

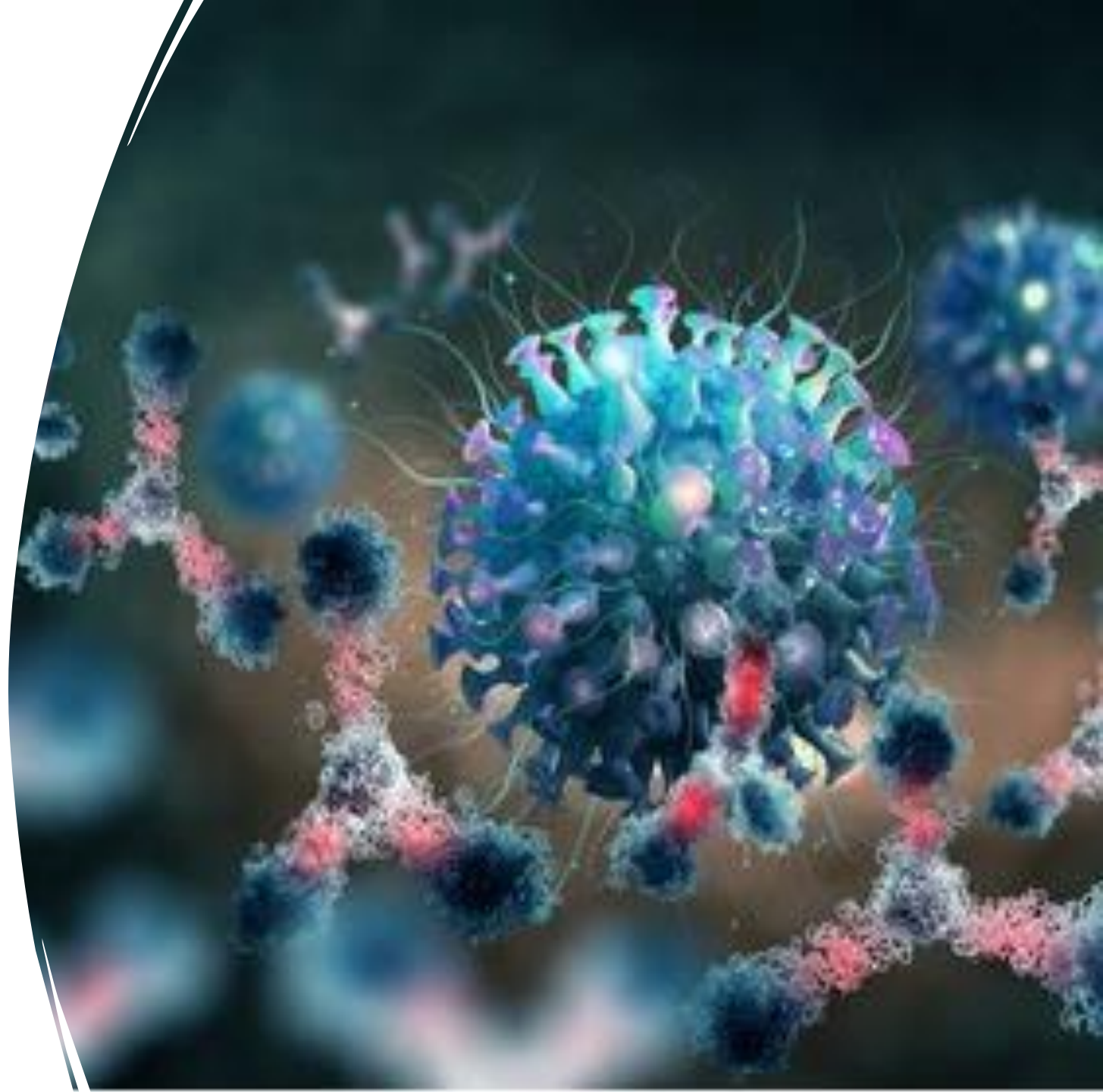
Detoxing Our Relationships



Ready to Get Healthy?

Question

- Exactly, what are Toxins?
- How do Relationship Toxins work?
- How do they effect myself and others?





And, to be honest...

- **No relationship becomes unhealthy without our cooperation.**
- **We bring our own unhealthy behaviors to any relationship**
- **By enabling/allowing/ignoring/provoking we can help perpetuate bad behavior in others and in ourselves.**

Reminder!

How Important Are Relationships?

The Great Plan of Salvation is designed to reconcile us back to our Heavenly Parents. (The Fall is essentially a Broken Relationship)



The Atonement of Jesus Christ is the means by which we are restored back to that relationship. (Exaltation is a relationship(s))



At baptism, we are being invited into a partnership agreement with Christ to assist in that reconciliation for us and those around us.



That critical work relies, at its core, on cultivating healthy and productive relationships.



Building a healthy relationship relies on recognizing and intently working to shrink the poisonous toxins that stop our progress.

10 Really Nasty Relationship Toxins We Need To Eliminate in Ourselves and Our Friendships



1) Faulty Support

- Do you know what your friends are trying to do?
- Do you support it?
- What if you shouldn't?
- How can you help?
- What is not helpful?



Passive-Aggressive Behavior

Passive

Passive-Aggressive

Aggressive

- You accept other peoples' criticisms of you.
- You avoid conflict no matter what.
- You rarely contest others.





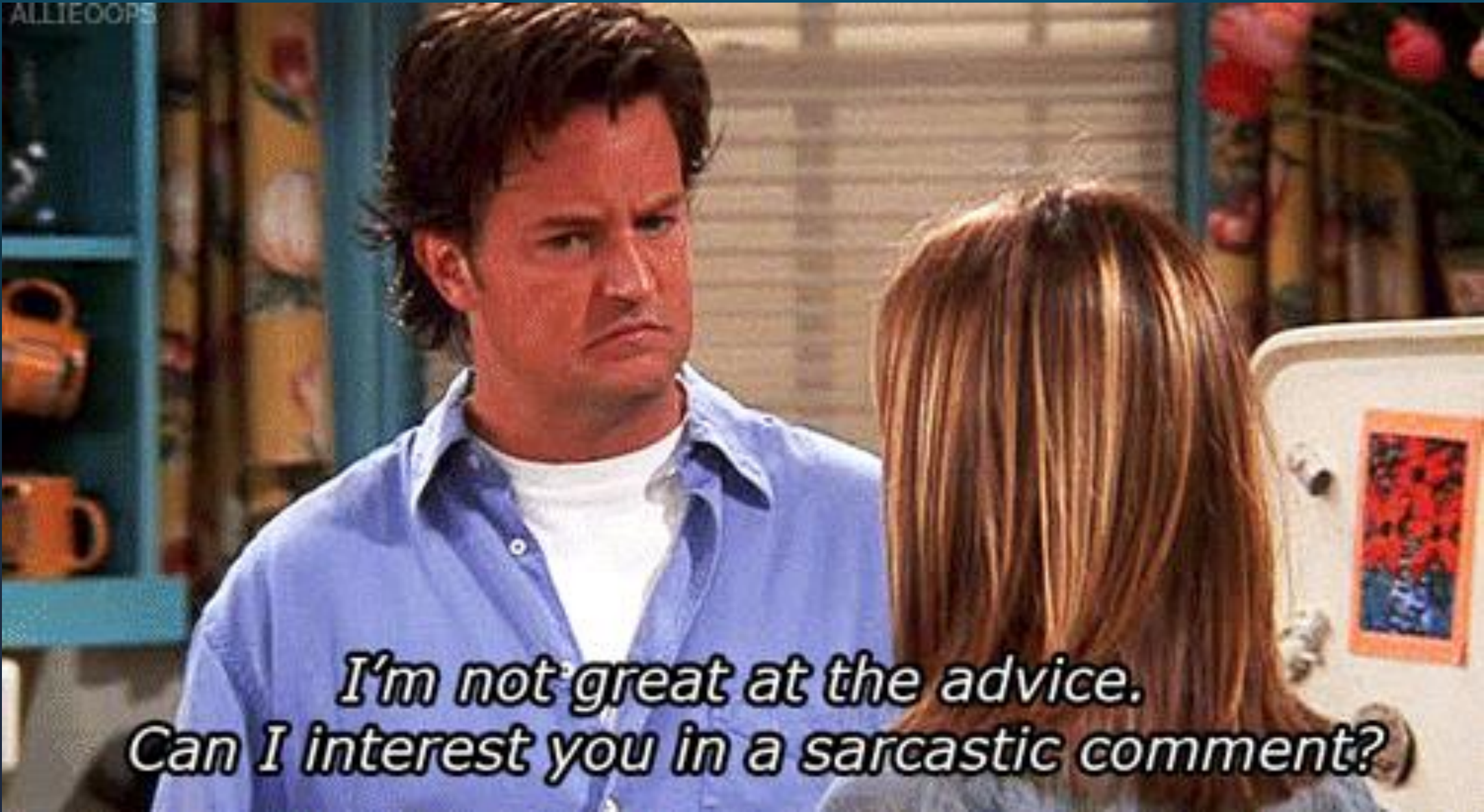
2- Toxic Communication

Gaslighting

- 1- Oh, you are just being/acting crazy
- 2- You are just overreacting (too sensitive)
- 3- C'mon. I was just joking
- 4- Well, you made me do it!
- 5- If you really loved me, you let me do what I want.
- 6- Well, this is all your fault
- 7- Everyone agrees with me. You're just difficult.
- 8- I'm only telling you this because I love you.
- 9- No. The Real problem is....



ALLIEOOPS

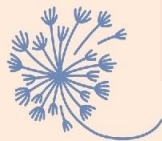
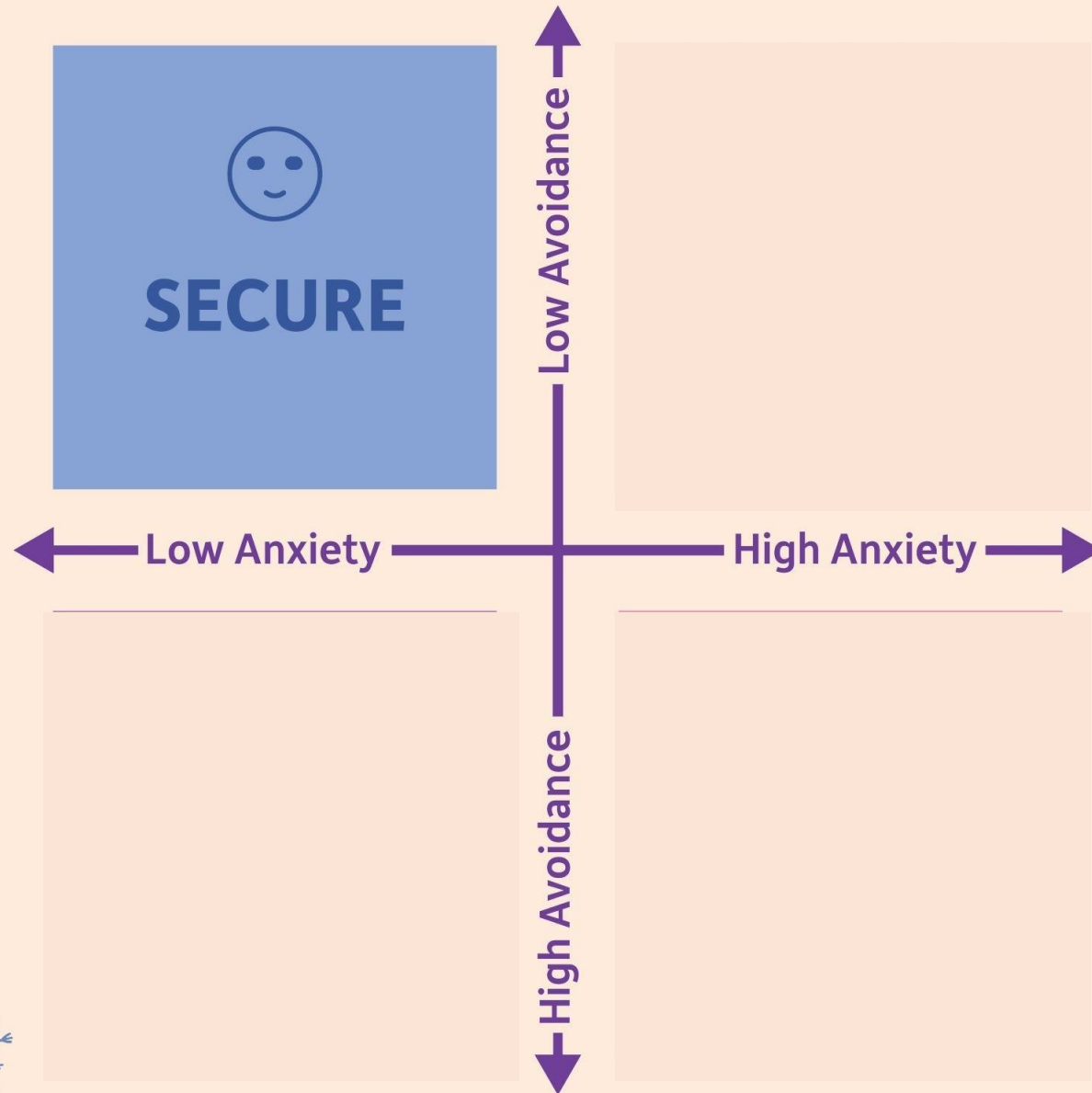
A still from the TV show Friends. Joey Tribbiani is on the left, looking at Rachel Green on the right. He has a slightly annoyed or skeptical expression. Rachel is seen from the back, showing her signature blonde hair. They are in a kitchen setting with shelves of dishes in the background.

*I'm not great at the advice.
Can I interest you in a sarcastic comment?*



3- Toxic Attachment

ATTACHMENT STYLES



ANXIOUS ATTACHMENT IN ADULTS

A constant need for
reassurance

Needing a lot of contact
and support

Very clingy

Fear of rejection

Ruminate
and
overanalyze

Emotionally
sensitive

Emotional highs and
lows

Afraid of being
alone

Negative self-view





4- Holding Onto Grudges

Those who are Quick Forgivers

- Are more grateful
- Are more resilient
- Serve more easily
- Have more and deeper friendships
- Seek advice more quickly
- Are kinder
- Laugh more easily
- Are less judgmental



However:

Becoming a “Quick Forgiver” does not mean:

- **Developing a “Its Just the Way I am” mentality**
- **Becoming apathetic about personal mistakes**
- **Being casual about the need to honestly repent**
- **Refusing to make changes**



Forgiveness Rules

- Remember, forgiveness is the last stage of grief
- You cannot truly forgive until you have fully grieved
- You know you have forgiven when you are at peace with others.
- Jesus never gave a tougher commandment!!

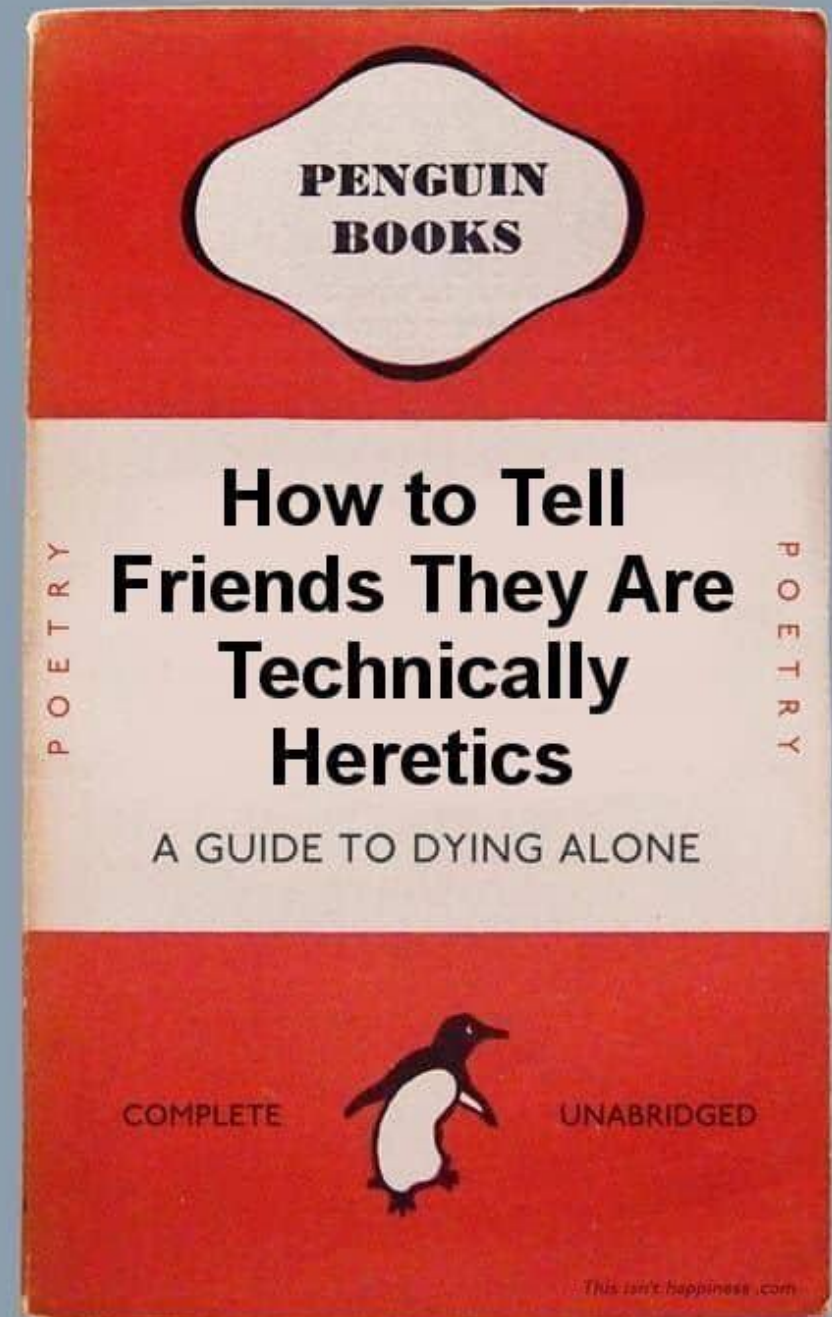




What Was Jesus Really Saying To the Jews?

- When you only love those who love you back, you are no better than the Romans.
- You then become the thing you hate.
- Do good to those who love you.
- Do good to those who don't.

Good book to read...



5- Dishonesty

PASSIVE AGGRESSIVE PERSONALITY EXAMPLES

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6- Destructive Financial Habits

Question:

- You and your friend get to share a \$40 coupon for Texas Roadhouse.
- How do you plan to apply the coupon?





7- Ignoring Your Own Needs

8- Lost Relationships





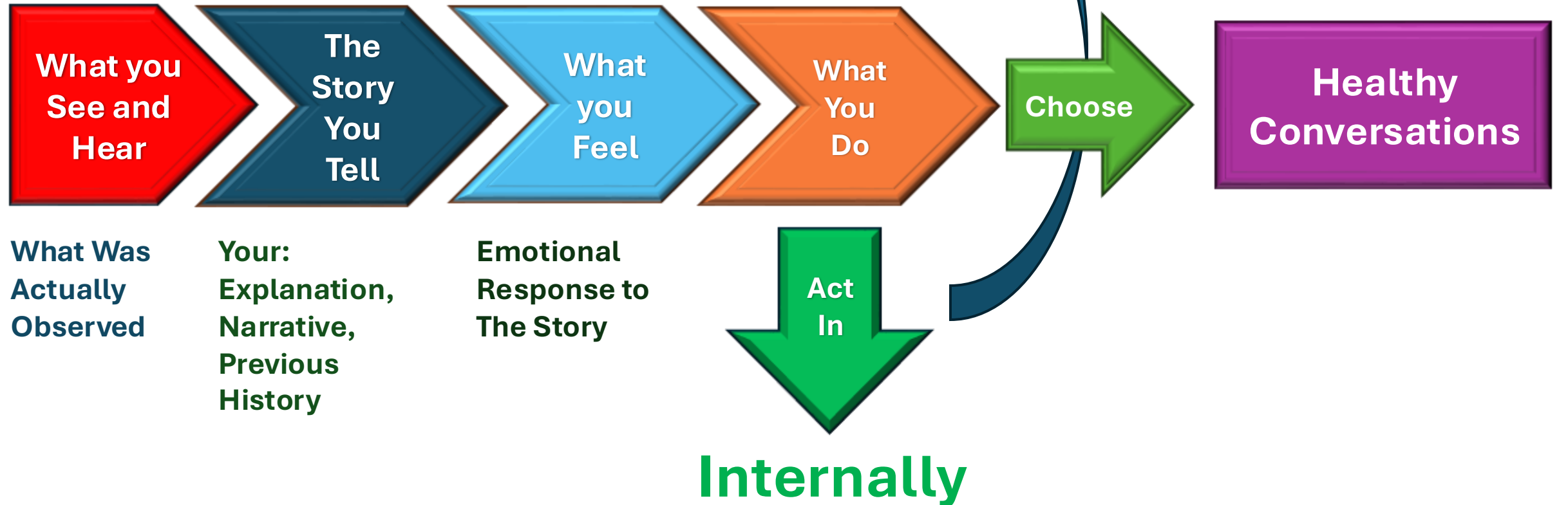
9- Waiting for Change



10- Walking on Eggshells



Human Reactions



Resolving Issues



Create Safety

- Warm face/ reassuring tone
- Right time
- Lower Emotions
- Honestly Curious
- State the Goal

