

Daily Self-Trust Tracker

Use this worksheet to rebuild trust in yourself after narcissistic abuse—one small, safe decision at a time. Your emotions are not “wrong.” They’re information. This tracker helps you validate what you feel, listen to your body, and prove to yourself (daily) that you can trust you.

How to use

1. Print one page per day (or copy into a notebook).
 2. Keep it simple—small wins count.
 3. If you miss a day, you didn’t fail. You’re rebuilding.
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1) Emotional Validation Check-In (2 minutes)

What am I feeling right now? (name 1-3 emotions)

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Where do I feel it in my body? (tight chest, heavy stomach, buzzing, calm, etc.)

What might this emotion be trying to protect or tell me?

Validation statement (finish the sentence):

“It makes sense that I feel _____ because _____.”

2) Body-Based Awareness (Nervous System Note)

Today my body felt: (check any)

- Calm/steady
- On edge/anxious
- Tired/heavy
- Numb/shut down
- Energized/hopeful
- Other:

One thing that helped my body feel safer today:

Joy spotting (even tiny):

Did I notice a smile, belly laugh, relief, or peace today?

- Yes
- Not yet (that’s okay)

If yes, what was it?

3) Decision-Making Practice (Start Small)

One small decision I made today (for me):

Examples: what I ate, what I wore, what I watched, what I said yes/no to.

How did it feel to choose?

Next “stretch” decision (still safe, slightly bigger):

4) Inner Critic Interruption (Whose Voice Is That?)

What did my inner critic say today?

Whose voice does it sound like? (mine, ex/parent/boss, “old programming”)

Truth replacement (write what you choose to believe):
“Actually, the truth is...”

Motivation flip (optional):
“I’m going to use this as fuel by...”

5) Self-Trust Rituals (Pick 1-3)

Check what you did today:

- Mirror work: “I’m proud of you for _____.”
- Daily affirmation (write yours below)
- Win tracking (Section 6)
- Boundary practice (one small no)
- 5-minute walk / stretch / breathwork
- Journal 5 lines
- Text/call a safe person
- Other:

Today’s affirmation:

6) Win Tracker + Reward (Proof You Can Trust You)

Today’s wins (list 1-5):

1:
2:
3:
4:

How I’m rewarding myself (small or big):

What this proves about me:
“This proves I can trust myself to...”

7) Boundaries + Self-Protection (Quick Scan)

Where did I protect my peace today?

One boundary I want to practice tomorrow:

8) Closing (30 seconds)

One kind sentence to myself:

Tomorrow, I will focus on: (one simple thing)

If you're in immediate danger or crisis

If you feel unsafe or at risk of harming yourself, please contact local emergency services right now. In the U.S., you can call or text 988 (Suicide & Crisis Lifeline). If you're experiencing domestic violence, you can call 1-800-799-SAFE (7233) or text START to 88788 (National Domestic Violence Hotline).