

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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Group 2 Workshop Agenda

Rebuilding: Parenting, Relationships, Recovery, and Renewal (Resources 6-10)

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 6, Resource 7, Resource 8, Resource 9, Resource 10

Audience: Survivors who have completed Group 1

Resource 6: Radical Reconfiguring

Workbook pages: pp. 96-111

This session addresses parenting alongside a narcissistic co-parent, reframing the goal from 'co-parenting' to parallel parenting, and building tolerance for what happens in the other household.

Key content covered

- Why narcissistic parents relate to children as a source of narcissistic supply rather than through unconditional love
- Why family courts often mislabel these dynamics as 'high conflict' rather than recognizing one abusive parent and one protective parent
- Parallel parenting as an alternative to co-parenting: minimal interaction, consistent routines within each home, and clear boundaries
- Five practices for successful parallel parenting: minimize interaction, set and hold boundaries, keep realistic expectations, outline consequences for violations, and use Grey Rock instead of commenting on the other parent's choices

Resource 7: Radical Re-establishment of Relationships

Workbook pages: pp. 112-129

This session shifts focus toward rebuilding healthy relationships of all kinds, covering the ten green flags of a healthy relationship, how trust is rebuilt, and the practice of reflective listening.

Key content covered

- The ten green flags of healthy relationships: open and honest communication, mutual respect, safety, affection, healthy independence, healthy interdependence, trust, no power imbalance, shared values, and the ability to resolve conflict
- Why these green flags apply to romantic, platonic, family, and professional relationships alike
- Seven ways to build trust, including gradual vulnerability and giving the benefit of the doubt
- The value of 'uncomfortable conversations' as a growth practice rather than something to avoid
- Reflective listening as a two-step practice: listen to understand, then reflect the idea back to confirm understanding

Resource 8: Radical Recovery

Workbook pages: pp. 130-152

This session introduces the workbook's 'Three Cs,' Clarity, Coaching, and Caring for Yourself, and works through several hands-on recovery practices: vivid visualization, self-talk reframing, gratitude, and breathing techniques.

Key content covered

- The Three Cs framework: Clarity (understanding what happened), Coaching (the difference between coaching and therapy, and how to choose), and Caring for yourself (self-care as a clinical, not indulgent, practice)
- The Vivid Vision exercise: writing a letter to your future self describing your life one year from now
- Reframing negative self-talk using the four-step process: name the thought, notice its source, imagine comforting a friend, then reframe
- Gratitude as a tool for shifting focus away from rumination
- Three breathing techniques: box breathing, 3-3-3 breathing, and 4-7-8 breathing

Resource 9: Radical Redemption

Workbook pages: pp. 153-164

This session addresses 'fixing your picker' before re-entering the dating pool, exploring why red flags get ignored, and reframing an early red flag using the boundaries the participant has since built.

Key content covered

- Why recovery from narcissistic abuse resembles recovery from addiction, and the idea of detoxing from the FOG (fear, obligation, guilt)
- Why the 'butterflies' or instant-chemistry feeling can actually be a nervous-system signal of familiar danger rather than safety
- The connection between codependency, unresolved childhood attachment wounds, and difficulty recognizing red flags
- The concept of 'teaching someone how to treat you' and how early tolerance of a red flag can set a relationship's pattern
- A reframing exercise: revisiting an early red flag and rewriting how you would respond to it today as a 'boundary boss'

Resource 10: Radical Revolution

Workbook pages: pp. 165-179

This closing session works through the workbook's 'Today, I let go of...' exercise across fear, guilt, anger, regret, and things outside your control, then closes with self-forgiveness and a brief inner-child reflection.

Key content covered

- Why healing isn't linear, and why moments of self-doubt after progress are normal rather than a sign of failure
- The 'Today, I let go of...' framework, worked through five areas: fear, guilt, anger, regret, and things you cannot control
- Self-forgiveness through the lens of an unhealed inner child seeking safety and love
- The three-step reparenting process: connect, communicate, and nurture