

NAR

30-DAY SELF-CARE CHALLENGE

By Manya Wakefield

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WEEK ONE: FOUNDATIONS (DAYS 1-7)

FOCUS: Physical stabilization and basic regulation

The goal of Week One is not transformation. It is simply doing the same small things consistently, and noticing that consistency itself begins to feel different from the unpredictability that characterized the abuse.

DAY 1: Drink a full glass of lemon infused water first thing in the morning before anything else.

DAY 2: Set a consistent wake time and keep to it, regardless of how you slept.

DAY 3: Take a 10-minute walk — outside if possible, in natural light.

DAY 4: Write three things you noticed today. Not three things you are grateful for. Three things you noticed.

DAY 5: Identify one person it is safe to contact. Send a brief message.

DAY 6: Set a consistent sleep time and begin a 20-minute wind-down routine before it.

DAY 7: Repeat any practice from Days 1-6 that felt most stabilizing.

WEEK TWO: NERVOUS SYSTEM (DAYS 8-14)

FOCUS: Regulation practices

DAY 8: Practice five minutes of box breathing — four counts in, four counts hold, four counts out, four counts hold.

DAY 9: Spend 15 minutes in deliberate physical movement of any kind.

Day 10: When you notice the self-critical voice activating, write down exactly what it says. Then write what you would say to a close friend in the same situation.

DAY 11: Read one piece of accurate psychoeducation about coercive control or trauma bonding. [Discover more about coercive control](#) and its mechanisms.

DAY 12: Eat three meals at consistent times, regardless of appetite.

DAY 13: Spend five minutes in a grounding practice — name five things you can see, four you can touch, three you can hear, two you can smell, one you can taste.

DAY 14: Note one thing about today that felt like your choice rather than a reaction.

WEEK THREE: IDENTITY (DAYS 15-21)

FOCUS: Reconnecting with the self

DAY 15: Write for ten minutes about a value you hold that the relationship did not change.

DAY 16: Do something today that you chose purely because you wanted to — however small.

DAY 17: Increase your physical movement practice to 20 minutes.

Day 18: Identify one relationship in your life that feels genuinely safe. Invest ten minutes in it today.

DAY 19: Write about a time before the relationship when you trusted yourself. What did that feel like?

DAY 20: Read about the recovery stages and identify where you currently are. Note what stage you are in without judgment.

DAY 21: Rest. Do nothing that requires you to perform, produce, or explain yourself.

WEEK FOUR: INTEGRATION (DAYS 22-30)

FOCUS: Building forward

DAY 22: Write about one way you have changed in recovery that you want to keep.

DAY 23: Consider one therapeutic approach you have not yet tried and research it.

DAY 24: Increase physical movement to 30 minutes.

DAY 25: Write about what a genuinely safe relationship would look and feel like to you.

DAY 26: Revisit the self-compassion practice from Week Two. Notice if it feels any different now.

DAY 27: Reconnect with a creative, spiritual, or contemplative practice that predated the relationship — or explore one that is entirely new.

DAY 28: Write about one thing this month of practices has taught you about what you need.

DAY 29: Contact Narcissistic Abuse Rehab for a free 15-minute consultation if you have not yet done so. What you are carrying may need more than self-care can provide — and that is not a failure. It is an accurate reading of the complexity of the injury.

DAY 30: Write a letter to yourself — not about what happened, but about who you are becoming.

MY NOTES

A series of horizontal dotted lines for writing notes.

C O N T A C T

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