



Seeing Toxic Relationships for What They Are

A SIMPLE GUIDE

Seeing Toxic Relationships for What They Are

You are not broken. You are not too much. You are not the problem.

But maybe, right now, it feels like you are.

Toxic relationships have a way of making you question yourself. They chip away at your confidence, leaving you unsure of what's real, what's normal, and what you deserve. If you've ever felt like you're always the one to blame, like you're walking on eggshells, or like no matter how much you give, it's never enough—this guide is for you.

This guide will help you **see toxic relationships for what they are**—without excuses, without self-blame, and without minimizing what you've been through. You'll learn the signs of unhealthy dynamics, so you can trust what you already feel deep down. **Because knowing the truth is the first step toward reclaiming your worth.**

You might not believe it yet, but you matter. Your feelings, your needs, and your voice are important. And you don't have to stay stuck in relationships that make you feel small.

If you're here, you're ready to take that step. Let's begin.

Why Awareness Matters

Toxic relationships don't always look toxic at first. They can start off feeling exciting, comforting, or even familiar. But over time, something feels off. Maybe you can't quite put your finger on it, or maybe you've been told you're overreacting.

That feeling? That's your gut trying to warn you.

Awareness is your first line of defense. The more you recognize the patterns, the harder it becomes to ignore them. If you've noticed the same red flags over and over—feeling unheard, feeling small, feeling like you're never enough—that's not a coincidence. It's a sign.

You were never meant to live in doubt. Your feelings are real. Your intuition is valid. If a relationship makes you uneasy, if something deep inside tells you something isn't right, trust that. You don't need proof. You don't need permission. The fact that it's happening is reason enough to listen.

The more you pay attention to what your body and mind are telling you, the easier it becomes to protect yourself. Because once you see the truth, you can't unsee it.



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How to Use This Guide

This guide is here to help you see toxic relationships for what they are. It's not about diagnosing people or labeling every difficult relationship as toxic. It's about understanding patterns—so you can recognize when a relationship is harming you and decide what to do next.

As you go through each section, keep these things in mind:

- 1. Notice what feels familiar.** You don't have to force anything to fit. Just pay attention to what stands out or makes you think, That sounds like my situation.
- 2. Trust your gut.** If a relationship makes you uneasy, if you feel drained, anxious, or like you're always to blame—that matters. You don't need someone else to confirm your experience.
- 3. Use this as a starting point.** Awareness is the first step, but it's not the last. If you see yourself in these pages, take a deep breath. You are not alone, and you are not stuck.
- 4. Give yourself permission to question things.** Toxic relationships thrive on doubt. If you've been told you're "too sensitive" or "making things up," remind yourself: Healthy relationships don't make you feel like you have to prove your pain.

You don't have to have all the answers right now. Just reading this is an act of choosing yourself—and that's a powerful first step

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Key Signs of a Toxic Relationship

1 You Feel Bad More Than Good

Every relationship has ups and downs, but in a healthy one, the **good far outweighs the bad**. In a toxic relationship, it's the opposite. The stress, confusion, and exhaustion become your normal.

- You **dread seeing them**, even if you can't explain why.
- You feel **relief, not happiness**, when they're not around.
- You keep hoping things will get better, but **they never really do**.
- You used to feel like yourself—now, you just **feel drained**.

Healthy relationships **nurture you**. Toxic ones **wear you down**. If a relationship makes you feel worse, not better, that's a sign something isn't right.

2 There's More Criticism Than Kindness

Criticism in a toxic relationship isn't about **growth or support**—it's about **control**. It's the kind of criticism that makes you feel **small, ashamed, or never good enough**.

- They point out **what's wrong with you** more than what's right.
- They disguise insults as jokes, saying, *"I'm just being honest or you're too sensitive."*
- Even when you do something right, **it's never enough**.
- You've started **criticizing yourself the same way they do**.

Real love doesn't **tear you down**. **It builds you up**.



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3 They Don't Support You

Support isn't just about showing up—it's about **caring**. Toxic relationships make you feel **unimportant, invisible, or like your needs don't matter**.

- When you share something exciting, they **shrug it off** or make it about them.
- When you're struggling, they **dismiss your pain** or say it's not that bad.
- You feel like you **can't count on them**, even for small things.
- You've **stopped sharing things** because it feels pointless.

Feeling unseen in a relationship isn't normal. **You deserve to be heard, valued, and supported.**

4 You're Always the One at Fault

In a toxic relationship, you're always the problem. No matter what happens, **it's always your fault**—and if they hurt you, somehow, you end up apologizing.

- They twist things to make you **question what really happened**.
- They never take responsibility—*it's always you misunderstood or you're overreacting*.
- You find yourself **explaining or defending your actions** constantly.
- You **avoid bringing things up** because it always turns into a fight.

Healthy relationships have **accountability**. If someone never admits when they're wrong, **that's a red flag**.

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5 You Walk on Eggshells

You feel like you have to **monitor everything you say or do** to avoid setting them off. That's not normal—it's **emotional survival mode**.

- You overthink **every text, every conversation, every interaction**.
- You keep things to yourself because **bringing them up isn't worth the reaction**.
- Their mood controls everything—if they're upset, **your whole day is ruined**.
- You feel **relief, not happiness**, when things are "good" between you.

Healthy relationships **feel safe**. If you're constantly afraid of their reaction, **that's not love—it's control**.

6 They Ignore or Dismiss Your Feelings

In a toxic relationship, your emotions aren't seen as **valid**—they're seen as **problems to be shut down**.

- When you express hurt, they **roll their eyes, mock you, or dismiss you**.
- They tell you *you're too sensitive or too dramatic* instead of listening.
- They **don't care how their actions affect you**—or worse, they blame you for feeling that way.
- You've started **shutting down emotionally** because it feels pointless to express yourself.

Your feelings matter. **If someone makes you feel like they don't, that's a problem**.



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7 They Use Guilt to Control You

Toxic people often use **guilt, shame, or obligation** to keep you stuck. It's subtle at first, but over time, it can make you feel **trapped**.

- They make you feel bad for **wanting space or setting boundaries**.
- They bring up **everything they've done for you**, making you feel like you owe them.
- They twist things so that **saying no feels impossible**.
- You feel like you're **constantly disappointing them** no matter what you do.

Love doesn't come with strings attached. If someone makes you feel guilty for having needs, that's not love—it's control.

8 You Feel Isolated

Toxic relationships thrive on **isolation**. The more disconnected you are from others, the easier it is for them to manipulate you.

- They don't like your friends or family, and they **make excuses to keep you away**.
- They get **jealous or annoyed** when you spend time with others.
- They make you feel like **they're the only one who truly cares about you**.
- Over time, **your circle gets smaller**, and you feel more alone.

Healthy relationships **encourage connections**. If someone is cutting you off from the people who care about you, **that's a major red flag**.

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9 You Ignore Your Gut

That little voice in your head? That feeling in your stomach? **It's not overthinking—it's your intuition.**

- You've had moments where you thought, *"This isn't right."*
- But you pushed it down, telling yourself, *"Maybe I'm imagining things."*
- The **same problems keep happening**, but you keep hoping things will change.
- Deep down, you already know **this isn't how love is supposed to feel.**

Your gut knows before your mind does. If you keep feeling like something is off, **trust yourself.**



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You Are Not Alone

If you saw yourself in these pages, I want you to know—I see you. I understand the weight of what you're carrying, because I've carried it too. **I've been in relationships that made me doubt myself. I've ignored my own gut, made excuses, and held on longer than I should have.** I know what it feels like to wonder if maybe it's you, if maybe you're expecting too much, if maybe this is just how relationships are.

But here's the truth: **You are not broken. You are not too much. You are not the problem.**

Toxic relationships have a way of making you forget your worth. They leave you feeling **small, drained, and unsure of yourself.** But the fact that you're here, reading this, means something inside you is waking up. You're starting to see things clearly. And once you see the truth, you can't unsee it.

That's why I created [**The Gem Collection**](#)—for people like you, people who are ready to go deeper, to understand themselves, and to start making choices that reflect their true worth. If you want more support, more guidance, or just a place that reminds you that you're not alone, **it's there for you.**

You don't have to figure this out overnight. You don't have to make any big decisions today. **But you do have permission to trust yourself.** You do have the right to want more for yourself. And you are allowed to take up space in this world without constantly proving your worth.

Because **YOU MATTER.** You always have. And you always will.

[**Explore the Gem Collection →**](#)

