

The narcissistic abuse cycle is a manipulation pattern used to control partners and make them question their reality. Each phase keeps the victim confused and dependent, trapping them in the abuse cycle. Use the following worksheet to track the behaviors of your narcissistic partner, your feelings, and your responses to help recognize if you are trapped in a narcissistic abuse cycle.

1. Idealization

The honeymoon stage.

The narcissist puts you on a pedestal and makes you feel special.

2. Devaluation

The narcissist removes you from the pedestal and begins to put you down with criticism, insults, and gaslighting.

You feel worthless.

4. Hoovering

The narcissist attempts to pull you back into the relationship.

They may use love-bombing, promises, or show up at your home or work to try to convince you to stay.

3. Rejection

The narcissist discards you.

This is especially likely if they are no longer getting their fill of ego-boosting attention and affirmations in the relationship.

Recovering from narcissistic abuse is a long process that takes time, so it is critical you allow yourself grace during this time. Make sure you have a safe environment to begin healing, seek support from loved ones, and consider working with a therapist. It can be challenging to talk about narcissistic abuse, but processing your experience may offer you a path to a healthier relationship with yourself and others.

Given the emotionally volatile and abusive nature of narcissistic relationships, it's important to seek help immediately if you feel you are in danger. You do not need to endure any kind of abuse and are not obligated to stay and work things out. Abuse should never be tolerated.



Stage 1: Idealization

The narcissist will put a partner on a pedestal and make them feel perfect or incapable of wrongdoing. This can feel nice at first, but it escalates quickly and becomes overpowering and overwhelming to the partner.

How did the narcissist behave?	How did you feel?	How did you respond?
.....

Stage 2: Devaluation

The narcissist removes you from the pedestal. You may feel worthless as the narcissist begins to put you down, possibly by using verbal or physical abuse and physical intimacy as a weapon. When confronted, the narcissist plays the role of the victim and continues to devalue you.

How did the narcissist behave?	How did you feel?	How did you respond?
.....



Stage 3: Rejection

In the rejection phase, the narcissist places all the blame and downfall of the relationship on you. The narcissist will discard you, especially if they are no longer getting their fill of ego-boosting attention and affirmations in the relationship.

How did the narcissist behave?	How did you feel?	How did you respond?
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Stage 4: Hoovering

The narcissistic hoovering stage refers to the narcissist’s attempt to reconnect and reconcile after a period of withdrawal. Hoovering can come in many different forms, including exacerbating crises, engaging in love-bombing tactics, or spreading rumors.

How did the narcissist behave?	How did you feel?	How did you respond?
<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

