

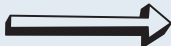
# Responding to Narcissistic Abuse

## NARCISSISTIC ABUSE

- emotional trauma
- betrayal
- devaluing
- lies
- discard

## ACKNOWLEDGEMENT

- moving out of denial
- willingness to see the abuse

Choose Option A, B, or C 

### OPTION A

DO  
NOTHING/REMAIN  
IN THE  
NARCISSISTIC  
ABUSE CYCLE

### OPTION B

VENDICTIVE ANGER

*Seeking revenge,  
wishing evil*

RESENTMENT

*Nurtured anger festers  
into resentment then  
bitterness.*

BITTERNESS

*Bitterness creates a  
hardened heart and  
emotional shutdown.*

### OPTION C

EXPERIENCE

RIGHTEOUS ANGER

- Psalm 5;
- Matthew 23:13-36;
- Matthew 21:12-17

GRIEVE

*Begin the healing work of  
grieving the losses (Ps. 22:1-  
3, 9-11)*

RELEASE

*Release the pain to God for  
beginning the transformative  
work of forgiveness.  
(Ps. 55:22)*

RE-ENVISION

*God will help you re-envision  
your life free from narcissistic  
abuse.  
(Jer. 29:11)*

NOTICE GOD'S

REDEMPTIVE

ACTIONS

*God redeems all things for His  
children. (Rom. 8:28)*

EMOTIONAL HEALING

*Experience emotional health  
and freedom to move into the  
future with increased wisdom  
and discernment in  
relationships. (Jn. 8:32)*

### ADDITIONAL NOTES:

- Righteous anger provides empowerment for breaking out of the trauma bond/abuse cycle.
- Repetitive uninformed forgiveness keeps the narcissist's partner engaged in the narcissistic abuse cycle.
- Seek informed biblical forgiveness after breaking free of the trauma bond and abuse cycle.
- Authentic forgiveness is a miraculous work of God that occurs on an individual timeline with each believer.
- The believer's responsibility is willing-to-be-willing for God to begin the heart transformation.