

IDENTIFYING TOXIC RELATIONSHIPS

Have you noticed you are in a toxic relationship or people around you are toxic? Being able to identify those toxic relationships is important to the ability to separate from them.

STEP 1- Identify the red flags in a toxic relationship

Flag 1- You are never heard or acknowledged in the relationship

Your thoughts and feelings are always over looked or never considered. When conversing, it is always a battle or an argument. Your side is never heard, recognized or respected. It appears everything is about the other person never you or us.

Flag 2- There is no happiness in or with the person in the relationship

It's difficult to be around the other person. They are very controlling: from controlling events and always attempt to control you. The fun is sucked out of everything you try to do together or every event you attend together. The constant complaining about things or complaints about you become an over played song that you no longer desire to hear or be around the other person. You are not happy at any point in their presence.

Flag 3- You can never do anything right in the relationship

You are constantly being judged in the relationship. The other person says you are the problem, but they continue to complain and they are never happy. The other person always belittles you and complain about the things you do or can't do the right way. Your efforts are not good enough in the relationship.

Flag 4- Bettering yourself is not accepted in the relationship

Becoming a better person is not an option in the relationship. They dislike change. The discussion of bettering yourself brings on arguments and constant complaining arises. At times they may feel threatened about you changing and leaving them or they may belittle to convince you that you are undeserving of anything or anyone better. They may say there is no need to change or mention change is too hard and is not for you. You desire to grow and better yourself, but the other person does not believe in you and will not support you.

Flag 5- You cannot be yourself in the relationship

Because of the other person attempting to control you all the time, you are not able to be who you truly are. The other person always complains about the smallest things from how you dress to how you speak. You can never speak your mind. You don't look or feel like yourself. You feel suffocated. You are always wearing a fake smile when the two of you are together.

Flag 6- You are always stressed in the relationship

Our gut tells us a lot. When we don't listen to it, especially when it is right, stress enters into our lives. Don't underestimate the stress you are carrying around. Constant fighting, arguing, complaining and or being in a negative or violent environment is hazardous to our health. Stress is the cause of most sickness and disease. Follow your gut or instincts and plan to get out of the relationship. You deserve a better life.

- Coming soon "Getting Out of Toxic Relationships" and tips to help you have a better life that you do deserve.