

Unhooked and Healing

A Deeper Self-Assessment

A slower, deeper way to make sense
of what you're feeling

*Helping you reconnect with
your own inner knowing*



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Awareness Comes First / When Something Feels Off

A self-assessment to help you reflect more deeply

Sometimes, something just feels off – but it's hard to put your finger on why.

You might feel anxious, confused, or like you're always walking on eggshells. You may find yourself questioning your reactions, your memories, or your sense of what's normal. And yet, when you try to explain it, the words don't quite come.

This self-assessment is here to offer a quiet place to pause and reflect.

It isn't about diagnosing or labeling anyone.

It isn't about deciding what to do next.

And it isn't about having all the answers.

The questions that follow are simply meant to help you notice what you may have been living with – subtly or overtly – and how it's been affecting you.

You may not have heard the word narcissist before – or you may have heard it used without being sure what it really means. This self-assessment offers one possible way of understanding certain patterns – without pressure to define or decide anything right now.

There is no score.

No pass or fail.

No judgment here.

Just take your time.

Answer honestly.

And trust what feels true to you.

Awareness doesn't arrive all at once.

But each moment of clarity – no matter how small – matters.

Using This Self-Assessment

This self-assessment is designed to be taken at your own pace.

You don't need to complete it all at once, and there's no right or wrong way to move through it. Some questions may feel immediately clear. Others may take time, or bring up mixed emotions. That's normal.

As you work through the questions, answer as honestly as you can — not based on what you think *should* be true, but on what you've actually been experiencing.

If you feel unsure about a question, you can:

- pause and come back to it later
- answer based on your first instinct
- or skip it entirely

You're in control of this process.

You may find it helpful to:

- read the questions slowly
- notice any emotional or physical responses
- jot down thoughts or reflections as they arise

There is no score at the end of this self-assessment. The value comes from noticing patterns and giving yourself permission to see what's been there — without judgment.

Take breaks when you need them.

And stop whenever it feels like enough.

Section Two – Charm, Criticism & Control



Manipulation Tactics – Recognizing the Patterns

Have you been experiencing emotional ups and downs that leave you unsure of where you stand?

- Does this person alternate between charm and criticism, keeping you unsure of where you stand?
- Do they twist your words or deny things they said?
- Have you experienced silent treatment or sudden coldness when you express a need?
- Do you feel like you can't express yourself without consequences?
- Do they act differently in front of others, appearing kind, charming, or respectful?

Reflection Notes: What stands out to me most?

Bonus Section for Further Reflection

Sometimes clarity begins with a quiet “yes” that echoes in your gut.

Other times, it comes slowly with remembering — layer by layer.

This section is here to support that noticing.



This section is less about analyzing and more about noticing.

Noticing what feels tender. What feels true.

It's a space to hear your own voice again.

You don't need to answer every question.

You don't need to push for insight.

Just pause. Breathe. Let your body, your breath, and your truth guide you.



These prompts aren't meant to define your experience.

They're here to open a door—to soften the edges and bring compassion to places that feel forgotten, silenced, or confused.

You might write a sentence.

You might draw a feeling.

You might close your eyes and just let the question settle inside of you.

Whatever way you show up here, it's enough. This is your experience.

This is your space. This is your timing. This is your truth.

You Can't Unknow What You Now Know!

You're becoming aware of things that you didn't see before. You may feel shocked, stunned, or even bewildered that you didn't recognize what was really going on. That's okay. That's normal.

You are starting to realize - **it wasn't you.**

You're not broken. You're waking up.

And with awareness comes clarity. With clarity comes power.

That power will help you move forward and begin the journey back to yourself.

You may still feel uncertain or disoriented. But now, there is a light at the end of the tunnel.

You are beginning to see it—and feel it.

There is no timeline for awareness or healing.

Every single insight is sacred.

Every answer is a breadcrumb back to yourself.

Take your time.

Be kind to the part of you that's been surviving.

Be gentle with the version of you that didn't know. That version got you here.

Understanding What Your Answers Are Showing You

There's no score. No pass or fail.

But your gut responses still speak volumes.

- If many of your answers were “yes” or “often,” it may be time to take a closer look at the patterns in this relationship.
- Even just a few questions that hit hard can signal that something deeper is going on.
- The goal of this self-assessment is **not to label someone else**, but to offer clarity, validation, and support for your own truth.

You are not imagining it.

Your feelings are valid.

You matter.

What Now?

For deeper awareness and support, the **Unhooked and Healing Workbook** is designed to help you continue exploring what you've been experiencing. You will find more questions with relatable examples, thoughtful journaling prompts, and space to uncover your own insights.

If you'd like to explore further right now, here are a few more reflection questions to consider:

- What part of yourself may have felt quieter, hidden, or shut down in this relationship?
- When do you feel most like "yourself"? Who are you with or what are you doing?
- What fears come up when you think about setting a boundary or walking away?
- What would healing or freedom *feel* like to you?

Keep Going

For a deeper understanding of what you've been living through, I invite you to read the book **Unhooked and Healing**.

If you'd like, you can add your name to the waitlist for the book:

 www.unhookedandhealing.com

Before You Close This

Many people don't come looking for healing.

They come looking for answers – for clarity about something that hasn't felt right.

It's often only after seeing patterns clearly, after reflecting honestly, that another realization begins to surface: that something hurt. Not because you didn't notice, but because something in the relationship slowly wore you down.

Recognizing that is often the quiet beginning of healing – whether you name it that way yet or not.