



Toxic Relationship Exercise

1. What are/have been the problematic relationships in my life?

2. Looking at the other person first:

- Do I trust this person? Yes No
- Do my friends trust this person? Yes No
- Is this person reliable? Yes No
- Does this person consider my needs as well as their own? Yes No
- Does this person respect me? Yes No
- Does this person express mostly negative opinions? Yes No
- Are they judgemental? Yes No
- Critical? Yes No
- Does this person blame others and never see they might also be at fault? Yes No
- Does this person expect others to cater to them without reciprocating? Yes No

If you answered mostly No to the first five questions and mostly Yes to last, then it is likely you are in a relationship with a toxic person. Consider whether you are better off walking away from this relationship.

3. Looking at myself

- Do I feel equal in this relationship? Yes No
- Can I communicate honestly and openly about how I feel about anything at all? Yes No
- Can I give and receive equally? Yes No
- Do I feel understood? Yes No
- Do I feel free to do what I want (within reason) in this relationship? Yes No

- Do I believe the other person's opinion of me is more important than my own? Yes No
- Do I often feel critical or irritated with the other person? Yes No
- Do I often feel sad around the other person? Yes No
- Do I often feel I do not meet the other person's expectations? Yes No
- Do I often have to handle this person's erratic moods? Yes No

If you answered mostly No to the first five questions and mostly Yes to second, then it is likely you are in a toxic relationship. Consider whether you are better off walking away from this relationship.

4. What patterns in this relationship are repeated from previous ones?

5. What have I learned I do not want in a relationship?

6. What have I learned I want in every relationship?

7. List any 'shoulds' you feel you might have. Look closely to see if they indicate blind spots. See if you can make these more realistic.

Identifying toxic energetic cords:

Note down the first thing that comes to you - do not spend any time thinking about the answers.

• When you unexpectedly hear the name of a person with whom you have a problematic relationship, you might feel a tangible sensation somewhere in your body. To investigate this further, sit in quiet meditation for some moments, and bring their name into your consciousness. Where do you feel the impact of this in your body? Describe the feeling as fully as you can. This spot is usually the site where an energetic cord attaches to your body.

• Where does it attach at the other end, to the other person's body?

• What does it feel/look like? Describe what it is made of, its diameter, whether it is thicker on one end and if so, which end?

• Does it drain your energy?

• Does it feel like the other person dumps their energy on you?

• How does this connection make you feel about yourself?

• What emotions belonging to the other person come to you along this energetic connection?

• What emotions are you aware of sending now or in the past, back to the other person?

• When did the cord first attach?

• How did it attach?

• Is the cord attached to anyone else at the same time?

• What does the cord thrive on?

The answers to these questions should give you some information about whether the connection you share with another person is toxic or not.

The first step to ridding yourself of a toxic connection is to differentiate yourself from the other person and from the energy in the cord. Often, simply with intention, you can gently detach the cord. For stickier, older, more entangled cords, you may need a clearing ritual with a qualified clearer.