# 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.

<table>
<thead>
<tr>
<th>Desirable or Healthy</th>
<th>Unclear</th>
<th>Toxic or Unacceptable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examples: I want someone who encourages me, someone who is patient.</td>
<td>Examples: Having fights where we yell, talking over each other.</td>
<td>Examples: Hitting each other, cussing at each other, name calling.</td>
</tr>
</tbody>
</table>

## 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.