

**Star's Cartel
Presents**

**How to move
forward from a
toxic
relationship/
friendship**

A Christ driven self help novel

Star's Cartel Presents

**How to move
on from a toxic
relationship/
friendship**

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This book is dedicated to those of you who have been placed in tough relationship situations and find yourself having a hard time picking up from where you are. I haven't written in a while and it's due to the fact that I don't do so unless God guides me to. I know this is intended for someone and I pray it reaches you. As always this book will be listed on my website free of charge to ensure everyone who needs to read it can. If you have the means to do so you can donate to appreciate my efforts using the donation button on the home page of my website. May God bless you abundantly.

W/ love StaR,
www.starscartel.com

Nahum 2: 1-2

A scattered has come up to your face. Keep the bulwark, watch the way, strengthen the loins, strengthen power mightily. For YHWH has turned back to the excellence of Jacob, As to the excellence of Israel, for emptiers have emptied them out, and they have marred their branches.

Chapter 1

Break all contact

This is the hardest part of any ending. A goodbye is not necessary and most don't deserve it. If they cherished you from the get go you would have no need to leave however sometimes the goodbye is more for your closure than theirs. Just understand most toxic people will pretend to change in order for you to stay only to return to their normal ways as soon as they feel comfortable. Not only will they do as stated sometimes we let them because deep down we really want them to make it right and we really don't want to let them go. Sometimes our egos take over and we're bothered because they seem so excited to be free of us. They put on a facade that since we left everything has gotten better for them while we're mourning the loss of a lover or friend. Don't allow your current feelings or your ego control your next moments or keep you stuck in a relentless cycle of back and forth.



Last but not least for this chapter, blocking. Isn't necessary but it definitely helps. You don't want to be

almost happy almost healed and out of nowhere they call acting like nothing happened or you decide to lightly scroll thru social media only to see them. Out having the time of their lives while you're on the couch with a box of tissues. Sometimes out of sight out of mind is more beneficial than expected.

Chapter 2

Stop Waiting on them to Change

A huge part of our need to expect a toxic person to change is our knowing that we want to be the best version of ourselves, however failing to realize not everyone wants the best for themselves as we do. Some people are perfectly happy being a low vibrational version of themselves. Understand it can be equally possible that you were absolutely delightful and put lots of energy into your relationship and or friendship and it still failed due to your toxic ex lover or friend. It is possible that this said person has some positive attributes they may give to their communities, attempt to counsel others when they have problems, dedicate hours of their time to troubled youths and still cheated ... and still abused you... and still started fights and arguments with you for nothing. Many narcissists do this they have a need to be seen as a good person and reserve their true despicable nature for those closest to them. This typically falls on a best friend or spouse who is kind hearted and loves them unconditionally, long story short sometimes we get stuck trying to figure out who's at fault... here's some advice nobody cares but you and in reality it doesn't matter. They could 100% be at fault and still find support from family and friends some might even be your family and friends.

This does not mean you should backtrack. Your feelings are valid and you deserve happiness and peace regardless to how others view your decision it's better to be happy and viewed as a villain than to be miserable whilst seen as the perfect partner or friend.

You have got to accept the fact that if they wanted you around they would've acted like it. Obviously I can't make you or anyone else do anything but let me tell you this helps. Some people are very conning and manipulative and can put on a show to make you believe it's possible for you to have been mistaken. That you have misplaced your feelings and your memories are false. When someone loves you they make it their business to ensure you know it. When someone wants you around they make it their business to treat you like you are welcome don't allow yourself to be foiled and conned.



Lastly for this chapter no commitment relationships are a waste of time and a ball of unnecessary confusion. If you find yourself in one run you are a glorified placeholder and definitely deserve better period.

Chapter 3

Pour all the love you used to give them unto yourself

You deserve the best and it's time to give yourself the love and admiration you deserve. Typically at the end of a relationship one goes through a phase of rejection and heartbreak. It's not easy to overcome realizing the person you loved didn't love you. In friendships we yearn for the companionship we give to be reciprocated and finding that your friend was always no more than an enemy can cause heartache similar to a break-up. Long story short you my dear are due a spa day, a date night, a shopping spree, and a vacation.

A good way to distract yourself from stressing over your now past toxic relationship or friendship is to start a new hobby or project. Many times we pour ourselves so deeply into others we don't realize we have literally thrown away everything we were focused on to the side to our own dismay. A breakup relationship or friendship is the perfect time to throw yourself into your dream of learning how to play the guitar, write a book or start a garden.



Focus on your goals and keep track of your progress. I assume I'm not the only life coach who loves lists, however one thing I love more than a good list of goals is checking things off of it. That brilliant sense of true accomplishment is a indescribable feeling and you too deserve that. Not only will you be distracted from your past friendship or relationship but you literally deserve that vacation now... you earned it.

Chapter 4

This is the perfect opportunity to get closer to God

This chapter may seem obvious in a Christian/faith based novel however our Heavenly Father sees what you're going through and He wants to help. God has been waiting on you to reach out to Him concerning this matter. You may know you can't get through this alone however all things are possible with God.



This is the perfect time to receive guidance from God on what's next for you don't be scared to ask Him. He's waiting.

Chapter 5

Sometimes we confuse temporary assignments with lifelong partnerships

Some people are simply not intended to be permanent in your life and that's ok. Sometimes we assume someone who's temporary is permanent and that's also ok. We are mere humans and it's not far off for us to make mistakes here and there. Take this time as an opportunity to search your mind for answers and clues you missed. You can't change the past but you can ensure you don't repeat those mistakes in the future.

Sometimes we don't realize that God simply sent us to intercede in someone else's life. Think about it this way there are times when someone has a traumatizing event that shifts their entire life. Now imagine to stop that from happening God sends someone else into that person's life temporarily to change the outcome therefore changing their future for the better. Just because you were sent to shift a life changing possibility into a normal Tuesday doesn't mean you're intended to stay all week. Sometimes you were intended to save someone but they refuse to repent. Understand you cannot force anyone to be saved they have to make the choice for themselves and if they choose the other side sadly they did choose. It doesn't mean they won't be saved down the line and all hope is lost however there's no need in you sticking around and getting hurt in the process even if it's not physically pain is pain and you don't deserve it.



You will get up from this. You will move forward and you have accomplished your mission. Move on.

Chapter 6

You will be granted a healing phase before another mission

God will grant you grace to heal and prepare for your next mission. Both of these are their own phases and will happen separately. Understand there's no rush on the healing process no matter how long you take you aren't surprising God.

Before the start of your next mission in life God will elevate you. Think of it as a reward or trophy for your hard work. Regardless to how the payment is received understand God doesn't run a sweat shop. We are payed thru whatever ways God sees fit and will not be in a position where after following God's command everything fell apart and got worse.



Sometimes when you're in pain it's hard to see the reward that God is gifting you. You could be on vacation and be in the bed crying all day. At your favorite artists concert and feel as if you're out of place. Be kind to yourself one day you'll look back in shock of the way God spoiled you and you didn't even notice because you were in mourning.

Chapter 7

God is always with you

Whenever someone refuses to repent it's tough but remember whatever harm they caused you they actually wanted to do 10x's more. You may have noticed them mean mugging you or cutting their eyes at you with such anger and hatred. They were actually trying to figure out why they couldn't bring themselves to hurt you the way they've done others. For some they were terrified because it made no logical sense how you were able to remain blissfully untouched and unbothered while they were used to seeing tears blood and heartache.

You may have moments of regret and memories of bad times but this too shall pass. You simultaneously may remember who this person was before the enemy over took them and no matter who you may remember they are no longer that person and are only a shell of who they used to be. Remember while you may have freed them from a pharaohs stronghold, if they chose to go back or carry on with the ways of their past they have now chosen to live that way. There is a difference between someone being forced to do something and someone choosing to do something. They have basically welcomed the spirits to take over them.



Once you gather yourself together understand you're already pass the point of no return. Dust your feet off and keep moving so we can save as many people as possible whilst praying for those walking whilst spiritually dead.

About the Author



Star's Cartel - Thank you for reading I pray it helped you on your healing journey. Whilst I won't be charging for this nor any of my published books if God leads you to bless me for my efforts you are welcome to. May God bless you abundantly.

With the love of Christ,
StaR