

My Healing JOURNAL

Things I'm grateful for today

Things I learned today

Today I feel

Today I am proud because...

Narcissistic Abuse Healing

Toolkit

For Survivors of Manipulation,
Gaslighting & Emotional Abuse



Welcome
TO THE
**NARCISSISTIC ABUSE
HEALING TOOLKIT
FOR SURVIVORS OF
MANIPULATION, GASLIGHTING
& EMOTIONAL ABUSE**



♥ Welcome, Brave Soul,

First, take a deep breath. You made it here—and that alone is powerful. This workbook was created for you—the one who has endured the quiet storms of manipulation, gaslighting, and emotional abuse. The one who questioned their own reality to keep the peace. The one who gave too much, stayed too long, and now... is learning to come home to themselves.

Let this be a safe space where your truth is honored, your voice is heard, and your healing is sacred. There's no pressure to "move on" quickly or to be okay before you're ready. This journey is about reclaiming your inner compass, one gentle step at a time.

Inside these pages, you'll find journal prompts, daily check-ins, affirmations, and reflective questions designed to help you process, feel, and remember who you are.

You're not broken.

You're not crazy.

You're not alone.

This is the beginning of your healing—not because you need fixing, but because you finally deserve peace, clarity, and truth.

Welcome to your recovery. I'm so glad you're here.

With compassion and respect,

Sarah Moodie
Dark Wolf Coaching
Narcissist Abuse Recovery Coach
Wolfsong Designs LLC
Creator of the Healing Toolkit



About me- Sarah Moodie

The tension was high, confusion a tornado in my brain, suffering through severe manipulation and mental abuse by a Narcissistic Sociopath was one of the worst things I've ever endured. It has taken years to get to the place I am now and there is still so much self work and healing to do. I still get triggered, still have thoughts and feelings for my "Dark Wolf." It is a process. I can see the value in the lessons I learned and understand the path that led me to help others who have suffered similar relationships and circumstances.

I was in a very dark place, though I hid my despair under a big smile. In September 2021, I walked into fire and got electrocuted by a downed powerline. I was saved by a voice in my head and the experience literally jolted me into changing my life. I always joke, I would never recommend shock therapy but it worked for me. I had always felt there was something I was meant to do and now I am here and ready to help you and others fire up your spirits again.

I felt very alone in my healing. No one understood what I had gone through, nor could they, to explain and what a crazy story to someone else. I wished for someone to talk to who knew what it was like and could relate to my experience. I hope to be that person for people who need some guidance in the healing process and break free from the toxicity and reclaim themselves on all levels; physically, emotionally, mentally and spiritually.

If you are here you are looking for some release of what is holding you down. You know who you were and though you will never be the same you can become a stronger version of yourself and claim the beautiful things you want and deserve in your life as the amazing, divine creature you are.

This is an example of some of the work and techniques that I find valuable in the healing process.

If this resonates with you, I'd love to continue the conversation.



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What you will walk away with...

By the end of this short workbook, you'll have:

- Identified the beliefs and/or thought keeping you stuck
- Understand the true narrative and turn your future story into something more empowering
- Choices of tools to use to help in the healing process

Remember when journaling to write for release without judgement. Be kind to yourself!





♀ Narcissistic Abuse Healing Toolkit

For Survivors of Manipulation, Gaslighting & Emotional Abuse

Mindset & Emotional Healing

- Today I reminded myself: I was abused, and it wasn't my fault.
- I questioned any thoughts of self-blame, shame, or guilt.
- I affirmed my truth: "I am not crazy. What I felt was real."
- I allowed myself to feel without judgment—sadness, anger, relief, anything.
- I celebrated a small emotional win, like saying no or speaking up for myself.

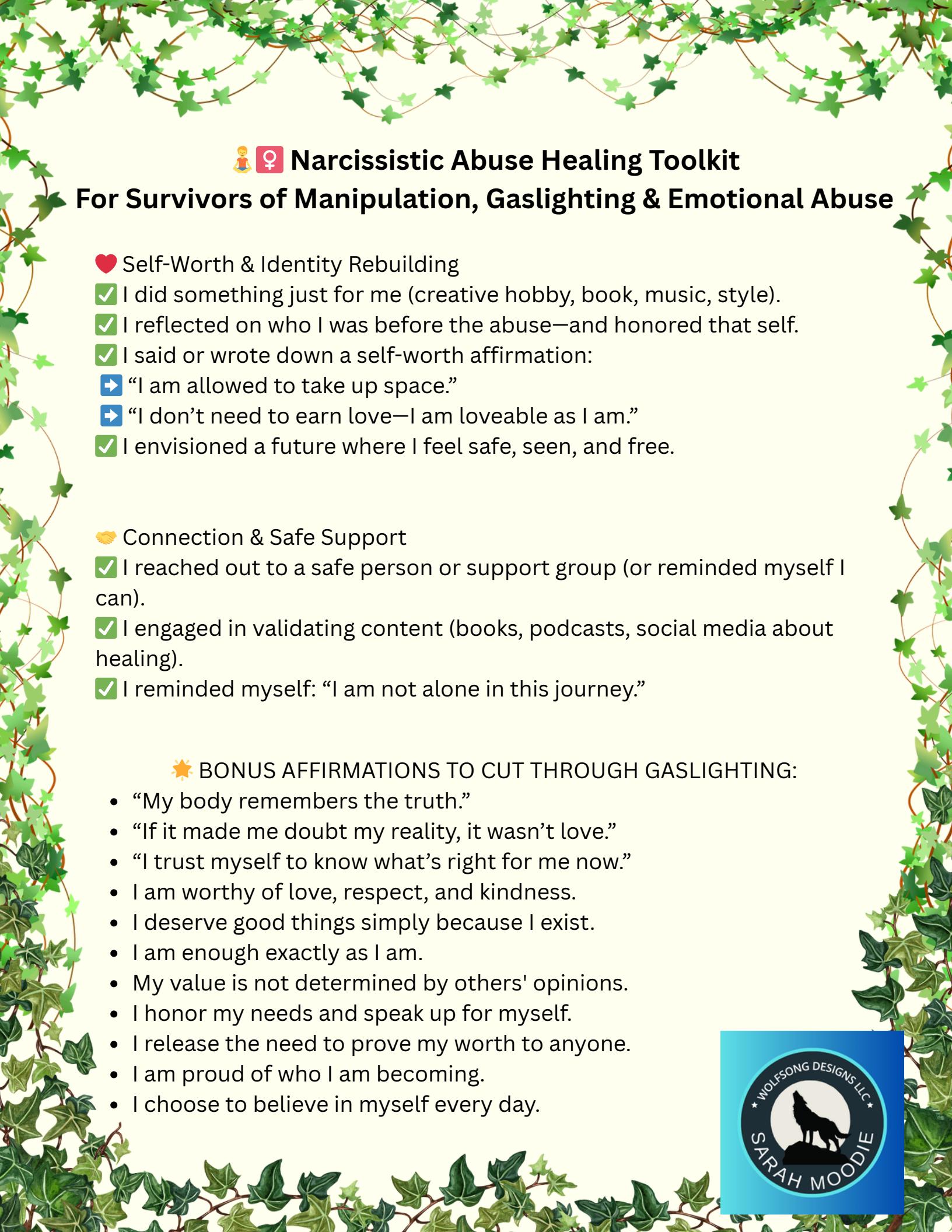
Communication & Boundaries

- I upheld a boundary (or practiced a new one—even if just in my mind).
- I reminded myself that I do not owe access to anyone who causes me harm.
- I used a boundary script or affirmation like:
 - ➡ "No is a complete sentence."
 - ➡ "I'm not available for this dynamic anymore."
- I disconnected (emotionally, digitally, physically) from toxic or triggering input.

Nervous System Regulation

- I did one grounding practice (deep breathing, cold water, or feet on the earth).
- I moved my body gently (walk, stretch, dance, shake out tension).
- I had a calming ritual (tea, bath, nature, aromatherapy, journaling).
- I checked in with my body: What do I need? Rest, food, stillness, comfort?





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❤️ Self-Worth & Identity Rebuilding

- I did something just for me (creative hobby, book, music, style).
- I reflected on who I was before the abuse—and honored that self.
- I said or wrote down a self-worth affirmation:
 - ➡ “I am allowed to take up space.”
 - ➡ “I don’t need to earn love—I am loveable as I am.”
- I envisioned a future where I feel safe, seen, and free.

🤝 Connection & Safe Support

- I reached out to a safe person or support group (or reminded myself I can).
- I engaged in validating content (books, podcasts, social media about healing).
- I reminded myself: “I am not alone in this journey.”

🌟 BONUS AFFIRMATIONS TO CUT THROUGH GASLIGHTING:

- “My body remembers the truth.”
- “If it made me doubt my reality, it wasn’t love.”
- “I trust myself to know what’s right for me now.”
- I am worthy of love, respect, and kindness.
- I deserve good things simply because I exist.
- I am enough exactly as I am.
- My value is not determined by others’ opinions.
- I honor my needs and speak up for myself.
- I release the need to prove my worth to anyone.
- I am proud of who I am becoming.
- I choose to believe in myself every day.





For Survivors of Manipulation, Gaslighting & Emotional Abuse

Recovering from a narcissistic relationship—especially one involving manipulation, gaslighting, and mental abuse—requires deep, compassionate healing. Here are some trauma healing tips to support the recovery process:

Acknowledge the Abuse

- **Name the experience:** Validate that what you went through was abuse—mental, emotional, and psychological.
- **Stop minimizing:** It's normal to second-guess yourself after gaslighting. Remind yourself: "If it hurt, it matters."

Rebuild Reality & Self-Trust

- **Journal the truth:** Write down events as you experienced them to deprogram distorted narratives.
- **Reality-check your thoughts:** When you question yourself, ask: "Is this what I truly believe, or what I was conditioned to believe?"
- **Practice self-validation:** Use affirmations like: "My feelings are valid. My perception is real."

Establish and Reinforce Boundaries

- **Go "No Contact" or "Low Contact":** Limit communication if possible, especially during early healing.
- **Set firm emotional boundaries:** You don't owe anyone access to your energy, time, or forgiveness.
- **Use boundary scripts:** Practice saying things like:
 - "That's not okay with me."
 - "I need space right now."
 - "I'm not available for this conversation."



Regulate Your Nervous System

- **Grounding techniques:** Use breathwork, body scans, or holding an ice cube to bring yourself back to the present.
- **Somatic release:** Shake, cry, dance—let the trauma move through and out of your body.
- **Restorative rituals:** Create daily moments of safety—warm tea, cozy blankets, nature walks, or mindful movement.



For Survivors of Manipulation, Gaslighting & Emotional Abuse

💬 Reconnect with Safe Support

- **Find trauma-informed therapy or coaching:** Seek out professionals who understand narcissistic abuse.
- **Join support groups:** Being around others who "get it" can be incredibly validating and healing.
- **Talk to trusted people:** Let safe friends or loved ones help remind you who you are.

✳ Rebuild Identity & Self-Worth

- **Reconnect with who you were before the abuse:** What did you love? What made you feel alive?
- **Redefine your self-worth:** It's not based on your ability to fix or be chosen. You are worthy simply because you exist.
- **Celebrate small wins:** Healing is not linear—honor every step, no matter how small.

Ү Create a Future-Focused Healing Vision

- **Shift focus from the narcissist to yourself:** Healing happens when you stop trying to understand them and start nurturing you.
- **Envision the life you deserve:** Safe. Peaceful. Empowered.
- **Anchor into hope:** Your story doesn't end in pain. Healing is possible—and you are already on your way.

I can help!

Reconnect to your truth & trust!

Break the trauma trance. Learn how to hear, feel, and trust your own intuitive signals again with me, Sarah Moodie at Wolfsong Designs LLC.

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Reclaiming Reality (After Gaslighting)

- What truths did I silence in order to survive?
- What do I know to be true about what happened?
- When did I first start doubting my own perception?
- What do I wish someone had said to me back then?



🔒 Boundaries & Emotional Safety

- Where did I say yes when I wanted to say no?
- How did I ignore or betray my own needs to avoid conflict?
- What boundaries do I want to set now—emotionally, physically, digitally?
- What does a safe relationship feel like in my body?

Grief, Anger & Letting Go

- What am I grieving besides the person—my time, energy, innocence?
- What anger do I need to express that I've been holding back?
- What would I say if I could speak freely and safely?
- What am I ready to release, even if it's hard?

✨ Forging a New Future

- What does freedom mean to me now?
- How will I know I'm healing—what signs can I watch for?
- What new boundaries, rituals, or habits can support my healing?
- Who am I becoming as I move forward?

Daily Check-In Page (Repeat Daily or Weekly)

⌚ Today I'm noticing:

- My mood: 😊 😞 😔 😢 😋
- My energy level:
⚡ High / 🛌 Low / 🌙 Anxious / 🚶 🚶 Grounded
- My thoughts feel:
⬇ Spiraling / 📊 Stable / 🚨 Triggered / 🧠 Clear

❤️ My body feels:

Tense / Calm / Frozen / Heavy / Restless / Numb / Safe

💬 One emotion I'm allowing myself to feel is:

→ [Write it here]

🌟 🚶 I gave myself support by:

Grounding / Resting / Journaling / Saying no / Reaching out / Breathing

❤️ One thing I did for myself today:

→ [Write one small act of self-love or safety]

🎯 Intention or affirmation for tomorrow:

→ "I will..." or "I am..."

✍ Optional End-of-Week Reflection

- What did I learn about myself this week?
- What helped me feel safer or more grounded?
- What patterns am I ready to break?
- What do I want to bring into the next week?

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**Reach
out!**

