



BANYAN
THERAPY GROUP
REFUGE - RECOVERY - RESTORATION

Are You Experiencing Narcissist Victim Syndrome (NVS)?

NVS occurs slow and covert, unbeknownst to the victim. Experiencing psychological manipulation and emotional distress can cause one to respond in specific ways outside of their normal behavior. Please go through this checklist to find out if you are possibly experiencing NVS. Do you:

- Find yourself putting basic needs to the side for partner
- Feel like you're walking on eggshells around your partner.
- Experience health issues (autoimmune disorders or sickness from holding in trauma)
- Obsess with perfection/never feeling good enough
- Experience anxiety, depression, or dissociation, especially around your partner
- Feel like you lost your intuition/can no longer trust self
- Pervasively mistrust of others
- Find that your partner seemed perfect at first then became overly critical and abusive
- Feel isolated (possible shame or people wouldn't believe you)
- Respond to abusive behavior with "freezing" or "fawning"
- Have difficulty making decisions (doubt self due to gaslighting tactics)
- Have decreased self esteem
- Feel like you can't recognize yourself
- Feel restless, unsettled
- Have difficulty setting boundaries

If you checked 3 or more items on this list, check out these blogs for more information:

[Narcissistic Victim Syndrome | Banyan Therapy Group](#)

[The Cycle of Abuse in Narcissist Victim Syndrome | Banyan Therapy Group](#)

Your safety and mental health is most important. NVS can be very isolating. Please share your story to safe trusted people to build a solid, much needed, support system. Feel free to contact us for further information and support.