

# Personal Strengths Inventory for Dealing with a Narcissist

Dealing with a narcissist can erode your sense of self-worth, as their manipulative tactics often aim to undermine your confidence and control your perceptions. This personal strengths inventory is designed to help you reclaim your power by focusing on your inherent strengths. **By identifying and embracing your positive attributes, you can protect your self-esteem from the damaging effects of narcissistic behavior.**

Recognizing your strengths not only helps to counteract the negative influence of a narcissist but also promotes a more resilient, empowered mindset, enabling you to navigate these challenging relationships with greater confidence.

## PART 1: Discovering Your Strengths

Take some time to read through the list of attributes carefully and circle at least 6 strengths that you believe apply to you.

Because dealing with a narcissist can change your perception of yourself, you may feel you do not have the strengths below unless you match the description *100%, all the time*. **Challenge yourself to push back against those thoughts.** One way to do this is to identify the strengths of someone you know and admire, and consider whether you hold them to the same impossible standard.

### Self-Control

I manage my emotions and impulses, which allows me to make thoughtful choices.

### Confidence

I believe in my abilities and have positive expectations of success.

### Flexibility

I adapt to change, adjust my approach, and think creatively in new situations.

### Ambition

I have a strong desire and determination to achieve success and accomplish my goals.

### Wisdom

I use knowledge and experience to make sound judgments and decisions.

### Creativity

I think outside the box and generate original ideas.

### Curiosity

I desire to ask questions, discover new things, and expand my knowledge.

### Bravery

I face fear, uncertainty, or danger with determination and resolve.

### Fairness

I believe in just treatment, and that everyone has equal opportunities.

### Forgiveness

I let go of resentment and anger, choosing to understand and move on from a hurtful experience.

### Gratitude

I appreciate and am thankful for the positive aspects of life.

### Honesty

I am truthful and sincere in my words and actions.

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Personal Strengths Inventory for Dealing with a Narcissist

## Optimism

I expect the best possible outcome and believe in a brighter future.

## Humility

I have a modest view of my importance, which allows me to learn from others.

## Humor

I have the ability to find and share amusement, and create a lighter perspective on challenges.

## Kindness

I am caring, considerate, and desire to help others.

## Patience

I stay composed while waiting or facing challenges, without getting frustrated or giving up.

## Love of Learning

I have an enthusiasm for acquiring knowledge and skills, driven by a desire for understanding.

## Perseverance

I am committed to see things through, despite obstacles and setbacks.

## Open Mindedness

I am willing to consider new ideas and perspectives with receptiveness.

## Teamwork

I collaborate effectively with others to achieve a shared goal.

## Social Awareness

I understand the emotions, needs, and perspectives of others.

## Spirituality

I believe in a purpose or connection to something larger than myself.

## Enthusiasm

I have a zest and passion that fuels my excitement and motivation.

## Generosity

I give my time, resources, or skills to help others without expecting anything in return.

## Problem-Solving

I am able to analyze situations, identify solutions, and overcome challenges effectively.

## Dependability

I am reliable and others can count on me to fulfill my commitments and responsibilities.

## Authenticity

I live and express myself genuinely, being true to my values and beliefs.

## Adventurousness

I am eager to experience new and exciting things, with a sense of curiosity and daring.

## Assertiveness

I communicate my needs, wants, and opinions clearly and confidently.

## Independence

I am self-sufficient and resourceful, taking responsibility for my own well-being.

## Logic

I am able to think clearly and reach sound conclusions based on reason and evidence.

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Personal Strengths Inventory for Dealing with a Narcissist

## PART 2: Applying Your Strengths to Relationships

Use the prompts to explore how you currently use your strengths in your romantic relationship(s), friendships, and family. This process will empower you to navigate interactions with a narcissist more effectively, ensuring that your needs and values remain central in your relationships.

### Lists the strengths you possess that help you in your relationships

---

---

---

---

---

---

---

---

### Describe a specific time your strengths were able to help your relationships

---

---

---

---

---

---

---

---

### Describe two new ways you could use your strengths to help you in your relationships

---

---

---

---

---

---

---

---

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# Personal Strengths Inventory for Dealing with a Narcissist

## PART 3: Applying Your Strengths to Achieve Personal Fulfillment

After being affected by narcissism, it's common to feel disconnected from your sense of purpose and enjoyment in life. This section of the worksheet will help you explore how you currently use your strengths to enhance your sense of purpose and joy, even in the face of challenges.

**Lists the strengths you possess that help you achieve personal fulfillment**

---

---

---

---

---

---

**Describe a specific time your strengths were able to help you with personal fulfillment**

---

---

---

---

---

---

---

---

**Describe two new ways you could use your strengths to help you with personal fulfillment**

---

---

---

---

---

---

---

---

*\*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



# 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



**325+**  
Companies Reviewed



**3,625+**  
Hours of Firsthand Experience



**1,545+**  
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.





# Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

## [Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



## [Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.