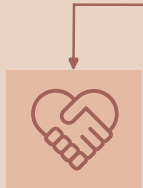
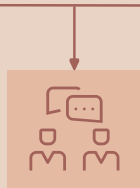


# When Your Narcissist Threatens You

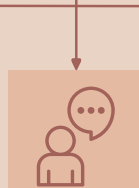
Fill in the boxes with your plan of action to work through when your narcissist threatens you. Use the notes at the bottom to document your healing or learning process from following these steps.



DON'T REACT STRONGLY  
OR FIGHT BACK



KEEP THINGS CALM  
THROUGHOUT THE TALK



SPEAK THE TRUTH CALMLY  
TO THE NARCISSIST



SET HEALTHY BOUNDARIES  
WITH THE NARCISSIST



DECIDE HOW TO NAVIGATE  
GOING FORWARD

Notes

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