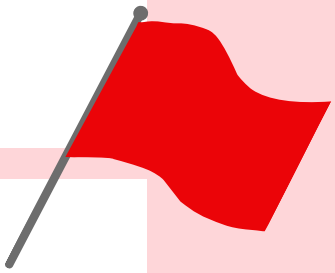
Red Flags Checklist - Is This Narcissistic Abuse?

Recognize the Warning Signs

Check all that apply to your relationship:

Manipulation Tactics:

- ☐ They twist your words to make you the "bad guy"
- ☐ You constantly apologize even when you've done nothing wrong
- ☐ They give you the silent treatment as punishment
- ☐ You feel like you're walking on eggshells around them
- ☐ They deny saying hurtful things you clearly remember



Control Patterns:

- ☐ They isolate you from friends and family
- ☐ They monitor your phone, emails, or whereabouts
- ☐ They control finances or access to money
- ☐ They make all major decisions without your input
- ☐ They criticize your appearance, intelligence, or abilities

Emotional Impact:



- ☐ You've lost confidence in yourself
- ☐ You question your own memory and reality
- ☐ You feel anxious, depressed, or emotionally exhausted
- ☐ You've changed who you are to keep the peace
- ☐ You feel trapped with no way out



If you checked 5 or more boxes, you may be experiencing narcissistic abuse.

You're not crazy. You're not overreacting. What you're experiencing is real, and you deserve support.