

Managing Entitlement in a Narcissistic Relationship

Section 1: Spot the Pattern

Think of a recent situation where you felt like your efforts weren't enough.

- What did they expect from you?

> Example: They expected me to cancel my plans to help them immediately.

- What did you do in response?

> I offered to talk later that evening instead.

- How did they react?

> They got upset and said I was being selfish.

- How did you feel afterward?

> Guilty, anxious, like I should've done more.

Section 2: What's Real vs. What's Projected

Use this space to separate your truth from their entitlement:

Thought They Gave You		What's Actually True for You
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"You never care about me." | I care -- I just couldn't meet their demand today.

"You're always letting me down." | I've shown up consistently, even when it was hard.

Section 3: Anchor Statements

Circle or rewrite the phrases that help ground you in your worth:

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- Their disappointment doesn't mean I failed.
- I am allowed to have needs, too.
- It's okay to say no to unrealistic demands.
- I can care without overextending myself.
- Their approval is not my oxygen.

Section 4: Boundaries in Action

Pick one behavior you want to change or one boundary you want to practice this week:

- What's one thing you often overgive on?
 - > Example: Dropping everything to answer their calls.
- What boundary will you try?
 - > Let their calls go to voicemail when I'm busy, and respond when I have the bandwidth.
- Supportive phrase to remind yourself:
 - > "My time matters too."

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