

Is Your Partner Toxic?

Read through the list of red flags and check the ones that describe you:

- Did they confess that they have been violent in the past or using drugs or alcohol to cope with stressful times?
- Do they leave you emotionally drained?
- Do they often leave you feeling scared or angry?
- Do they remind you of someone else you know who has serious issues (e.g., addictions, abuse, etc.)
- Do you always feel in the wrong because they're always right?
- Do you believe that no one else in their life understands them?
- Do you dread their phone calls?
- Do you feel isolated from other relationships with family and friends?
- Do you feel they want too much from you?
- Do you feel they're pushing too quickly for emotional connection or commitment with you?
- Do you feel you're the only person who can help and love them?
- Do you find yourself thinking they're too charming or a little "too good to be true"?
- Do you notice that they change a lot to please whoever is in their presence?
- Do you often feel bored with them?
- Do you often feel uncomfortable about things they say?
- Do you often find yourself wanting to run away from them or wishing they would go away?

Notes _____

Uncovering Excuses

Do you find yourself saying or thinking any of the following?

- At least they aren't like my ex.
- At least they never hit me, they only yell or threaten to hit me.
- At least they drink beer only and not the hard stuff.
- That's just how men are.
- Boys will be boys.
- All good ones are taken.
- If I leave them, I'll just end up with another one like them.
- I'll stay until someone better comes along.
- I'm just staying because I don't want to be alone.
- They promised they will get better/do better.
- They promised they would go to church.
- He said he would marry me.
- They said they would get a job.
- No one else knows them like I do.
- They do come home every night.
- They do nice things for me sometimes.
- They like their beer.
- I don't want to start over with someone else.
- I don't like dating and meeting people.
- I don't like not knowing what to expect with new partners.

- _____
- _____
- _____

How did you feel while in that relationship?

The following is a list of feelings words you can use to describe your experience:

Abused	Excited	Needy
Accepted	Fearful	Neglected
Afraid	Frustrated	Persecuted
Angry	Grateful	Proud
Attractive	Guilty	Regretful
Beaten down	Happy	Rejected
Brave	Hateful	Sad
Calm	Helpless	Secure
Cheated	Hopeless	Shameful
Cheerful	Hurt	Stupid
Confused	Ignored	Superior
Contemptuous	Insecure	Ugly
Courageous	Jealous	Unaccepted
Defeated	Judged	Unappreciated
Degraded	Lonely	Unsafe
Desperate	Loser	Used
Disappointed	Loyal	Useless
Embarrassed	Misunderstood	Worthless

What parts of your relationship were healthy? And what parts were unhealthy?

What didn't work in the relationship? Why?

What should you have paid more attention to in the beginning of the relationship?

What red flags did you ignore? Why?

What did you learn from this experience?

What will you do differently now?

Facts About Toxic Partners

- Toxic partner can be firemen, social workers, teachers, or even ministers.
- Toxic partner can look clean cut, handsome, conservative, or classy.
- Toxic partner could go to church, volunteer, help their family, or give to charities.
- Toxic partner could spend a lot of time getting to know you.
- Toxic partner may disclose a lot about themselves and still hide important stuff.
- Toxic partners are not easy to detect by their career choice.
- Toxic partners don't always come from toxic families. You won't be able to tell if they're toxic simply by looking at their family.
- You could still find yourself with toxic partners, even if you dated one in the past.

Narcissistic Abuse Worksheet

1. What signs of narcissistic abuse have you seen and how did they affect you?

2. Did anyone warn you about this relationship being toxic? What would you have done differently if you knew about narcissistic abuse?

3. Did you stand up for yourself when you were treated poorly? Why or why not?

4. What behavior or situations trigger painful memories?

5. Write about your feelings of anger. Write a list of everything you feel angry about.

6. How can you show yourself acceptance and love throughout your healing journey?

7. Do you have anyone who can understand what you've been through and offer support?

8. What do you need to forgive yourself for?

9. Write a list of positive mantras to repeat to yourself every day to help you release the past and heal.

10. What can you do today to bring greater peace into your life?

Did your relationship resemble your relationship with one of your childhood primary caregivers? If so, how?

How did the relationship make you grow?

How did the relationship constrict you?
