

Rediscovering Yourself After Narcissistic Abuse

Lesson One: Reflections On Understanding How And Why Narcissists Want To Destroy The Identity Of Their Victims

Consider each question thoroughly and answer honestly to benefit the most from your lessons. There are no right or wrong answers.

When did you first realize the narcissist wanted to change you?

What tactics did s/he use to destroy your identity?

How did you cope when this was happening to you? Identify both healthy and unhealthy coping skills you used.

How has this affected your life?

Do you struggle with connecting with people in healthy ways due to experiencing this abuse? How?

Are you able to identify red flags of narcissism in people realistically? In other words, do you study someone for a while before labeling them as narcissistic or do you automatically assume people simply disagreeing with you are narcissists?

If you learned that someone you love was in the exact situation you were in, what advice would you give them? How can you apply your advice to your situation?

Congratulations!! You finished your first lesson! I hope it has given you some insight into your situation! That insight will help you greatly on your healing journey!

Are you ready for the next lesson? Find it here:

<https://cynthiabaileyrug.com/rediscovering-yourself-after-narcissistic-abuse-lesson-two/>