

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Toxic Friendships

By Sibyl McLendon

Toxic Friendships by Sibyl McLendon

This article is as much about life lessons as it is about toxic friendships. I learned an interesting truth about myself recently, and I just wanted to share it.

In this life, we are all here to learn lessons, and we will keep being presented with the opportunity to learn them until we get it right. One of the lessons I have to learn this time around is about the people I choose to let into my life. I used to be the kind of person who would let anyone into my life if they seemed to like me. I was emotionally needy. As I progressed, I thought that I was starting to get more discerning about this. I thought that I was learning to avoid people who were going to be negative influences and weigh me down. Some years ago, I had a friend who was a very toxic person. She was emotionally out of control, making very poor decisions and bringing a lot of negativity into my life. I made the decision to end the friendship. At the time, I attempted to do this gently, but she was very offended, and wrote me an 18-page letter, rambling and quite scary. It clearly illustrated to me that I had made a very poor decision by letting her into my life to begin with, and that I had done the right thing in cutting her loose. To be honest, I was rather pleased with myself for making the right decision. I had learned a valuable lesson! I was never going to get into that situation again! After practically wrenching my arm by patting myself on the back, on I went with my life.

About 7 years ago, I met a lady who would become my "best friend". I gave her the keys to my kingdom, so to speak. I shared everything with her, and she with me, or so I thought. As time went on, I could clearly see that she had her own emotional baggage, but don't we all? I certainly went through some tough times during our friendship, some of which I have shared with you in past issues. There were times that I was an emotional wreck. However, I did learn from these bad times. I grew, and moved on. I genuinely learned that I would be just as happy as I decide to be in this life. I choose to be happy here.

My friend, however, was stuck in a loop of depression, money problems and relationship unhappiness. I started to notice that she was always unhappy! Never did I talk to her and ask how she was that I got a positive response. "Never" is a strong word that I do not use lightly here. I started to check out my observations with my husband, just to see if I was being judgmental. No, he assured me that what I

saw was indeed the way it was.

Even at this point, I was not considering ending the friendship. I did spend a lot of time considering the possible ways to handle this problem. I literally spent months pondering the problem, and what might be the best way to eliminate the negativity without hurting my friend. Eventually I made the decision to just point out what I was hearing from her, as gently as possible, in an attempt to allow her to step back and take a look at what she was manifesting in her life.

Bad idea! It literally blew up in my face. What I got back was an acidic personal attack on my life, my personality, my financial status... it was very insulting. At first, I was shocked. Next, I was hurt. And then, I stopped and took a long hard look at the entire situation. When I did, I just had to laugh! I had done it again! I had allowed a person into my life that was toxic to me, knowingly, willingly and with my

eyes wide open. So much for all that back-patting I had done all those years before. I had sprained my arm for nothing.

Lessons have a way of coming back to bite us in the butt when we only think we have learned them. The tricky part is that they don't always come back in the same way. They disguise themselves. If we have really, truly learned the lesson we recognize them. If we only think we have learned the lesson, we will fall right into the trap again. I like to think now that I will be a lot more cautious the next time I am thinking of allowing someone into my energy as a friend. In reality, I can only hope. I do know that toxic people can come in many guises. They will suck up your energy, depress you, upset you and make your life harder. They can be family members, friends or co-workers. However, they can only do this if we let them.

An excellent book on this very subject is *People Of The Lie* by M. Scott Peck. I highly recommend it.

Sibyl McLendon is the co-owner of Circle Of Grace, a unique blending of Native American spirituality and holistic wellness coaching. She is 1/2 Navajo, and lives in southwest Arizona.

How To Slay The Toxic Dragon In Your Life

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.

Toxic Friendships

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.

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 Toxic Dragon In Your Life

Childhood Friendships

Cleaners and our health

It Not Easy Bein "Me"

How to Build Friendships in Business

How to Use Your Mind for Study

Inside The Minds of Winners



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!