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How To Slay The Toxic Dragon In Your Life

By Sharon Schurman

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by: **Sharon Schurman**

How To "Slay The Dragon" In Your Life In Five Simple Steps

Any time you spend around that toxic dragon , you are adding another cup full of misery to your life. You must accept that the toxic person you are with will not change, does not want to change, and does not want you to change. The toxic people want to keep poisoning you with their behavior and feel that they have every right to do so.

Toxic people roam around freely and openly because they can. They take our energy, strength, love, and our precious time on this earth. This goes on and on and slowly before we know it, our lives are used up, our hearts and souls are ruined, and the dragon keeps on going like the energizer bunny.

This is a truth that each of us needs to understand. Some people cannot be around each other, be together, or even mix without harmful effects. There are definite mismatches that were never meant to be and certainly were not meant to continue.

Coming to grips with the fact that you must leave a toxic relationship is one of the most difficult things you will ever do. It is a life changing experience and you have to have the strength to do it.

Get Prepared To Slay The Dragon By Doing These Simple tasks:

Sit down with a friend, co worker, a neighbor, or a family member and review what is going on in the toxic relationship. You need someone who can help you put the whole situation in perspective. Unfortunately we may be so close we cannot see the forest through the trees. Maybe we have started to think all of this is our fault. (It isn't.) Make a list of what has been going on, the things that have been said or done which have left you feeling destroyed. Talk about how that toxic person makes you feel and how so far you have felt powerless to change things.

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Realize that love and pain are not one and the same. You do not have a good or healthy relationship if you feel drained, used, hurt, and humiliated by that person. If you are angry, depressed, lonely, hurt when you are with this person, it is no good. It is not love. It is simply an addiction to the toxic drug of choice.

Is there a reason you have been sticking with this relationship which has nothing to do with your feelings? Are you staying in this relationship for your friends, for your parents for your kids? This is not good. The clock is ticking, your life is slipping away. You cannot stay in a toxic relationship for the sake of anyone else. The relationship has lost it's value if being around the person makes you feel horrible. Don't hold onto a hot potato.

Decide if you have to make the break and then do it permanently. No trial separations, no second chances, no giving it more time. Time will only suck more energy out of you and make the dragon stronger. This is asking a lot from you because you have become somewhat used to this toxic

relationship. In some ways you find yourself attracted to it, maybe for money, security, sex, etc. Sometimes you have to give up a lot to get out.

Work on your health and physical fitness. Strong body, strong mind. Work on curbing any of your habits which are hurting you, like overeating or using alcohol or drugs. Make sure you are in shape to slay the dragon before you start. The dragon will not go away easily. There may be a confrontation and you need to be strong enough to handle it.

Only you can get yourself out of the toxic relationship. Only you can slay the toxic dragon. You have given the power away to someone who has no love for you. Now is the time to take back the power and take back your life.

Sharon Schurman is a retired clinical counselor who has established the Depression–Help–Guide site. You will find information, articles, tips, and suggestions for dealing with all types of depression.

How to Slay the Dragon

By Pamela Geiss

How to Slay the Dragon by Pamela Geiss

There is a dragon, you know. It's the dragon of self–doubt. Somewhere in your brain is a little dragon with a BIG voice that keeps telling you, "You can't build a business online! What makes you think you can be rich? Who in the world do you think you are, anyway – a guru?"

And, to make matters worse, there's your spouse, loved ones, significant other, and friends agreeing with this dragon.

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And then there's you, not making any money, or making less than you spent or getting scammed in yet one more program that promised you the end of the rainbow pot of gold.

So, what's a person to do? To begin with, you have to work to slay that dragon. The human brain is a magnificent thing. It will work to find whatever is necessary to fulfill whatever destiny you program into it. If you are programming self-doubt, it will work to make that self-doubt a reality. If you don't believe you can be successful, it will make you do things to make that a reality.

Most of the time, it's not the programs that don't work. It's not the advertising that doesn't work. It's the non-belief you have that makes it not work!

Think about this: When you were 5 and started pre-school, you were "gung-ho" about school. You couldn't wait to make friends, get good grades, learn. Right? By the time you got to the 7th or 8th grade, you got disillusioned and your grades began to fall. Even if your grades didn't fall, most everyone will admit they didn't do as well in school as they were capable of doing. But if you had been mature enough to set your goals and work to make it happen, do you think you could have done better?

This is the same principle. You are what you think you are. If you believe you can be successful, then you will go about doing the things that are necessary to make it so. You will work to find what you need to know to make it so. Let's face it, if you don't believe in yourself or your product, how in the world do you think you will be able to convince anyone else? If you think you will fail, then you WILL fail! Anyone

who plays an instrument can tell you there are times they are playing a piece and it's going really well and they think, "Wow, I haven't made a mistake yet!" And what's the next thing that happens? Boom! There's that mistake. Why? Because they didn't really believe they could play that piece all the way through perfectly, so they "made" that mistake happen without even realizing it!

Many of you won't even believe what I'm writing to you here, and that's too bad, actually, because it can serve you well and get you started in the right direction. Believe me, I've

been there, done that, and I learned this lesson – so can you! It's never too late, you know!

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