Narcissistic Traits, Relationship Impact & Boundaries

A reflection worksheet for noticing patterns, restoring self-trust, and choosing safe next steps

FREE READER RESOURCE | 8 PRINTABLE PAGES

Educational reflection • Not a clinical assessment • No diagnosis of another person

BioAndBrainHealthInfo.com

Before You Begin

Use this worksheet only where it is safe and private. You do not need to decide whether someone is a narcissist to recognize troubling behaviors.

Three principles

1. Describe what you observed rather than guessing someone's hidden motives.

2. Focus on patterns over time rather than one incident.

3. If you fear violence, surveillance, or retaliation, do not use a worksheet in a place where it may be discovered. Seek confidential safety support.

This is not a test. It cannot diagnose NPD or determine whether a relationship is safe. For medical and safety information, see the reference links on the last page.

My reason for opening this worksheet:

_____

_____

_____

_____

_____

Page 1 — Pattern Observation

Write down one observable event. Avoid personality labels and assumptions.

Date / setting

_____

_____

What was said or done (specific words or acts)

_____

_____

What happened immediately before it

_____

_____

Did this happen before? How often?

_____

_____

What was the impact on me?

_____

_____

Page 2 — Unequal Reciprocity

Notice whether expectations are mutual and whether your needs can be expressed without humiliation.

When this person asks me for help, what happens?

_____

_____

_____

When I ask them for help, what happens?

_____

_____

_____

Can either of us say no without retaliation?

_____

_____

_____

What would fair treatment look like?

_____

_____

_____

Page 3 — My Body and Emotional Signals

These are reflection prompts, not a medical symptom checklist.

After an interaction I sometimes notice:

■ Tension ■ Racing thoughts ■ Trouble sleeping ■ Fear ■ Sadness ■ Confusion ■ None of these

Where did I notice the feeling?

_____

_____

_____

What was happening when it started?

_____

_____

_____

What helps me feel grounded when it is safe?

_____

_____

_____

Do I need medical or professional support?

_____

_____

_____

Page 4 — Boundaries Without Labels

Choose a boundary that describes your action. Do not confront someone if that may increase danger.

Behavior I want to respond to

_____

_____

What matters to me (respect, time, privacy, safety)

_____

_____

A sentence I can use if it is safe

_____

_____

What I will do if the behavior repeats

_____

_____

Who can support me?

_____

_____

Page 5 — Self-Trust and Life Direction

Repeated stress can affect confidence. This page is about your needs and choices.

One thing I used to enjoy or feel confident doing

_____

_____

_____

One value I want to act on this week

_____

_____

_____

One small step toward support or stability

_____

_____

_____

One person or service I can contact privately

_____

_____

_____

Page 6 — Personal Safety and Next Steps

If someone monitors your phone, threatens you, restricts your movement, or uses violence, professional safety planning matters more than confronting them.

Only if safe to record:

A trusted contact or support organization

_____

_____

A safer way to communicate privately

_____

_____

A safer place I can go in an emergency

_____

_____

A step I can take without increasing danger

_____

_____

In immediate danger, contact local emergency services. If in the US, the National Domestic Violence Hotline: thehotline.org / 800-799-7233.

Page 7 — Seven-Day Pattern Review

Look for recurring conduct rather than trying to score or diagnose a person.

Day	What I noticed	My response	Support or next step
1			
2			
3			
4			
5			
6			
7			

Helpful references:
merckmanuals.com/professional/psychiatric-disorders/personality-disorders/narcissistic-personality-disorder-npd | womenshealth.gov/relationships-and-safety/domestic-violence/leaving-abusive-relationship

Remember: You can protect your boundaries without proving a diagnosis.