

Module 4 : Dealing with Toxic People

How toxic people bring out the worst in you.

We affect each other through right brain to right brain communication

We are built to survive so we adapt or fight.

We are the “nice person” or the bitch or bastard.

Those are both sides of the same coin and maintain the status quo which we do not want.

- We want their approval.
- We want fairness and justice.
- We refuse to accept what is.
- We want to control what we cannot control.
- We sink to their level.

Emotions can be contagious.

The truth is we are quite capable of being toxic ourselves!

Stopping the intergenerational transmission of dysfunction

- Dysfunction did not start with your parents and siblings!
- It goes from generation to generation and is due to the “principle of tension reduction.”
- You can make a difference in the lives of your children, nieces and nephews and everyone else you encounter.

- Everyone you meet is an opportunity to spread emotional wellbeing.

Every moment of your life is either a test or a celebration-David Deida

- Practice your Liberating WAFIT. It is also contagious!
- Live your life based on the “principle of tension exploration.”
- Love and I mean really love your inner child. Be the parent you never had.

Acceptance of what is and taking your power back

Serenity’s Prayer:

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.

Grieving the family you wished you had:

- Discover you in the process

- Use your toxic family members for your growth. (It will help them too, maybe).
- Keep exploring your tension and breathe through it as you continue to grow.