Reclaiming Your Identity: Therapeutic Journal Prompts for Narcissistic Abuse Survivors

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Introduction

Dear Survivor,

These journal prompts are designed to help you reconnect with your authentic self after experiencing a relationship with a narcissist. As someone who survived 30 years with a narcissist and rebuilt my life, I understand the journey you're on. Each prompt is created to gently guide you back to yourself, one reflection at a time.

Use these prompts at your own pace. There's no right or wrong way to journal - what matters is that you're taking this step toward healing. Remember that reclaiming your identity is a process, not a destination.

You are not alone on this journey.

With compassion and understanding,
Mary

Daily Reflection Prompts (30 Days)

Week 1: Acknowledging the Past & Present Self

1. Write about one personal preference you had before your relationship that you'd like to reclaim (food, music, hobby, etc.).

2. Describe a moment when you felt truly yourself. What were you doing? Who were you with?

3. List three decisions you made today, no matter how small. How did it feel to exercise your choice?

4. What parts of yourself did you hide or change during your relationship? Why?

5. Write a letter to your past self with compassion, not judgment.

6. Identify one boundary you'd like to establish in your life now.

7. Reflect on a compliment someone gave you that felt authentic. Why did it resonate?

Week 2: Rediscovering Values & Strengths

8. List five personal values that matter to you (e.g., honesty, creativity, independence).

9. Describe a challenge you overcame. What strengths did you demonstrate?

10. What makes you laugh genuinely? When was the last time you experienced this?

11. Write about something you're naturally good at that has nothing to do with others' approval.

12. What opinion do you hold that you previously kept to yourself? Why is it important to you?

13. Describe your ideal day if there were no external expectations.

14. What does success mean to YOU, not anyone else?

Week 3: Building a New Narrative

15. Write about a decision you're proud of making recently.

16. How would you describe yourself to someone who has never met you?

17. What parts of your identity feel most authentic right now?

18. Identify three ways you can honor your needs today.

19. Write about a time you trusted your intuition. What happened?

20. What personal rituals would you like to establish that reflect your authentic self?

21. How has your definition of love changed? What does healthy love look like to you now?

Week 4: Looking Forward

22. What dreams did you set aside that you might want to revisit?

23. Write about the kind of relationships you want to cultivate going forward.

24. List three personal boundaries that are non-negotiable for your future.

25. What does your support system look like now? How can you strengthen it?

26. Write a letter to your future self one year from now.

27. What new beliefs about yourself are you cultivating?

28. Describe three ways you've already reclaimed parts of your identity.

29. What does freedom mean to you now?

30. Reflect on your journey through these prompts. What have you discovered about yourself?

Weekly Deep-Dive Exercises

Week 1: Identity Mapping

Create a visual map of your identity with these components:

- Center circle: Write your name
- Middle ring: Qualities that define you (compassionate, resilient, creative, etc.)
- Outer ring: Roles and relationships that matter to you (friend, professional, sister, etc.)
- Beyond the circles: Dreams and aspirations

Reflection questions:

- Which aspects feel most authentic to you right now?
- Which aspects are you reclaiming or discovering?
- Which aspects still feel uncomfortable or unfamiliar?

Week 2: Values Clarification

1. Review this list of values (honesty, adventure, security, creativity, connection, etc.)
2. Circle 10 that resonate with you
3. Narrow to your top 5
4. For each value, write:
   - What this value means to you personally
   - How this value was honored or dishonored in your past relationship
   - One way you can honor this value this week

Week 3: The Narrative Rewrite

Choose one negative belief about yourself that developed during your relationship with a narcissist. Examples might include:

- "I'm too sensitive"
- "I'm not capable of making good decisions"
- "I'm unlovable unless I'm perfect"

For this exercise:

1. Write down the negative belief
2. Identify the origin of this belief (specific incidents, comments)
3. Challenge the belief with evidence to the contrary
4. Create a new, empowering belief statement
5. List three actions you can take that align with your new belief

Week 4: Future Self Visualization

This exercise involves writing a detailed description of your authentic self one year from now:

1. How does your future self start her day?
2. What boundaries does she maintain?
3. How does she speak to herself?
4. What relationships does she nurture?
5. How does she honor her needs and desires?
6. What has she accomplished that makes her proud?

After writing, identify three small steps you can take this week to move toward becoming this version of yourself.

Monthly Milestone Tracking

Monthly Check-in Questions

1. What parts of yourself have you reclaimed this month?
2. What new boundaries have you established and maintained?
3. How has your self-talk changed?
4. What decisions have you made that honor your authentic self?
5. What triggers or challenges arose, and how did you respond differently than before?
6. What support did you seek or receive?
7. What are you most proud of this month?

Celebration Prompts

- Identify three ways, no matter how small, that you honored your true self this month.
- Write about a moment when you recognized your own growth.

- How would you explain your progress to someone who knew you before?

Next Month's Intentions

- What aspect of your identity would you like to strengthen next month?
- What new experience would you like to try?
- What boundary would benefit from reinforcement?

A Note About Your Journey

Remember that healing isn't linear. Some days will feel like progress, others like setbacks. What matters is that you're showing up for yourself through this process.

If a particular prompt feels too challenging right now, it's okay to skip it and return later. Trust your instincts about what feels right for you.

For additional support on your healing journey, join our Facebook community or explore the coaching and hypnotherapy services at www.themarymcconnell.com.

Make a Positive Change in Your Life Today