

DETOXING YOUR LIFE

This worksheet will help you think through ways to create healthy boundaries so you can get rid of toxic influences in your life.

WHAT IS THE THING THAT YOU NEED TO STOP OR GET OUT OF YOUR LIFE?

This can be a person, behavior or situation. Example: I want healthier relationships.

DESIRABLE OR HEALTHY

Examples: I want someone who encourages me, someone who is patient.

UNCLEAR

Examples: Having fights where we yell, talking over each other.

TOXIC OR UNACCEPTABLE

Examples: Hitting each other, cussing at each other, name calling.

BUILDING CONFIDENCE

WHAT CAN YOU SAY TO GIVE YOURSELF A PEP TALK? Examples: I deserve to have healthy relationships. I choose me.

WHAT CAN YOU SAY TO THE TOXIC INFLUENCE TO SET BOUNDARIES? Examples: It is not ok for us to do this. I want us to get better and these are what is ok for you to do and what is absolutely not ok for you to do.

WHAT CAN YOU DO AND SAY TO REINFORCE YOUR BOUNDARIES OR CREATE HEALTHY DISTANCE? Examples: if you do (this), I'm going to leave. If you do (this) I'm going to walk out and take a break.
