WARRIOR OF WORTH

Your Worth Was Never Lost.

5 Steps to Reclaim Your Self-Worth

After Narcissistic or Emotional Abuse

A gentle guide to help you rediscover your voice, rebuild self-trust, and begin healing one step at a time.

Dear Warrior

Somewhere along the way, you may have started believing you were not enough. Maybe you were made to question your memories, silence your feelings, or apologize simply for being yourself. But your worth was never determined by the way someone treated you. This guide is here to help you reconnect with your voice, rebuild self-trust, and take gentle steps toward healing.

How to use this guide

- *Move at your own pace.*
- *Write only what feels safe.*
- *Return to these pages whenever you need encouragement.*

The 5 Steps

1. *Recognize What Happened*
2. *Create Moments of Safety*
3. *Reconnect With Your Voice and Boundaries*
4. *Challenge the Beliefs That Diminished Your Worth*
5. *Practice Self-Trust, One Small Choice at a Time*

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Step 1 of 5

Recognize What Happened

Why it matters

Emotional abuse can make you question your memory, your feelings, and your worth. Naming what happened helps you separate the truth from the lies you were taught to believe.

Try this gentle practice

Write one sentence that names a pattern you experienced, such as: “My feelings were often dismissed.” You do not have to explain or defend your experience.

Affirmation | *What happened to me does not define my worth.*

What is one experience or pattern I can acknowledge without blaming myself?

Step 2 of 5

Create Moments of Safety

Why it matters

Healing begins more gently when you have moments of support, calm, and emotional safety. Small moments of steadiness can remind your body and mind that you deserve peace.

Try this gentle practice

Pause and name three things you can see, two things you can feel, and one thing that helps you feel grounded or comforted.

Affirmation | *I deserve care, support, and moments of peace.*

What people, places, or practices help me feel safer and more supported?

Step 3 of 5

Reconnect With Your Voice and Boundaries

Why it matters

When your needs have been ignored or criticized, it can feel hard to speak up. Rebuilding self-worth includes remembering that your feelings, choices, and limits matter.

Try this gentle practice

Practice one small statement such as: 'I need time to think.' 'That does not work for me.' or 'I prefer this.'

Affirmation

I am allowed to have needs, preferences, and boundaries.

Where can I safely express one small preference or boundary this week?

Step 4 of 5

Challenge the Beliefs That Diminished Your Worth

Why it matters

Painful experiences can teach you beliefs that were never true, such as "I am not enough" or "My needs are a burden." Healing means gently replacing those beliefs with truth and compassion.

Try this gentle practice

Finish these sentences: "I learned to believe _____." and "A more compassionate truth is _____."

Affirmation | ***The way I was treated does not determine my value.***

What old belief would I like to question, and what truth can I begin practicing instead?

Step 5 of 5

Practice Self-Trust, One Small Choice at a Time

Why it matters

Self-trust is rebuilt in small moments. Every healthy choice you make for yourself becomes evidence that your voice matters and your wisdom is returning.

Try this gentle practice

Choose one small action today that honors your needs: rest, say no, ask for support, or make a decision without apologizing for it.

Affirmation | *I can rebuild trust in myself one small step at a time.*

What is one small choice I can make for myself this week?

Your worth was never lost — it is yours to reclaim.