

Spring Cleaning! Removing Toxic Relationships From Your Life

May 13, 2008

Observation:

1. During the next two (2) weeks, notice the sensations in your body, feelings or emotions that come up for you when you're interacting with someone whom you consider to be toxic.

2. List the people in your life with whom you are having difficulty. Beside each person list the negative characteristics or traits that bother you. Review all and determine whether there are any commonalities.

Person	Negative Characteristics