

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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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 permitting yourself to see what's been there — without judgment.

Take breaks when you need them.

And stop whenever it feels like enough.

SECTION ONE – CONFUSION & SELF-DOUBT

When you begin questioning yourself

Have you begun to lose trust in your own thoughts, feelings, or memories?

1. Do you second-guess yourself more often than you used to?
2. Do you find yourself constantly explaining or defending your feelings?
3. Do you feel like you're walking on eggshells to keep the peace?
4. Have you started doubting your own memory, decisions, or perceptions?
5. Are your accomplishments ignored – or turned into something negative?

Reflection Notes — What stands out to me most?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

SECTION TWO — CHARM, CRITICISM & CONTROL

When the Same Patterns Keep Repeating

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

1. Does this person alternate between charm and criticism, keeping you unsure of where you stand?
2. Do they twist your words or deny things they said?
3. Have you experienced silent treatment or sudden coldness when you express a need?
4. Do you avoid saying what you really think or feel because you're afraid of how they'll react?
5. Do they act differently in front of others, appearing kind, charming, or respectful?

Reflection Notes — What stands out to me most?

SECTION THREE — LOSING CONNECTION & LOSING YOURSELF

How the Relationship May Be Affecting You

Has your world started to shrink — socially, emotionally, or even within yourself?

1. Has this person tried to turn you against friends, family, or people you care about?
2. Do you feel more isolated or disconnected from your support system than before?
3. Do you feel like you're becoming someone you hardly recognize?
4. Have you let go of hobbies, dreams, or goals after they were mocked or discouraged?
5. Are you constantly trying to prove your worth to this person?

Reflection Notes — What stands out to me most?

SECTION FOUR — TIRED, TRAPPED & TRYING

When you're trying to hold everything together

How is this relationship impacting your peace, energy, and sense of direction?

1. Do you feel emotionally exhausted, anxious, or overwhelmed more often than not?
2. Have your boundaries been crossed — even after you've tried to express them?
3. Have you tried to leave before and felt pulled back in?
4. Do you feel guilty for thinking about leaving — or for staying?
5. Are you waiting for the version of this person they showed you in the beginning to return?

Reflection Notes — What stands out to me most?

A LITTLE MORE TO THINK ABOUT

By now, some of the questions may have reminded you of things you hadn't thought about for a while. Others may have helped you see something differently.

The questions that follow go a little deeper. They look at how the relationship may have affected the way you think about yourself, make decisions, look toward the future, and respond to the other person.

You don't need to answer every question, and you don't have to know the answer right away.

Take your time. If a question brings something to mind, write down what you remember. Think about specific situations, what was said or done, and how you responded.

There are no right or wrong answers.

These questions are simply another way to look at what you have been experiencing and notice things that may have been difficult to see while they were happening.

You may find that one question matters more to you than the others. Start there.

BONUS QUESTION 1

DO YOU SECOND-GUESS YOURSELF MORE NOW THAN YOU DID BEFORE THIS RELATIONSHIP?

What shifts have you noticed in how you make decisions or trust your gut?

Reflection Notes — What stands out to me most?

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BONUS QUESTION 2

DO YOU FEEL LIKE YOU'RE THE ONE DOING ALL THE EMOTIONAL WORK TO KEEP THINGS "OKAY"?

What does it feel like to carry the emotional weight for two?

Reflection Notes — What stands out to me most?

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BONUS QUESTION 3

DO THEY EVER ACCUSE YOU OF THINGS YOU NEVER DID — THEN GET ANGRY WHEN YOU DEFEND YOURSELF?

How does it feel to be blamed or misrepresented over and over?

Reflection Notes — What stands out to me most?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

BONUS QUESTION 4

HAVE YOU NOTICED YOUR SELF-WORTH SHRINKING IN THIS RELATIONSHIP?

When did you start feeling “not enough”? What do you wish you could reclaim?

Reflection Notes — What stands out to me most?

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BONUS QUESTION 5

ARE YOU AFRAID OF WHO YOU'LL BE WITHOUT THEM — EVEN IF THEY'RE HURTING YOU?

What is your mind telling you? What does your heart whisper back?

Reflection Notes — What stands out to me most?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

BONUS QUESTION 6

DO YOU FEEL LIKE YOU'VE STOPPED DREAMING, CREATING, OR IMAGINING A FUTURE FOR YOURSELF?

What have you put on hold to maintain stability—or to keep them happy?

Reflection Notes — What stands out to me most?

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BONUS QUESTION 7

DO YOU EVER FIND YOURSELF HOPING FOR A CRISIS SO THAT THEY'LL FINALLY SHOW UP FOR YOU?

How has pain become the only time you feel seen or cared for?

Reflection Notes — What stands out to me most?

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ONCE YOU BEGIN TO SEE THE PATTERN

You may be starting to notice things you did not recognize before.

That can bring a mix of reactions. You may feel surprised, confused, relieved, upset, or unsure what to make of it.

You may also be beginning to see that some of what happened was not about you failing, misunderstanding, or not trying hard enough.

Seeing the pattern more clearly can help you make sense of things that once felt confusing.

You may still have questions. You may still feel uncertain about what comes next.

That is okay.

There is no set timeline for understanding what you have been through.

Take your time.

Notice what stands out.

Pay attention to the questions or situations that keep coming back to mind.

The goal is not to have everything figured out. It is to understand your experience more clearly.

UNDERSTANDING WHAT YOUR ANSWERS ARE SHOWING YOU

There is no score. No pass or fail.

Your answers are simply a way to look more closely at what has been happening.

- If many of your answers were “yes” or “often,” you may be seeing a pattern that deserves more attention.
- Even a few questions that stood out strongly may point to something important.
- The purpose of this self-assessment is not to label someone else. It is to help you look at your own experience more clearly.

If something has felt confusing, upsetting, or difficult to explain, your answers may help you put words to it.

You do not have to decide what everything means right away.

For now, it is enough to notice what you are seeing more clearly.

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

If you would like to continue exploring these patterns in more depth, I invite you to read the book **Unhooked and Healing: Understanding what hooked you and finding your way back**. [Available on Amazon.](#)

 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.