

# **LEAVING A NARCISSIST WORKSHEET**

1. Why is leaving a narcissist so difficult?

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2. How does hoovering affect narcissistic-codependent breakups?

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3. What are some tips to help build a reliable support system?

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4. Why is going 'no contact' so crucial?

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5. What are some ways trauma therapy can help a codependent post-breakup?

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## JOURNAL ENTRY

Have you broken up with a narcissist?

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If so, what was your experience like?

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If you're looking to leave the toxic relationship you're in now, how can this information help you take that first step?

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What pieces of your plan can you put together now?

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And what problems do you need to find solutions for?

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