

Common *Toxic* Behaviors

They bring out the worst in you. Sometimes you can have two perfectly great people, but together you are toxic.

They are jealous. These individuals do their best to make you less appealing to everyone around them and they never want to see you win.

They have unrealistic expectations. No matter what you do for them, it is never enough. They expect you to act and be a certain way to make them happy.

They are hostile. If you feel like you are walking on eggshells all the time or afraid to speak your mind out of fear of retaliation, then you are in an aggressive relationship.

It's always about them. No relationship can be successful when it's all about the other person.

They are manipulative. These folks use guilt or any means necessary to make you feel bad for not giving them what they need.

They are negative. Extremely negative people are always hard to be around if you are not a negative person yourself. They could have more than anyone else around them, but still, complain about how bad they have it.

No Loyalty. When it comes down to it, these individuals never have your back. You will be thrown under the bus before you ever realize there is a bus.

They are a perfectionist. Everything in life must be perfect, including you. They will often judge and criticize your behavior.

Problem Seekers. These people never want to find a solution for anything. Instead, they keep looking for things to create more problems.

Physical Abuse. Anytime someone physically touches you with the intent of harming you, that is physical abuse. Slapping, pushing, kicking, etc.

They love drama. People that are prone to crisis mode. Always inviting and creating problems. Drama addicts will find it disturbing to them if you don't involve yourself in their issues.

Verbal Abuse. Name-calling, insulting, and criticizing you in any way are forms of verbal abuse.

They have a victim mentality. Instead of working toward trying to fix their relationship with you, they will instead make you into the bad guy while playing the victim to others.