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Narcissism and Intimacy: Reflection Worksheet - Purpose

If you suspect your partner may have narcissistic traits, this worksheet helps you explore how the relationship affects your emotions, needs, and sense of self — without blame or diagnosis.

1. Quick Check-In

How do I feel most of the time?

☐ Secure ☐ Confused ☐ Drained ☐ Hopeful ☐ Anxious ☐ Other: _____

2. Patterns I Notice

When I feel loved or seen: _____

When I feel criticised or dismissed: _____

When I express needs: ☐ They listen ☐ They withdraw ☐ They criticise ☐ They deflect

3. Common Experiences

Tick any that apply:

- ☐ I question my reality or memory
- ☐ I walk on eggshells
- ☐ I over-apologise to keep peace
- ☐ Affection feels conditional
- ☐ My feelings are minimised
- ☐ I feel responsible for their moods

4. Emotional Awareness

Circle the feelings most present:

Guilt Fear Love Anger Shame Hope Loneliness Relief Confusion

What do I hide or silence to keep harmony? _____

5. Reflection

What does this pattern remind me of from earlier relationships or childhood?

6. My Boundaries

One situation that drains me: _____

One action that restores me: _____

A boundary I can set now: _____

Someone I can confide in: _____

7. Reframing

- What is *mine* to manage and what is *theirs*?
- What would *healthy love* look and feel like for me?

Reminder

You can't change someone's empathy or awareness — but you can protect your peace, express your truth, and choose how you wish to connect.

Intimacy grows where safety and respect are mutual.

Inspired by Marion F. Solomon's "Narcissism and Intimacy: Love and Marriage in an Age of Confusion."