

5-STEP GUIDE TO ELIMINATE TOXIC PEOPLE FROM YOUR LIFE

01

Identify your boundaries

- Setting healthy boundaries with family involves clearly communicating your needs and limits, and reinforcing those boundaries consistently.
- Reflect on what you're comfortable with, what makes you uncomfortable, and what your non-negotiables are.
- Consider different types of boundaries: physical boundaries (e.g., personal space), emotional boundaries (e.g., topics you're not comfortable discussing), and time boundaries (e.g., how much time you're willing to spend with someone).

02

Communicate Clearly

- Express your needs: Use "I" statements to express your feelings and needs, avoiding blaming or accusatory language.
- Be direct and assertive: Clearly state what you need and what you're not willing to tolerate.
- Explain your reasoning: Help the person understand why you're setting these boundaries and how they benefit you.
- Use active listening: Acknowledge their perspective without compromising your boundaries.

03

Reinforce Your Boundaries

- Follow through on your words: Consistency is key. If you say you need time alone, take that time.
- Enforce consequences: If boundaries are consistently violated, consider setting consequences, such as reducing contact or not helping with certain requests.
- Be patient and understanding: It may take time for family members to adjust to your new boundaries.

04

Seek Support

- Talk to trusted friends or family: If you're struggling to set boundaries, seek support from people who understand and respect your needs.
- Consider professional help: A therapist or counselor can provide guidance and tools for setting healthy boundaries.

05

Take Care of Yourself

- Self-care is crucial: When you prioritize your own needs, you're better equipped to set and maintain boundaries.
- Value your time: Don't feel obligated to do things that drain your energy or compromise your well-being.
- Understand that it's a process: Setting boundaries can take time and effort.
- Be kind to yourself: It's okay to make mistakes or feel guilty sometimes.

