

Worksheet 1: Mental health effects of narcissistic abuse

Below is a checklist of symptoms you may experience if you have suffered or are suffering from narcissistic abuse. Please select the symptoms affecting you. It is normal to experience these symptoms to varying degrees and from time to time. This is an exercise about increasing insight and awareness of your experience. Be brutally honest with yourself. You know what it is to be you. There is no right or wrong answer, and your answers can change as situations and circumstances change.

Symptoms of anxiety

- **Fear of the worst happening**
- **Unable to relax**
- **Dizzy and light-headed**
- **Heart pounding or racing**
- **Terrified**
- **Nervous**
- **Feeling of choking**
- **Hands trembling**
- **Shaky**
- **Feeling hot**
- **Numbness and tingling**
- **Wobbliness in legs**

- Fear of losing control
- Difficulty breathing
- Fear of dying
- Indigestion/discomfort in abdomen
- Feeling faint
- Sweating (not due to heat)
- Face flushed
- Numbness or tingling
- Unsteady
- Scared
- Other: _____

Symptoms of low mood and depression

- Sad mood
- Tiredness or fatigue
- Difficulty concentrating
- Loss of libido and interest in sex
- Changes in appetite (eating more or less)
- Irritability
- Changes in sleeping pattern (sleeping more or less)
- Indecisiveness
- Worthlessness
- Loss of energy
- Agitation
- Tearful/crying
- Loss of interest in hobbies/people
- Feeling you would be better off dead/suicidal ideation
- Self-criticalness
- Feelings of being punished
- Self-dislike
- Loss of pleasure
- Feelings of guilt
- Feelings of being a failure

- Feeling discouraged about the future
- Other: _____

Other narcissistic abuse trauma symptoms

- Unwanted upsetting memories about your experiences
- Bad dreams or nightmares related to your experiences
- Frequent, intrusive thoughts about the person with narcissistic traits
- Reliving the unpleasant experiences or feelings as if they were actually happening
- Feeling very upset when reminded of the experiences
- Having physical reactions when reminded of the experiences
- Trying to avoid thoughts and feelings related to the experiences
- Trying to avoid activities, situations or places that remind you of the experiences
- Blaming yourself or others (besides the person who hurt you) for what happened
- Having intense negative feelings like fear, horror, anger, guilt or shame
- Feeling distant or cut off from others
- Feelings of intense grief, sorrow and loss
- Having difficulty experiencing positive feelings
- Taking more risks or doing things that might cause you or others harm (e.g. driving recklessly, excessive alcohol consumption or eating, taking drugs or having unprotected sex)
- Being overly alert or on guard
- Being jumpy or more easily startled
- Your everyday life being affected by the above
- Other: _____