

Mindfulness Challenge, Identify *Toxic* Relationships

What behaviors feel toxic to me?

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What relationships in my life do I consistently feel bad around?

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What behaviors do these individuals possess?

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On a scale of 1 to 10 (1 being the least amount of toxic to 10 being the greatest) score these individuals.

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What beliefs or ideas do I have that keep me in this toxic relationship?

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What steps can I take to start distancing myself from these toxic relationships?

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