

TOXIC OR NAH?

Signs of Toxic a Relationship



Relationships which have toxic interactions leave us exhausted, frustrated, angered and pained. Yet, participants in these relationships feel an intense draw towards each other despite the pain.

89%

of therapists & dating experts believe that half or more people have toxic relationships

#1

poor relationship role modeling is the leading cause of toxic relationship habits

64%

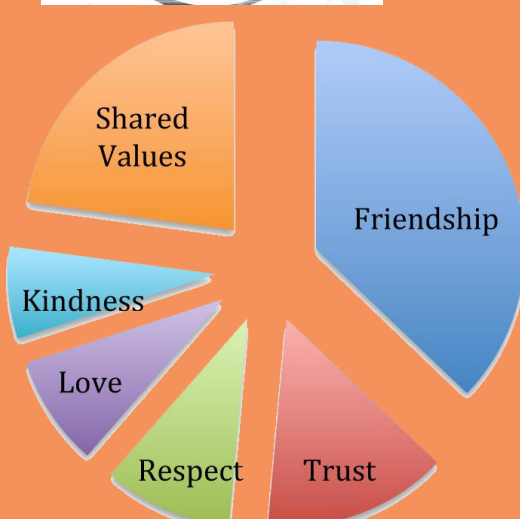
of experts agree #1 way to overcome toxic relationship habits is to replace them with positive behaviors and habits

Source: YourTango "Love Life Reboot, Dec. 17, 2012

Signs of a Healthy Relationship



"People in healthy relationships appreciate similarities while respecting differences" ~ Cheryl Shumake



Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. Ephesians 4:2-3

ACTIONS



TOXIC BEHAVIORS

- It's all about you – one-sided relationship.
- You judge my differences as inferior.
- You compete with me.
- You are dishonest. I can't trust you.
- You blame me when things go wrong.
- You insult me under the guise of joking.
- You isolate me from friends and family.
- You pour on guilt when I'm not available.
- You are invasive and provide unwarranted commentary on my life.
- You are highly critical.
- You bully me into submission.
- You over-identify with my life.
- You create unnecessary drama.
- You seek to control me.
- You take from me without giving.
- You demand my time, energy.
- You inappropriately touch me.



HEALTHY BEHAVIORS

- You are interested in my life.
- You give me room to be myself.
- You celebrate the good in my life.
- You are trustworthy and honest.
- You take responsibility for your own life.
- You use your words to encourage and edify.
- You include my important people.
- You are not clingy.
- You respect my boundaries.
- You reserve critique for appropriate times and season your words with grace.
- You respect my "No".
- You enjoy your own interests and friends.
- You follow peace and seek to reconcile misunderstandings.
- You seek to understand me.
- You commit to give as well as receive.
- You honor my need for "me" time.
- You esteem my sanctity as a child of God.

REACTIONS

FEELINGS WHEN POISONED



FEELINGS WHEN CARED FOR



RESOLUTIONS



Believe that God is for you. His plan to give you a hope and a future includes having good relationships. Be prepared to walk away from toxic people who are unwilling to change.



Keep relating in healthy ways and trusting God. Your relationships will experience deepened intimacy and you will know greater satisfaction.

Need help with relationship dynamics?
Contact us for counseling referrals

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