUT

When You Doubt Your Own Experience

Making room for uncertainty while rebuilding confidence

Repeated invalidation can lead to uncertainty about memories, emotions, or decisions. Some people find themselves rehearsing conversations, seeking reassurance, or wondering whether they are overreacting.

You do not need to resolve every disagreement to acknowledge your feelings. It can be useful to separate what you saw or heard, what you felt, what you interpreted, and what remains uncertain.

A therapist or trusted support person can offer a space to explore patterns thoughtfully without making claims about someone else's intentions or forcing an immediate decision.

QUESTIONS YOU MAY WANT TO CONSIDER

- [ ] I replay the same conversation repeatedly.
- [ ] I rely on others to approve small decisions.
- [ ] I struggle to describe what I need.

NEXT RESOURCE: Try Worksheet 02: Rebuilding Self-Trust, using a private and safe setting.

Suggested reading: 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.