

30 Day

ESCAPE  
FROM  
TOXICITY



4 Steps

SINCERELY, KEVIN D.

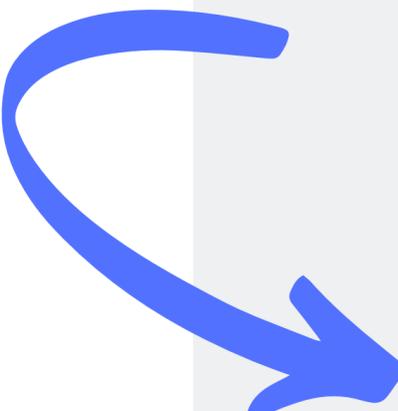


## ***Its time to escape***

Looking for the peaceful resolution in a toxic relationship is like looking for a lost treasure in a colapsing cave. It's often our own pride that keeps us searching for gold, in a dry stream. Unreasonable hope perseverance seems better then giving up, because It's hard to come out empty handed.

***"It's often our own pride that keeps us searching for gold, in a dry stream."***

**The first step** to escape a toxic relationship is to understand how dry the relationship is. There is no nourishment or reward, only fools gold. Truly understand that the best reward you can get in this relationship is an imitation of something valuable. It is in your best interest to **stop digging the wasteland**. Save the energy for the journey ahead.



**1**

**Week one**

Goals / Progress Report

**Goals**

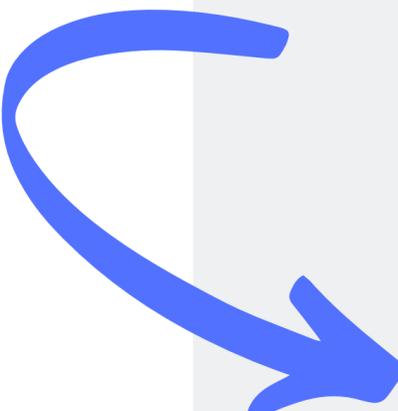
**Progress**

## ***Its time to escape***

Walk, don't run is a common understanding when faced with a predatorial animal in the wild. Some say that running causes a predator immediately sense the panic and helplessness. Whereas, standing your ground shows that something about you is dangerous even poisonous and pursuing you would be a mistake.

***"Standing your ground shows that something about you is dangerous"***

**The second step** to escape a toxic relationship is to walk away in a ready to strike position. This means that you neither runaway, nor attack. However, you commit to leaving the situation ready to use self preservation methods only if you must.



# 2

## **Week two**

Goals / Progress Report

**Goals**

**Progress**

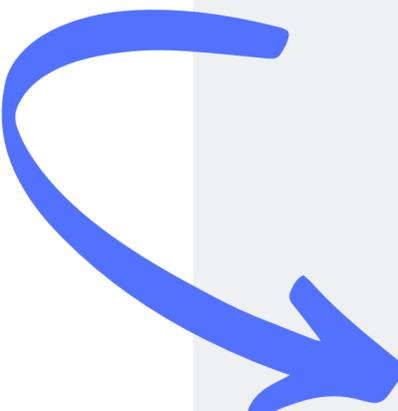
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## ***Its time to escape***

Detangle from the toxic web. A spider can spin a massive, hard to see, sticky web. The spider web sends vibrations when something is caught in it. The spider, having access to every point of their spun web, finds the vibration and injects poison.

***"The spider web sends vibrations when something is caught in it"***

**The third step** to escape a toxic relationship is to avoid the web. Any relationship connected to the toxic person can potentially trap you. The web is represented by mutual friends, siblings or colleagues. Its best to identify even the hard to see connections and do your best to fly above or around them. Definitely do not stay tangled with these connections. Be quick to get free.



**3**

**Week three**

Goals / Progress Report

**Goals**

**Progress**

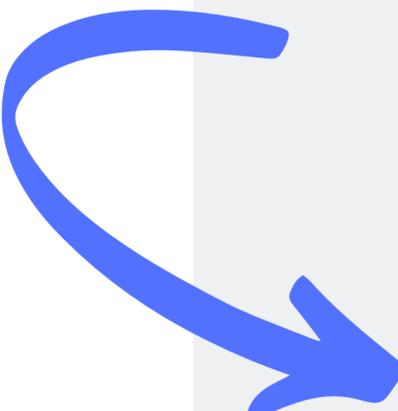
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## ***Its time to escape***

The basement of a home is not the ideal place to find comfort. However, in the event that a tornado comes, the basement becomes the life saving refuge and stronghold. Often times the safest place to be is not the most ideal. King David found refuge in the Cave of Adullam while running from Saul.

***"Often times the safest place to be is not the most ideal."***

**The fourth step** to escape a toxic relationship is to find a safe place to go. A stronghold that is hidden from the toxic relationship. Distant friends, church, even a shelter can provide the temporary hidden refuge that is needed. It is important that this refuge is not associated with the toxic relationship, which can set a trap for you. Rather, find personal support for your decision to escape. This fourth step shall establish no contact.



**4**

**Week four**

Goals / Progress Report

**Goals**

**Progress**

Narcissistic abuse purges you from what you believed was real. The love you thought you had, along with your dreams and hopes all shattered. Suddenly, you have become an enemy that someone or something is trying to destroy. Welcome to The Royal We, this is the refuge and the stronghold community. Life as you new it is over, the worldly things of desire have shown its true self. Now is the time to leave the worldly things and enter into the royal court to take your position in the light of truth.

Sincerely, Kevin D.

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