

Am I in a Toxic Relationship?

A Gentle Self-Reflection Guide.



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Hello there,

If you're reading this, you might be feeling confused, hurt, or unsure. You're not alone, and you're not imagining it.

This guide serves as a gentle companion to gain clarity, and take the first steps towards healing.

Patricia

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Common Signs of a Toxic Relationship

You feel anxious or fearful around this person.

Your needs and feelings are often dismissed.

You're constantly questioning if you're the problem.

You walk on eggshells to avoid conflict.

Your boundaries aren't respected.

You feel drained instead of supported.

There's a cycle of apologies followed by repeated hurt.

You feel isolated from friends or family.

You've changed yourself to keep the peace.

You don't feel emotionally safe.



Reflection Questions

How do I feel about myself in this relationship?

Do I feel emotionally safe?

Have I lost parts of myself trying to keep this person happy?

What would it feel like to be deeply respected and seen in a relationship?



More Reflection

Have I started to believe things about myself that are untrue or harmful?

What would I tell a loved one if they were in a similar relationship?

Do I feel more anxious or more at peace after spending time with this person?

What am I afraid would happen if I set boundaries?



Message from Patricia

Healing from a toxic relationship takes courage, and you've already taken a powerful first step by being here.

Whether you're just beginning to ask questions, or you're deep in the process of rediscovery, please know that support is available.

You don't have to go through this alone.

Therapy can offer a safe, non-judgmental space to reconnect with your voice, your worth, and your path forward. When you're ready, I'd be honored to walk alongside you.

