

Narcissistic Abuse Recovery Journal Prompts

A Guilt-Free Guided Journal

Guilt Free Mind · guiltfreemind.com

Use these prompts to gently process your experience, release shame, and rebuild your sense of self. There are no "wrong" answers. Write as little or as much as you like. Be kind to yourself.

How to Use This Printable:

1 Choose 1-2 prompts per day.	2 Write freely without self-criticism.	3 Date each entry to track your healing progress.
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Daily Journal Prompts

1 VALIDATION & REALITY

Date: _____

- What is one thing I now recognize as manipulation or gaslighting that I once doubted?

- How did I feel when I started trusting my own memories again?

2 GRIEF & LOSS

Date: _____

- What am I grieving the most right now – the person I thought they were, the future I planned, or the years I lost?

- What would I say to myself on the hardest days of the marriage if I could go back?

3 ANGER & EMOTIONS

Date: _____

- *What anger am I still carrying? Where in my body do I feel it?*

- *What is one thing I am allowed to be angry about without feeling guilty?*

4 SELF-WORTH & IDENTITY

Date: _____

- *Who was I before the relationship? What parts of me did I lose or hide?*

- *What are three things I like about myself that have nothing to do with my ex?*

5 BOUNDARIES

Date: _____

- *What boundary do I need to set (or strengthen) right now to protect my peace?*

- *How did it feel the last time I successfully said "no" or walked away?*

6

HEALING PROGRESS

Date: _____

- *What is one small sign that I am healing, even if it feels tiny?*

- *How have I grown stronger since leaving the narcissistic marriage?*

7

SELF-COMPASSION

Date: _____

- *What would I say to a dear friend who went through what I experienced?*

- *How can I show myself that same kindness today?*

8

FUTURE & GROWTH

Date: _____

- *What does a peaceful, fulfilling life look like for me now?*

- *What am I looking forward to creating in this new chapter?*

9 REFLECTION

Date: _____

- *What lesson from this experience am I grateful for, even though it was painful?*

- *What do I want to remember about my strength on difficult days?*

10 GENTLE CLOSING PROMPT

Date: _____

- *What do I need most right now to feel safe and supported?*

*You are not broken. You are healing.
Every word you write is proof of your courage and strength.
There is no timeline for healing – only your own gentle pace.
You deserve peace. You deserve freedom. You deserve to thrive.
You have already taken the hardest step. Keep going. I am proud of you.*

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