

# Living Life Toxic Free!

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We all know not to leave meat out of the refrigerator very long, because it will spoil. We wouldn't drink a glass of muddy water or share our plate with man's best friend. We understand that this behavior could make us sick, yet each day we breathe in and live with

toxic people. Toxic people can be anyone that changes how

we live in this world. A person who enjoys being the spark to a flame, when left untreated can steal all God's joy and purpose for your life. A toxic person takes on many forms, not simply those who see life always from their point of view...where joy is only for them and the world is simply here to feed their ego. They also are the people who never say I'm sorry and mean it, who exist falsely, pretending to be what they are not. They lack real emotional vulnerability and intimacy...unless it is their own pain.

The question now is how to move from living with and accepting toxic people as part of your life experience. These relationships exist in all aspects of our lives, including, family, friends, and work. We become a custom to the role we play in this painful dance and many times we must hit bottom, before we can look up and see how we gave our power away. That we are worthy of love, peace, real joy and life without destructive relationships. Relationships that limit our potential of living our best life.

## Signs You Are In A Toxic Relationship:

- You find all the decisions you make in your life is based on what someone close to your thinks. How they may react to your decisions...constant need for their approval...if you measure up to their standards or belief system.
- A person lies to you repeatedly and blame you for their behavior.
- You spend a lot of time building your life's joy around someone else being happy.
- You are always being criticized and you are blamed for the problems that exist in your relationships.
- You feel small when they are around...invisible...not valued?
- Your existence in the relationship is based on your ability to accept whatever is done to you...and be able to keep accepting this person back in your life to hurt your over and over again.
- You constantly doubt your decisions when you are active in this relationship.
- The person has narcissistic tendencies and lacks real emotional intimacy.
- You are always left holding the emotional baggage...they take no ownership for your pain or disappointment. It is all your fault...you brought this own yourself.



- They talk about you instead of to you.
- Always leave you feeling like you are not enough...they require constant attention.
- Use guilt and always leave you feeling manipulated into a point of view or an action.
- The only problems that matter are theirs.

Life truly is a short journey and we have a responsibility to live it free of toxic people. When we tell the truth to ourselves and stop pretending it is ok to have people in our lives that make us feel sick...both emotionally and physically in some cases...change happens. The first step is owning our role in enabling these relationships to continue. Once we have done this and cleansed ourselves of all the hurt feelings and sense of loss that may accompany our path of starting over. Starting over can mean letting go of these toxic relationships, but in some cases it could mean rebuilding these relationships to be healthy and empowering for all involved.

### **How To Heal And Start Over From Toxic Relationships:**

- First give yourself permission to feel all the hurt, shame, and disappointment from being in a toxic relationship. **Say No More...Stop The Behavior...It's Not Ok!**
- Start loving yourself...accept all the parts of yourself as they are. **Remember God Made You...So You Are Perfect As You Are.**
- Set boundaries and remember you matter...your thoughts...your feelings...you matter. **Remember Some Relationships Require Removal For Healing To Come.** (*seek professional counseling if needed to fully heal*)
- Communicate your needs and what you will not accept. **It Important To Tell People How They Make Us Feel...Sometimes They Don't Know.**
- Give yourself permission to say no without guilt. **You Will Find This Can Create Healthy Boundaries...Remember Your No Doesn't Change The Outcome Of What The Other Person Needs.**
- Give yourself permission not to be perfect...relationships that are true...will stand the test of time and thrive off of healthy growth. **Remember Those Who Love Us Want To Find Ways To Heal What Is Broken And Grow Closer.**

Lastly, we all experience toxic people at some point in our lives. The Lesson we hopefully learn is how not to be in a relationship and we can always start over if we choose. So, let's empty all the old stuff that has burdened all our lives...no more leftovers...no more poisonous behavior. Simply embrace a new tomorrow and thank God you are here to see it and try again. Experience the joy of healthy relationships and reap the benefits of living your best life.

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