

Healing from unhealthy friendships

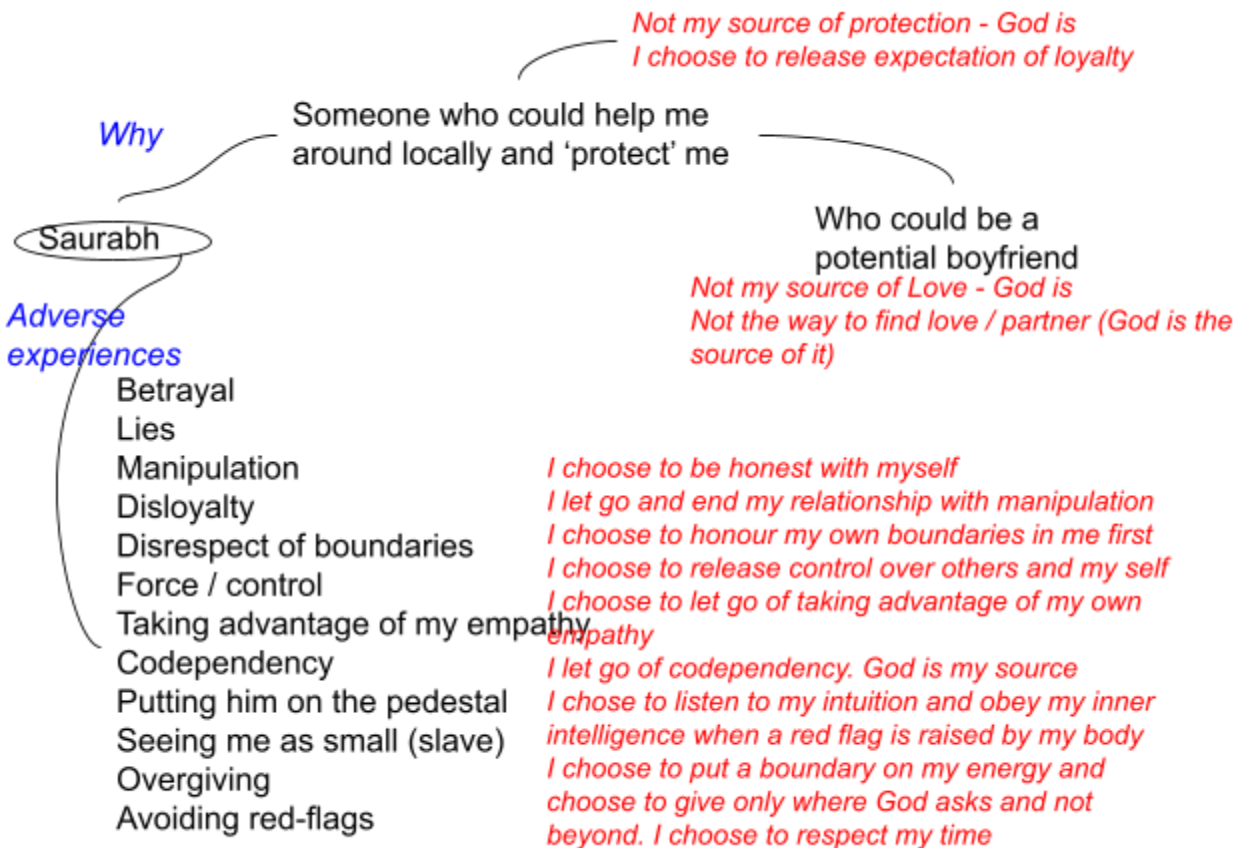
Get clear on your intention and 'process' of how you approach someone and when the desire to be friends springs up. At what point do you agree to be friends?

- Check your process and see if, at any point, you have the energy to exchange/take advantage of their power or connection / be their source.

Steps to heal would be

1. Pick a friend (specifically who you have had adverse experiences with, preferably in childhood. Then write down, 'why did you pick them, and what made you come close to being friends
2. Once your intentions are clear. Write down the adverse situations and heal with ME.
3. Get clarity and make new choices for why you fell into the adverse situation.
4. What boundaries should you have placed on them that you didn't? Place them now
5. What kind of friendship do you desire now for yourself, where your choices and boundaries are respected?

Here's an example sample of a brain dump for a friend with an adverse experience.



Feeling your feelings and loving your self are essential. Don't miss nay steps. Do the mirror exercise also and then make chocies.