REBUILD SELF-TRUST

Realistic Expectations & Small Steps

Recovery is rarely linear. Clear, achievable choices can help you notice progress without requiring another person to change first.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I expect myself to recover quickly.
- [ ] I measure progress by someone else's behaviour.
- [ ] I lose sight of changes I have made.
- [ ] I need more flexibility and patience.
- [ ] I have a helpful routine worth protecting.
- [ ] I can identify a manageable next step.

REFLECT AT YOUR OWN PACE

What would a modest but meaningful change look like?

What is within my influence, and what is not?

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). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Durvasula, R. (2023). Working with the Fallout of Narcissistic Abuse. PESI training materials.

Realistic Expectations & Small Steps

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 could make this step easier or safer?

How might I notice progress without judging every setback?

What support or adjustment could I make if the plan does not fit?

OPTIONAL GENTLE PRACTICE

Choose a step small enough to be possible on a difficult day. Examples: drink water, rest for ten minutes, or send a support request.

Concepts informed by: Durvasula, R. (2023). Working with Clients Experiencing NA/ARS: An Antagonism-Informed Treatment Approach. PESI training materials. | Durvasula, R. (2023). Working with the Fallout of Narcissistic Abuse. PESI training materials.