



*3 Steps
To Leave A
Toxic Relationship*



**The elephant believes the chain around their ankle can stop from moving.
This is a limiting belief.
List your limiting beliefs.**

1.

2.

3.

4.

5.

6.



What have you allowed how you allowed others to treat the badly?

1.

2.

3.

4.

5.

6.



How much has it cost you and or your family (including children)?

1.

2.

3.

4.

5.

6.



What are the consequences you have paid?

1.

2.

3.

4.

5.

6.



What were you taught as a small child about how much value you have?

1.

2.

3.

4.

5.

6.



What would you change?

1.

2.

3.

4.

5.

6.