

## My Toxic Relationship Recovery Resolutions

If you are in a toxic relationship with someone, and would like to begin to make healthy changes for yourself, why not start offering yourself a life full of promise and hope? Why not focus on throwing out what hasn't been working and bring in a new plan for your life?

In your relationship do you find yourself repeating the same old negative pattern of relating over and over again? Do you feel like you are walking on eggshells when your loved one is in your space? Or when thinking about this particular person do you find yourself feeling knots in your stomach? Do you feel guilty, confused, and obligated? Do you doubt your own intuition? If you answered "yes" to any of these questions, then something is amiss in your relationship, and it could be that you are involved with a toxic person.

Toxic relationships can be addictive; mainly because most people are compelled to "fix" what's broken, and the toxic relationship is almost always broken in some way. A defining term for this type of relationship is, "drama."

If you can look at your toxic person as the "drug" you are addicted to, then the way to heal is to practice a program of recovery from the harmfulness engendered in this relationship. The first step in breaking an addiction is to realize you are addicted, and the second step is abstention.

With regards to your toxic relationship, learn to abstain in one of two ways: (1) abstain from the relationship completely (no contact); and/or (2) abstain from emotional entanglements that are unhealthy.

This requires detachment.

Understand that you cannot change anyone but yourself. The best thing you can do to help yourself in this situation is to set up a plan of emotional health "bottom line behaviors" for yourself. Following is a list of suggestions to help you do just that:

- I resolve to trust my intuition.
- I will no longer participate in "no win" conversations.
- I will no longer participate in "impossible situations."
- If I feel bad around someone I will remove myself.
- I will no longer make every decision a crisis.
- I will live one day at a time.
- I will learn to "reframe" negative experiences. For example, if my toxic loved one chooses to give me the silent treatment, rather than feeling hurt, I will learn to enjoy the peace it brings me.
- I will learn how to manage my emotions, rather than have them control me.
- I will take my power back.
- I resolve to believe in myself.
- If I feel emotionally unstable, I will not call or reach out to my toxic loved one for support.
- I will have compassion for myself.
- I will honor and pay attention to my feelings.

Or, to make your resolutions even simpler, just pick one and practice it for a while until you get it well entrenched as a personal habit; then move on to another. Just making one simple change, changes everything.