DETOXING YOUR LIFE

This worksheet will help you think through ways to create healthy boundaries so you can get rid of toxic influences in your life.

WUAT IC THE THING	THAT YOU NEED TO STOP OR GET	OUT OF YOUR LIEE?
	son, behavior or situation. Example: I want healthi	
DESIRABLE OR HEALTHY	UNCLEAR	TOXIC OR UNACCEPTABLE
Examples: I want someone who ncourages me, someone who is patient.	Examples: Having fights where we yell, talking over each other.	Examples: Hitting each other,cussing a each other, name calling.
incourages me, someone who is patient.	taiking over each other.	each other, name caning.
	I	
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	BUILDING CONFIDENCE	
WHAT CAN YOU SAY TO GIVE YO	DURSELF A PEP TALK? Examples: I deserve	to have healthy relationships. I choose me.
WHAT CAN YOU SAY TO THE TOY	VIC INELLIENCE TO SET BOUNDADIES	2
	KIC INFLUENCE TO SET BOUNDARIES ou to do and what is absolutely not ok for you to do	
	D REINFORCE YOUR BOUNDARIES OF you do (this) I'm going to walk out and take a brea	
	PREINFORCE YOUR BOUNDARIES Consumer you do (this) I'm going to walk out and take a bread	