

Group 1 Workshop Agenda

Foundations: Reflection, Reality, Response, and Resolve (Resources 1-5)

Based on Slay Your Narcissist – Workbook for Survivors: 10 Radical Resources for Recovery from Narcissistic Abuse, by Hope R. Jay, Esq., MSW and Lynn Catalano, Esq.

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Covers: Resource 1, Resource 2, Resource 3, Resource 4, Resource 5

Audience: Survivors early in identifying and understanding narcissistic abuse, including those currently navigating legal proceedings.

Resource 1: Radical Reflection

Workbook pages: pp. 1-14

This session introduces cognitive dissonance and trauma bonds as the two forces that kept participants tied to their abuser, and closes with an exercise in seeing the narcissist's real qualities beneath the mask.

Key content covered

- Cognitive dissonance: the discomfort of holding two conflicting beliefs, and how it shows up as excusing, lying for, or minimizing an abuser's behavior
- Trauma bonds: the cycle of intermittent reward and punishment that keeps a survivor attached, and its three indicators (fix-or-save impulse, relational instability, self-betrayal)
- FOG: fear, obligation, and guilt as the residue that keeps survivors feeling stuck
- The 'fake qualities vs. real qualities' reframe, and the contrast between trauma-bonded attachment and the indicators of real, healthy love

Resource 2: Radical Reality

Workbook pages: pp. 15-37

This session grounds the group in the clinical definition of Narcissistic Personality Disorder, the ten red flags associated with it, and the five signs a person has suffered narcissistic abuse.

Key content covered

- The clinical definition of NPD (grandiosity, need for admiration, lack of empathy) and why the label is useful
- The ten red flags: lack of empathy, lack of accountability, public mask vs. private cruelty, need for control, disrespect for boundaries, poor communication, chronic lying, shallow engagement, need for narcissistic supply, and manipulation tactics (silent treatment, gaslighting, triangulation)
- The 12-item self-assessment and how to interpret a score range
- Five signs of narcissistic abuse: walking on eggshells, ignoring your own needs, isolation from friends and family, broken trust, and the false belief that 'you deserve it'

Resource 3: Radical Responses

Workbook pages: pp. 38-59

This session covers smear campaigns and flying monkeys, then teaches the core distinction between reacting and responding, including a live mindfulness and breathing practice.

Key content covered

- Smear campaigns as a form of damage control once a narcissist feels exposed, and their goal of discrediting the victim
 - Flying monkeys: family or friends recruited to spread the smear campaign or pressure the survivor back into contact
 - Five ways to protect yourself during a smear campaign: don't engage, hold your head high, show emotional intelligence, lean on your support network, go no-contact
 - The difference between reacting (impulsive, feeds the narcissist) and responding (deliberate, protects your power)
 - The Grey Rock technique and three sample scripted responses
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Resource 4: Radical Representation**Workbook pages:** pp. 60-76

This session addresses preparing for court against a narcissistic party: choosing an attorney, understanding DARVO, financial documentation, safety planning, and using the Grey Rock method in written communication.

Key content covered

- DARVO (Deny, Attack, Reverse Victim and Offender) as the narcissist's typical courtroom strategy
 - Five do's and don'ts for finding the right attorney, including experience with domestic violence and narcissistic abuse dynamics
 - Getting a clear financial picture before filing, and the risk of 'wasteful dissipation' of marital assets
 - Safety planning, including when to discuss an Order of Protection with counsel
 - Using parenting apps and the Grey Rock method for all narcissist-facing communication during litigation
 - Post-Separation Legal Abuse: repeated court filings used to maintain control after separation
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Resource 5: Radical Responsibility**Workbook pages:** pp. 77-95

This closing session of Group 1 covers personal boundaries, the decision to go no-contact, the hoover maneuver, and limiting beliefs that keep survivors stuck.

Key content covered

- What personal boundaries are and five signs you lack them
 - The difference between having boundaries and being rigid or closed off, and why boundaries actually enable healthy intimacy
 - Hoovering: why narcissists try to pull survivors back in, especially around holidays or vulnerable moments
 - Building a no-contact plan: cutting off contact, naming your reasons, and preparing what you'll say to others
 - Limiting beliefs (e.g., 'I'm not good enough') and the three-step process to overcome them: acknowledge, reframe, seek support
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