REBUILD SELF-TRUST

Reconnecting With My Identity

Long periods of adapting to others can obscure your preferences and strengths. Reconnection often begins with small, ordinary choices rather than a dramatic life change.

OPTIONAL CHECK-IN - MARK ANYTHING THAT FITS

- [ ] I struggle to say what I enjoy.
- [ ] I put other people's preferences first.
- [ ] I miss friendships or hobbies.
- [ ] I notice strengths that I rarely acknowledge.
- [ ] I have difficulty choosing for myself.
- [ ] I am curious about who I am becoming.

REFLECT AT YOUR OWN PACE

What did I enjoy or value before I began adapting so much?

When have I felt most like myself recently, even briefly?

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

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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

Which personal strengths helped me navigate difficult periods?

What people, places, or activities allow me to be more myself?

What is one small preference I can honour this week?

OPTIONAL GENTLE PRACTICE

Choose something very small that reflects your preference: a song, a meal, a hobby, or a few minutes outdoors.

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