

Relationship Break- up Plan

Getting Rid of a Toxic Lover

As the saying goes “When you fail to plan, you plan to fail. You may not think of a relationship as something that requires a plan, but it does. When it comes to relationships, because it is usually grounded in emotions, people don’t take the time to plan and implement success strategies for succeeding or failing. If you want to succeed in the relationship, you have to have a plan. A relationship that fails also needs a plan to effectively dissolve it with the least amount of drama.

As discussed in the book, getting rid of a lover can be very painful. The complexity of the relationship is compounded because of the emotional, physical, and spiritual ties, as well as the possibility of children being involved. Let’s again look at the two types of toxic lovers.

The Drama Drainer: This is the person who doesn’t add anything to your life but takes it all away. Drama Drainers are constantly filled with—what else?—drama and keep your life on edge. Although they drain your mind, body, and spirit, you keep them around either because you think you can fix them or because you find the one good thing about them and justify their existence in your life. Everyone around you knows that they are no good for you, but you ignore your loving family and friends because of that “thing.” You know they are holding you back, but you can’t seem to let them go.

Subtle or Overt Abuser: This is the person who continues to mistreat you, disrespects you, drowns your dreams, ignores you, or abuses you physically*, mentally, or emotionally. Emotional abuse can be any type of mistreatment that occurs that makes you feel less than, unequal, invisible, isolated, neglected, exploited, alone, etc. Emotional abuse is rampant and yet it is the least discussed form of abuse because of the blurry lines that define it. It can include very subtle behaviors, thereby making it difficult to solidify and prove. The shape of emotional abuse takes on many forms. It can be the silent treatment, simply ignoring or failing

to acknowledge your presence, or making hurtful comments. It can even be controlling behaviors like withholding money.

Taking the steps to remove self from this toxic situation will require a plan. Use the following plan as a guideline to help you to safety and wholeness.

Game Plan to Leave a Toxic Relationship

Think safety first. If you are you children are in danger of any type of abuse, it is extremely important to follow this plan with urgency.

1. **Make the decision that you are leaving.** When you make up your mind that enough is enough, your body and mind will align with your decision and help you make that happen.
2. **Decide on a timeline.** This is important to give you the time to get some things in order, such as finances, logistics, and management of your emotions.
3. **Set your boundaries.** Declare that you will not tolerate certain behaviors anymore, from the present person or anyone in your future.
4. **If your toxic lover is abusive, select a safe place to go.** Research the shelters that are in your area to see what will be more convenient for you. I suggest a shelter instead of a relative or friend. A shelter has people and plans in place that will keep you safe and can help facilitate you getting a fresh start. While friends and family can provide you with temporary safety, sometimes their safety can be compromised because the dangerous lover.
5. **Call on friends and/or family for moral support and help.** Someone that you can trust needs to know your plans and often can help you execute those plans.
6. **Communicate your intentions.** Proclaim your goal that you need to break off this relationship while communicating your boundaries.
7. **Cut them off.** You have to let them go. You can't allow the back-and-forth conversations, episodes, intimate liaisons, etc. Although it is hard, you have to cut them completely out.

8. **Put barriers in place that will help you stick with your decision.** No matter how hard they try and pull at your emotional heartstrings, don't allow yourself to be lured back into the trap. After you have left, do not answer calls or respond to texts. Put on your running shoes and don't slow down until you are far removed.
9. **Implement a ton of self talk and affirmations.** Continue to tell yourself that you deserve better and will not allow yourself to be treated "less than". You are a wonderful beautiful human being and should be treated as such.
10. **Feed your spirit.** Keep your spirits high, by reading, mediating, praying, and listening to positive music.
11. **Seek healing.** In any relationship and especially an abusive one, it is very important that you seek professional help of some kind. In these types of relationships, there is a lot of emotional and spiritual damage that has been done and you will need to talk to someone to help you sort through your feelings.

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