

## WHAT IS LOVE? IS THIS LOVE WORKSHEET

Are you questioning that you still love this person? Half of you is now understanding the personality disorder Narcissistic Personality disorder and the other half is longing for the person they pretended to be. Survivors long for the person they fell in love with, we think they are still 'in there' and if we love them more we can fix them. Sadly, that does not happen EVER!

I developed this worksheet to have you 'to the work' and take a deep look at your relationship, my hope is that you look honestly at the relationship and that you can find the answer that you may have been resisting accepting.

**Ask yourself – what is love? What does it look like every day?**

**Does he support you and your interests?**

**Are you supported to have your own friends and time?**

Do they allow you to have your own support system?

**Is s/he loving and kind?**

All the time? Not just when they are guilty or been caught?

**Are they true to their word? Can you trust them?**

Think hard... what evidence do you have that you can't trust them?

**Do they go out of their way to show you their love, not just after they do something wrong?**

Think of examples of times they showed love. Was there something they wanted?

**Do your feelings feel validated?**

Can you write an example of when your feelings weren't validated? How often did that happen? Once? Twice? or often?

**Are you allowed to disagree with them?**

Does your opinion get listened to or invalidated?

## Do you feel secure that they will never cheat?

If they triangulate you with the waitress or past ex's this creates insecurity

## Are there ever inconsistencies in the stories they tell you?

This is a sign of lies, and gaslighting. Little things that don't add up. write the examples down

## Is s/he always kind?

Do they go out of their way to help others and YOU?

## Do they introduce you to their friends?

Secret friends are a good indication they have a secret life. Can you think of examples here?

## Do they introduce you to their family?

Never settle to be the hidden one again, can you think of examples where they separated you from their family?

## Do they have real friends or sort of friends?

Having lifelong friends says volumes about someone, since narcissists are selfish they often leave a trail of hatred rather than friends. This is a big red flag.

## Do they have secret friends?

Keeping you separated from these secret friends creates jealousy, why can't you know these friends? List examples if you have any.

## Do you feel secure and at peace?

A healthy relationship leaves you with a healthy feeling of peace. Write down examples of when you didn't feel peace.

## Are they a good mom or dad?

Even if you are not the other parent do they put the needs of the child above their own always or only when in public? Write down how you expect a good parent should be, do they do that without being nagged?

## Are they always there for the kid's activities?

Write down how they are, or how you wish they would be. If they can't make activities because of work, do they make the child feel that they are unimportant by not even asking how it went?

## Do they provide security for the kids to be themselves?

Write down times that they weren't encouraging to the child's needs. Do they try to make them into something they are not by judging and giving the child a feeling of what you are isn't good enough?

## Does s/he help with the kids without being asked?

If you need to remind them or ask them to do something with the kids, then they are not putting the kids first.

## Is s/he verbally abusive?

Write down examples

## Are you ever afraid when they get angry?

Real love never makes you afraid, you can disagree without the fear of what they might do.

## How often do they get angry?

Is the anger rational? How often does it happen?

## Are you afraid to speak up?

Walking on eggshells is how you might feel if you try to speak up? write down examples, write down times when you did speak up and you were shot down

## Do you feel like you are walking on eggshells?

Living in fear is not real love. How often do you feel like this?

## Do you get confused often?

Write down examples of times things just didn't add up, times you question what they are telling you.

## Do you get confused when they tell you that you did something you know you didn't do?

Write examples down, this is gaslighting.

## Have you ever been afraid for your life?

This is so common and if you ever felt this write it down, what happened, did they ever take actions like hurting you? Do they threaten you often?

## Are they generous with time and money?

Time is our most valuable asset, think of examples when they were not there for you and write that down

## Do they hate drama?

Narcissists create drama and then blame others for everything, write down a time when they created drama and blamed you or others

## Is it always someone else's fault?

Write down times when they took no accountability, look at past relationships they had, was it always someone else's fault? Write it down

## Have they betrayed you in some way?

Lying, cheating, taking money, hiding money, accusing you of doing things that just aren't true? Write down as many examples as you can

## Did they promise they would never do it again?

Write down times when they promised this and document what happened. If they broke that promise just once that is betrayal and breaks our trust bond

## **Do you trust them? All the time? Every day?**

Write down times when you did not trust them, what happened?

## **Do they talk badly about others?**

People at work, their boss, the lady next door, your friends or your family? This is a sign of trust. Write down examples

## **Do they talk badly about you?**

Do they call you names, to they tell your friends things about you that simply aren't true? Write that down

## **Do they hide money?**

Entitlement is a factor here, list some fears you may have about this. Do they disclose assets or hide them from you, so you lose having any control?

## **Is this person worth your love? Are you worth more? Do they represent what you wrote in question one – what is love?**

Yes or no answer here

## What have you learned in this exercise?

Be honest with yourself

Are you worth more? Do not fear that a good person is not out there, you are a good person and you deserve to be loved.

## LEARN HOW TO STOP ATTRACTING NARCISSISTIC PEOPLE

One of our biggest defense against another narcissistic abuser coming into our life again is to have strong boundaries. I created a mini-course and it will help you from being narc-bait again.

## THE REASONS WHY WE MUST LEARN BETTER BOUNDARIES

- Boundaries set limits with those that might abuse you and it becomes easier to identify people trying push your boundaries
- Protect yourself & your assets, like your heart, your time, and your mental health
- Empower yourself to set and communicate the rules to play in your life
- Relieve anxiety, confusion, depression and pain when everyone knows the rules more peace comes
- Create a more peaceful life with less anger and resentment. Find the things you enjoy that make you happy and bring you joy to your mind and spirit

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- And you will experience more compassion for yourself because that inner child is finally happy you are loving yourself

The course is four video sessions and seven worksheets – The investment is \$15 Sign up today - <https://narcissistabusesupport.com/boundaries/>

## CHANGE THE STORY

Holding onto a story hurts you in so many ways.

Victims of narcissistic abuse stories are all different and yet so similar. You have endured verbal abuse with lies gaslighting underhanded tricks and general confusion of the abuse. You have a terrible story and have good reason to hold onto the full-blown crazy story. I get it but if you want to heal you need to learn a new skill to control the triggers and protect yourself.

- stop the triggering attacks so you can start healing
- break the patterns of attracting narcissist
- accelerate healing by learning the skills to change the story
- learn to identify your own negative thought patterns to stop wounding yourself

The course is six video sessions and five worksheets - The investment is \$15 Sign up today - <https://narcissistabusesupport.com/stories/>

## CONNECT WITH US

WEBSITE - resources for victims - <http://narcissistabusesupport.com>

RESOURCES - by state - search Free help - <https://narcissistabusesupport.com/sign-access-resources/>

MEETUPS - by state - search Meetups - <https://narcissistabusesupport.com/narcissist-abuse-support-groups/>

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FACEBOOK – <https://goo.gl/JoXOkD> - closed group - this is a closed group and we must protect our members so if your profile has no connections and has only been set up for a week we will not be able to take the risk.

PINTEREST - Visit my Cool Narcissist Pins - <https://www.pinterest.com/tracyamalone/>

TWITTER - Tweet with me - <https://twitter.com/TracyAMalone>

YOUTUBE - Watch my videos :) - <https://www.youtube.com/c/TracyAMalone>