

Narcissistic Abuse Cycle Worksheet

Personal Information

Name:

Date:

Therapist/Counselor:

Identifying the Cycle

Stage 1: Idealization

1. Description of Behavior:

- How did the narcissist behave during this phase?

2. Your Emotional Response:

- How did you feel during this phase?

3. Duration:

- How long did this phase last?
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Stage 2: Devaluation

1. Description of Behavior:

- How did the narcissist behave during this phase?

2. Your Emotional Response:

- How did you feel during this phase?

3. **Duration:**

- How long did this phase last?
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Stage 3: Discarding

1. **Description of Behavior:**

- How did the narcissist behave during this phase?

2. **Your Emotional Response:**

- How did you feel during this phase?

3. **Duration:**

- How long did this phase last?
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Stage 4: Hoovering

1. **Description of Behavior:**

- How did the narcissist behave during this phase?

2. **Your Emotional Response:**

- How did you feel during this phase?

3. **Duration:**

- How long did this phase last?

Pattern Recognition

- 1. How many cycles have you noticed?**
 - 2. What triggers each phase?**
 - 3. How does each cycle affect your well-being?**
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Coping Strategies and Boundaries

- 1. What coping strategies have you tried?**
 - 2. What boundaries have you set, if any?**
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Support System

- 1. Who are the people in your life you can talk to about this?**
 - 2. Have you considered professional help?**
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Remember, this template is a tool for understanding patterns, but it's not a replacement for therapeutic intervention or counseling. Always seek professional help if you're dealing with abuse.