

— how to deal with — **TOXIC PEOPLE**

Video One

The Hot Head (Angry)
Who in my life is a Hot Head?

The Clinger (Needy)
Who in my life is a Clinger?

The Dominator (Strong Personality)
Who in my life is a Dominator?

The Attention Hog (Immature)
Who in my life is an Attention Hog?

The Truth Twister (Manipulative)
Who in my life is a Truth Twister?

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Video Two

Why do they always find me?

What qualities do I possess
that attract toxic people?

What qualities of theirs do I find myself
attracted to initially?

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Video Three and Video Four

What's my temperament? What's my enneagram?

Questions to work through:

What are my passions?

What are my Top 5 strengths?

What are my Top 3 weaknesses?

What are my unique talents?

What is my life purpose?

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Video Four

Questions to work through:

How has your heart been broken?

Do you reject before being rejected?

Have you suffered trauma?

Are you too hungry for love?

What are my expectations. Circle which expectations have been communicated clearly

What's my new expectation?

What are my should's and ought's?

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Video Four

Questions to work through:

What needs do I have?

Who else can I get this need met by?

How else can I get this need met in a godly way?

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Video Four

Questions to work through: Who are the toxic people in my life?

What feelings does this person evoke in me?

What do I think when I encounter this person?

What other time in my life does this feeling remind me of?

How is this person different or the same as my memory?

What unresolved issues do I need help with?

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Video Five

4 Types of boundaries

1. An invisible line
2. A Fence
3. A wall.
4. An Alligator Mote

Who in my life do I need to establish boundaries with?

Label boundary level for each offender

- Can I simply communicate my boundary (invisible line)
- Are they naive but care (fence)
- Have they displayed high level of toxic behavior (wall)
- Are they abusive? Is your mental and physical health in jeopardy (alligator mote)

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Video Six

Do's of boundaries:

- Be honest
- Be respectful
- Be direct
- Be specific
- Be consistent

Circle boundary areas I need to improve.

Communication sandwich

I feel _____ **when you do** _____

Don'ts of boundaries

- Don't assume
- Don't get defensive
- Expect others to read your mind
- Expect change

Your boundaries are your responsibility
Which don'ts do I need to improve upon?

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Video Seven

What do I feel after an interaction with them?

What is my most recent or most impactful memory of a similar feeling?

Do you need to overcome toxic thinking? Take this quiz

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Video Eight

Why God allows us to go through difficult relationships

- Teach you
- Prepare you

3 areas God is working on in your life through difficult people

- Love
- Forgiveness
- Humility

What is God looking to do in YOU?

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Video Nine

Determine the reason for the boundary

Get healthy - Steps to getting healthy

- Let go of control (who do I need to give over to God)
- Forgive (who do I need to forgive)
- Identify and deal with your feelings. What feelings am I struggling with?
- Learn to trust God (what new thing is God looking to do in me)

Determine boundary level you're comfortable with. What kind of boundary do I want to set?

Determine the consequence. What is the consequence that will take place if my boundary line is crossed?

What is my first preparation step to becoming a rock star boundary setter?

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Video Ten

What do I need to see?

Have they repented?

Has there been a change in the behavior for an extended, period of time?

Do they truly understand the reason for the boundary?

How can I test the waters to see if they will still respect my boundaries?

What conversation do I need to have?

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Video Eleven

What are my boundary reminders?

Remember: Relationships take two. What part do they need to play?

What does God say about boundaries?

In what ways is God convicting me?

In what ways is Satan using guilt to keep me stuck?

In what areas do I need to have patience with myself?