You Were Never Crazy

A reflection workbook about confusing relationship patterns, boundaries and support

The title is a supportive phrase, not a diagnosis or a conclusion about your relationship. This workbook helps you separate observations, feelings and needs. It cannot determine whether someone has a disorder, prove abuse, provide therapy or replace a personalized safety plan.

You do not need to win an argument about a label before taking your discomfort seriously. Start with what happened, what you need and whom you can safely ask for support.

Keep this workbook only where it is safe. If someone monitors your devices or belongings, completing or storing it could create risk. Use a safer device or work with a trained advocate when needed. If you are in immediate danger, contact local emergency services when safe.

What I want clarity about

A safe way to use this workbook

Separate facts from interpretations

Write an event without diagnosing motives. "They checked my messages without my consent" records behavior. "They are a narcissist" assigns a diagnosis this workbook cannot establish. Your feelings are still valid even when another person disputes your interpretation.

Record only what is safe to record. Include the words or actions you observed, your reaction and any practical impact. This exercise is for reflection, not a promise of legal evidence. Do not secretly record someone without considering applicable law and your safety.

You may remember an event imperfectly. Leave space for uncertainty while noticing repeated behaviors.

What happened

What I directly observed

What I inferred

How it affected me