

ARE YOU IN A NARCISSISTIC RELATIONSHIP



- overly sensitive to criticism
- charming, love bombing, makes you feel special
- breaks rules & promises regularly
- interrupts conversations, no dialogue
- needs to be the center of attention
- can be very romantic, grandios compliments
- sense of entitlement, expects special treatment
- easily upset, judges, blames & criticizes quickly
- puts others down, lack of empathy
- shows little interest in you
- in constant need for praise
- arguments going in circles
- shows little remorse, no genuine appology
- gaslightening
- isolates partner from friends & family
- manipulative
- inapropriate lash-out of anger or cold shoulder

CHECKLIST

- plays powergames to keep you off balance
- superior victim
- difficult relationship to own family
- has few or no friends
- emotionally or/and physically abusive
- does not take ownership for his actions
- intense jealousy
- blame shifting, it's always other peoples fault
- guilt tripping
- calls you names & normalizes it
- too much too soon, i.e. early proposal
- tells lies
- triangulation
- double standards
- takes credit for someone elses success
- ruins holidays, vacacions, special days
- unpredictable mood changes
- passive aggressive (covert narcissist)
- does not respect boundaries



TRAUMA IN A NUTSHELL™

Julia Zimmermann



ABOUT JULIA

I am a Somatic Experiencing® practitioner and trained in accompanying people healing from trauma, stress and overwhelming experiences.

I do not only know the ups and downs of life intimately, but have gone through severe trauma myself. Having lived through 15 years of narcissistic abuse I have been where you are.

My focus is very down-to-earth healing oriented. I want my work to make a practical difference in your life. That's why including the body as well as consciousness on the journey towards greater integration is so important to me.

In my work I include a systemic approach, draw from 20 years of experience in bodywork and a deep understanding about how traumatic experience shape our way of being in life.

Knowing we are designed to heal I am curious to find the door to greater resilience together with you so that you can live your life consciously, empowered and with delight.

PLEASE NOTE: This checklist is not a diagnostic tool. However it can offer insight about the dynamic playing out in your relationship. I do hope it encourages you to trust your gut feeling and have a closer look. Feel free to reach out.

LEARN MORE and get my easy-to-understand masterclass on narcissism. It covers:

- Red flags to recognize a narcissist
 - The basic control structure of narcissism
 - Manipulation tactics
 - Effects on the victim
 - Prospect of healing from narcissistic abuse
- And receive a infographic as a bonus gift!



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Know three things: It will not change.
Abuse is not your fault. Healing is in your hands only.

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