

How to give up a malicious relationship and love yourself more?

Join us to learn how to abandon a malicious relationship and love yourself more in the article below!

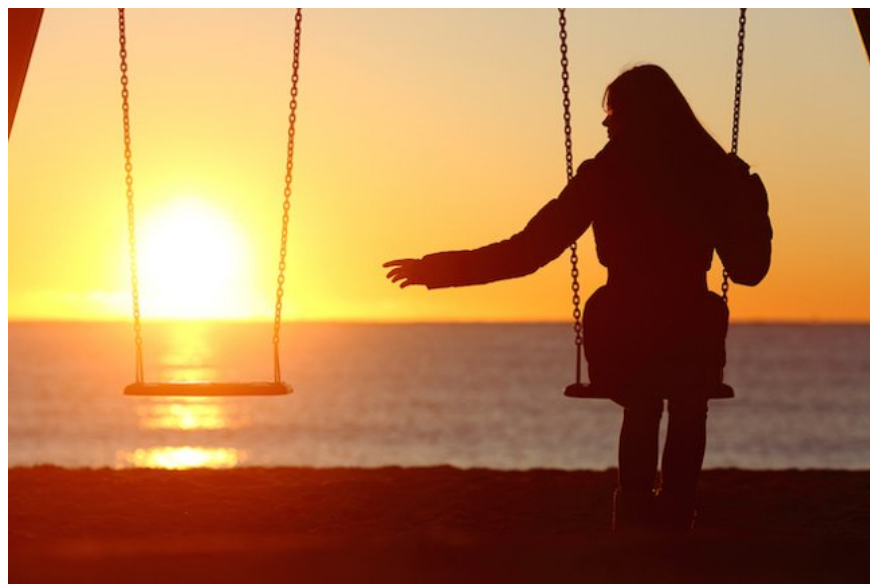
1. 7 principles that absolutely couples should not do when fighting
2. Body language reveals the truth about your current relationship
3. 10 studies of love psychology you may not know

I - the author of the article believes that after each breakup, a part of each of us will lose to that person and that's something you can't get back. Over time, that emptiness will be healed and filled with joy, although experiences, memories, thoughts, emotions, tears and laughter can be lost forever with you. people in the past - whom you have shared your life with.

This is the experience of every human being and the journey to find true love. **Loving yourself** is the most important step in a relationship and **realizing when to relinquish a relationship** is the second important step.

Relationships can consume a lot of our emotions and spirit, because when we accidentally deviate they cause us pain that cannot be measured. But what happens when you yourself realize the signs of a more malicious relationship, are you the one who is deep in such a relationship? Join us to learn **how to abandon a malicious relationship and love yourself more** in the article below!

1. Seek help



Those who are " *sinking* " in malicious relationships all need the help of friends, family and psychologists to **make the determination to change** . Change is a process; not merely a decision. People often return to that toxic relationship just because sometimes it feels familiar and comfortable.

They think that no one else can accept their broken people. That is why it is necessary to have a fence and retaining wall around where the women live to help them feel safe and begin to heal their wounds. Remember that you may need **to seek help** many times or for a long time from those around you and this is perfectly normal.

People in malicious relationships need recovery, a time-consuming process. So find a friend, a family member or a sympathetic expert and encourage you to step through the healing process more easily. (*But first, if you are abused physically, verbally or sexually, you need to exit immediately and seek help*).

See also: Love is to be happy, forget about your past relationship and keep looking for happiness!

2. Express your feelings



It is important to express your feelings for the person you are in a relationship with , whether it is a friend, colleague, family member or lover. This conversation will often become harsh and affected by emotions. If your partner is easily angry or emotional, perhaps you should write down your feelings. If the opponent is emotionally mature, a reasonable direct dialogue is the best. It is always helpful to **write in front of emotions and thoughts** .

The important thing is that you need to say how that person made you feel without creating a sense of blame. To start a neutral conversation, avoid phrases like ' *You make me feel* . '. Instead, start expressing your feelings; For example ' *I feel very sad or angry when I hear you say* . '.

Expressing what you want to say in a message, e-mail or even just a phone message can give the person time to think about what you say and respond to. Remember that you cannot control how your opponent responds, but you can master how to express your emotions.

Maybe the partner in that ' *toxic* ' relationship will feel offended or angry and decide to give up the relationship, or maybe they will try to adjust. **Whatever their reaction, expressing their emotions is still an important step to adjust or abandon relationships.**

3. Make a decision



After expressing your feelings, decide if this relationship is worthy for you to try to continue or whether your life will be better without the other person. Think about how your opponent responds to your feelings: Is he conservative? Does she blame you? Do they make excuses or ignore you? These are signs that you should **give up your relationship and make yourself better** .

If the opponent accepts your words and apologizes or agrees that there is a serious problem and needs help, this relationship may be worth the effort. The opponent may feel better when taking therapy or step by step to recognize and look deeper into their malicious behavior. **It is important not to let your opponent repeat malicious behaviors.**

See also: Signs to recognize the 3 types of people who are most easily afflicted

4. Find positive for yourself



When making a decision, whether it is giving up or modifying a relationship, the important thing you need to do is to **seek for positive and caring self** . Spend time with people who make you feel better, treat yourself to a meal, go to the temple / church, go out or do anything that brings you joy. Going through hard times in a relationship can cause a lot of stress, **try to change negative emotions with positivity** .

5. Maintain your own decisions



Usually after leaving someone, you start to miss people. This is a very normal thing. It will be easier for the brain to remember good times and forget about the bad parts of a relationship. You may want your opponent to return to his or her life, but remember you have gone through a careful and thorough thought process before making this decision. **Keep up your mind and remember that this will be better for you and your life** .

It would be helpful to have sympathetic friends, family or experts and keep you at your disposal. When you have the urge to let that malicious person come back to your life, go to your own help network, or reopen the list of reasons why you feel hurt in the first place. **Be brave and uphold your decision.**

' I left you for myself. Whether I'm not perfect or you're not perfect, that doesn't matter. A relationship can only be built from both sides. I left you to be able to continue to discover yourself: winding paths deep in my soul, red veins beat every beat in my heart. I hope you will do the same. Thank you for all the good and laughter when we are together. I hope you will meet someone more deeply with yourself . ' - Peter Schaller.

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Having fun!

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