

*Rebuilding  
Self-worth After  
Narcissistic Abuse  
"toolkit"*



# Why Self-Worth Matters After Narcissistic Abuse?

At one point, I thought I'd never feel like me again.

Narcissistic abuse left me questioning everything about my worth.

If you've been there too, this toolkit is for us, those ready to reclaim what was taken.

Let's rebuild your self-worth, one powerful step at a time.

You deserve this.



PINCH OF ATTITUDE

# Rebuilding Self-Worth Worksheet

## Step 1: Acknowledge the Damage

### Reflection Question:

What specific words or actions made you feel less worthy during the relationship?

- Write down at least 3 examples.

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## Step 2: Recognize Your Strengths

### Exercise:

List 5 qualities you admire about yourself (e.g., kindness, resilience, creativity).

- I admire my ability to:

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# Rebuilding Self-Worth Worksheet

## Step 3: Reframe Negative Thoughts

### Challenge the Narrative:

One of the biggest challenges after narcissistic abuse is the negative beliefs we've internalized about ourselves.

These thoughts are often planted and reinforced by the abuser, and over time, we start to believe them.

But these beliefs are lies, and it's time to challenge them.

### Exercise:

Write down one negative belief you hold about yourself because of the abuse.

Now, look at it objectively. Is it true, or was it a tool of manipulation?

Next, reframe that thought into something positive and empowering.

- **Negative Belief Example:** "I'm not good enough to be loved."
- **Reframed Positive Belief:** "I am worthy of love just as I am, and I don't need anyone's approval to validate that."

### Repeat the new belief daily

write it down, say it aloud, or meditate on it.

Over time, this practice will help shift your mindset away from the negative narrative that was imposed on you.



# Rebuilding Self-Worth Worksheet

## Step 4: Set a Boundary

### Action Step:

After experiencing narcissistic abuse, setting boundaries can feel foreign or even impossible.

But reclaiming your self-worth means defining what you will and won't accept moving forward. Boundaries are your way of protecting your emotional and mental well-being.

### Exercise:

Identify one boundary you want to set for yourself. This could be with a family member, partner, friend, or even within your own thoughts and behaviors.

Think of a situation where you often feel drained or disrespected. Then, define a clear boundary for it.

- **Example Boundary with Others:** "I will no longer allow people to dismiss my feelings or belittle me. If they do, I will calmly end the conversation."
- **Example Boundary with Yourself:** "I will stop overextending myself to please others. If I feel drained, I will step back and prioritize my own needs."

**Boundaries are key to rebuilding self-respect.** Write them down and practice them. Over time, they'll become second nature and protect your self-worth.



# Rebuilding Self-Worth Worksheet

## Step 5: Create a Daily Affirmation

### Affirmation:

Daily affirmations are powerful tools for reinforcing your sense of self-worth.

The purpose of an affirmation is to remind yourself of your inherent value and to shift your mindset towards positivity and self-love.

### Exercise:

Write down an affirmation that you will commit to saying or thinking every day. Keep it short, clear, and positive.

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### Example Affirmations:

- "I am worthy of love, respect, and kindness, and I attract positive energy into my life."
- "I release the past and embrace my true, confident self."
- "I am in control of my boundaries, and I protect my peace."

**Tip:** Write your affirmation on a sticky note and place it where you can see it often (e.g., on your mirror, desk, or phone). Every time you see it, repeat it. This simple act reinforces your self-worth and helps you internalize your new belief system.

