Healing After Narcissistic Abuse

Daily Journal

How I Feel Today **Date: _____**

□ **Calm** □ **Anxious**
□ **Angry** □ **Sad**
□ **Hopeful** □ **Confused**
□ **Tired** □ **Relieved**
□ **Other feelings: _____**

Small Win Today: One Thing I Did Well

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Self-Kindness Practice

□ **Go for a short walk**
□ **Drink water and rest**
□ **Listen to music**
□ **Write my feelings**
□ **Talk to someone safe**

Thoughts for My Future Self: If tomorrow feels heavy, remember…

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Reality Check

□ **My feelings are valid**
□ **Manipulation is not love**
□ **I deserve calm and respect**
□ **Healing takes time**
□ **Other: _____**

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