

TOXIC RELATIONSHIPS

in Families

TOXIC FAMILY DYNAMICS



MANIPULATION

Using guilt, shame, or control to get their way.



CONDITIONAL LOVE

Love is given only when you meet their expectations.



DISRESPECT

Your feelings, boundaries, and opinions are ignored or invalidated.



GASLIGHTING

Making you question your reality, memory, and self-worth.



LACK OF BOUNDARIES

Overstepping, invading privacy, or refusing to respect your limits.

Not all wounds come from outside the home. Sometimes the deepest pain comes from the people who were supposed to love, protect, and support you.



JUST BECAUSE THEY'RE FAMILY DOESN'T MEAN THEY'RE HEALTHY.

THE EFFECTS ON YOU



LOW SELF-ESTEEM

You start believing the negative things they say about you.



ANXIETY & STRESS

Constant tension, walking on eggshells, and emotional fatigue.



DAMAGED RELATIONSHIPS

It becomes hard to trust, connect, or build healthy relationships.



LOSS OF IDENTITY

You lose yourself trying to gain their approval or avoid conflict.



EMOTIONAL WOUNDS

Pain from the past can show up for years if not healed.

YOU CAN CHOOSE HEALING



SET BOUNDARIES

Protect your peace. You are allowed to say no.



YOU ARE NOT THE PROBLEM

It's not selfish to choose your mental and emotional well-being.



BREAK THE CYCLE

Heal so you don't pass the pain to the next generation.



SEEK SUPPORT

Therapy, faith, and healthy relationships can help you rebuild.



REMEMBER



You are worthy of love, respect, and kindness.



God sees your pain and wants to heal your heart.



You can love your family and still choose distance.



Healing is possible. Freedom is possible. You are not alone.

WHEN LOVE HURTS



Want to go deeper? My book, *When Love Hurts: Toxic Relationships and Breaking Trauma Bonds* will help you heal, break trauma bonds, and reclaim your life.



Walk by Faith Counseling

Healing one step at a time

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YOU CAN'T CHANGE YOUR FAMILY. BUT YOU CAN CHANGE THE LEGACY.

Break. Heal. Grow. Step into freedom.

