

HOOVERING WORKSHEET

1. Explain “hoovering” in your own words:

2. Why is this a popular method among narcissists?

3. What are some of the most common ways narcissists Hoover?

4. Name some key differences between genuine apologies and “faux-pologies.”

5. What is the best way to respond to respond to hoovering?

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Describe a time someone tried to hoover you.

How did they try and trick you into coming back?

Were they successful?

How would you manage the situation differently given your newfound hoovering knowledge?
