

SETTING BOUNDARIES WITH TOXIC PEOPLE



Why is other person toxic for me? What do they do/say?

How does this make me feel and why?

How would I like the relationship to be?

Is it possible to end the relationship, if yes a) do I want that and/or b) how will I do that?

What can I say to the other person to try to get them to stop or to reduce their toxic comments/behaviour?

What boundaries can I put in place and how?

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Why do I think they behave in that way?

What can I control in this relationship?

What do I need to remind myself/practice when I personalise their behaviour towards me?

Who can I speak to that will help me reframe their toxicity?

What will be my mantra when dealing with this person from now on?