

This guide is for adults.

Have the right mindset when visiting toxic family. You always feel better and are healthier when there is distance between you and toxic family members. That is because they are poisonous to your metaphysical health. Keep that in mind. Even though you are visiting, you do not need to agree with everything and participate in every activity. Do not lose yourself. You still need to take time alone for meditation and reflection.

Your purpose on this earth is not to please your family. Your primary responsibility is to care for your mental, physical and spiritual health. Beyond that you have a purpose in the form of goals and objectives that you would like to accomplish. Although none of this should be communicated in detail to your family, it should be your primary concern and preoccupation. This guide will help you to be aware and prepared for common toxic family dynamics.

Toxic Dynamics Checklist

1. Blaming - Constantly blaming others for problems or mistakes.
2. Bullying - Using power or intimidation to dominate or harm others.
3. Codependency - One family member constantly enabling and supporting another family member's negative behavior or addiction.
4. Control - One family member trying to control the decisions and actions of others.
5. Criticism - Constant criticism and negativity towards others.
6. Disregard for others' feelings - Not taking others' feelings into consideration.
7. Disrespect - Disrespecting others' feelings, thoughts, or opinions.
8. Dishonesty - Lying or being dishonest with others.
9. Disregarding others' boundaries - Not respecting others' personal space or privacy.
10. Enmeshment - Overly close or intertwined relationships that lack boundaries.
11. Exclusion - Excluding others from activities or decision-making.
12. Favoritism - Showing favoritism towards certain family members over others.
13. Gaslighting - Manipulating others to question their own reality or sanity.
14. Generalizing - "You always ruin everything." (Making a broad, negative statement about the person without considering specific circumstances or context.)
15. Guilt-tripping - Using guilt to manipulate others into doing what one wants.
16. Ignoring reality - "That never happened. You're just imagining things." (Refusing to acknowledge or accept reality.)
17. Insensitivity - Being inconsiderate or unaware of others' feelings.
18. Inconsistency - Being unpredictable or inconsistent in one's behavior or treatment of others.
19. Invalidation - Dismissing or invalidating others' feelings or experiences.
20. Isolating - "I don't want you hanging out with that group of friends anymore. They're a bad influence on you." (Trying to cut off the person's access to supportive relationships or activities.)
21. Lack of accountability - Refusing to take responsibility for one's actions or mistakes.
22. Lack of boundaries - Family members not respecting each other's personal space or privacy.
23. Lack of empathy - Inability to understand or share the feelings of others.

24. Manipulation - Using emotional manipulation to get what one wants. "I can't believe you would even consider going on that trip without me. After everything I've done for you, you would just abandon me like this?"
25. Moving the goal post - "I thought you said you were going clean the whole kitchen when you agreed to wash the dishes"
26. Neglect - Neglecting the needs of others, including emotional and physical needs.
27. Ostracism - Excluding or isolating others from social activities or decision-making.
28. Passive-aggression - Expressing anger or resentment through passive means, such as sulking or procrastination.
29. Playing the victim - "I can't believe you would treat me this way. I've always been there for you and this is how you repay me." (Playing the victim in order to gain sympathy and manipulate the situation.)
30. Projecting flaws or intentions - "You're just saying that because you're jealous of my success. You're always trying to bring me down." (Accusing the person of having the same flaws or motivations that the manipulator themselves exhibits.)
31. Sabotage - Deliberately trying to undermine or harm others.
32. Sewing conflict - "I can't believe you would say that to your sister. She's going to be devastated." (Intentionally causing conflict or disagreement between others.)
33. Smearing - "I can't believe you would do something like that. You're such a liar and a cheat." (Spreading lies or negative information about the person to others.)
34. Stonewalling - Refusing to communicate or engage with you
35. Triangulation - Bringing a third party into conflicts instead of directly addressing issues with you.
36. Withholding affection or support - Refusing to show affection or support to others

How to Handle Toxic Family Behavior:

1 Blaming.

If someone in your family blames you for something you should avoid becoming defensive. By simply saying 'sorry' and removing yourself from the situation immediately you protect yourself from potential gas lighting, stress and chaos that could ensue. As a result you will get back to a place of peace and calm and inner serenity away from toxic people. Only when people are non-toxic and genuine in their inquiry would it make sense to offer an explanation.

2. Bullying

If someone in your family tries to intimidate you. You should remain calm and emotionless like a gray rock. As soon as it is safe you should remove yourself from the physical reach of the intimidators. Remember you have the option of calling a car, walking, taking a bus or calling someone to meet you somewhere safe.

3. Codependency

You should not try to influence a codependent family member to stop enabling. It is important to remember that you cannot control the actions of another person. If you do not remember that

then you are being codependent. Emotionally detach from the situation by refocusing your energy and mind on your purpose and spending time working on something productive.

4. Control

If one of your family members is controlling of your decisions or actions or tries to control someone else keep in mind that you cannot control them and they cannot control you. You should not try to tell them to stop being controlling because then you are trying to control their behavior. You should not submit to their control because then that rewards their behavior. You can ignore the person, show resistance or remove yourself from the situation. In time this will make clear to the individual what happens when they try to control you.



5. Criticism

In order to maintain mental health you need 85% neutral or upbuilding thoughts. Therefore the people you are around need to be 85% neutral or upbuilding in their comments toward you. If someone becomes more than 15% critical in their remarks. In some cases you can set a boundary such as "I don't give people that criticize me, my time or presence." If they insist, you need to enforce your boundary by removing your presence immediately.

6. Disregard for others feelings

If someone fails to take your feelings into consideration you should emotionally disconnect from the person immediately. You can do this by remembering that you are a separate individual and you do not need their validation or consideration. It would be best to disconnect entirely from people that disregard your feelings.

7. Disrespect

If someone says or done something that is disrespectful of you It may be appropriate to laugh and say that was disrespectful. Afterwards you should disengage emotionally and conversationally from that person by meditating on how irrelevant that person's opinions and actions are to your purpose and value. You should only associate with people that respect you.

8. Dishonesty

If someone lies or is dishonest you should take mental note to never believe anything they say never regard anything they say and purposely forget anything they tell you. It may be appropriate to think about other things while they are talking. This is because lies are toxic and you do not want any of them in your brain.

9. Disregarding others boundaries

If someone disregards your boundaries they should be faced with a swift or immediate reassertion or enforcement of those boundaries. Those are your only two options reassert or enforce. Never tolerate your boundaries being disregarded.

10. Enmeshment

If you find yourself enmeshed with a family member or family members you need to gradually and methodically cut the ties that bind. This may often mean that you will lose access to their resources. Not having access to other people's resources is a healthy part of being an adult. Cutting the ties that bind means cutting off other people's access to your resources. If you don't do this you will be very easy to control manipulate and abuse.

11. Exclusion

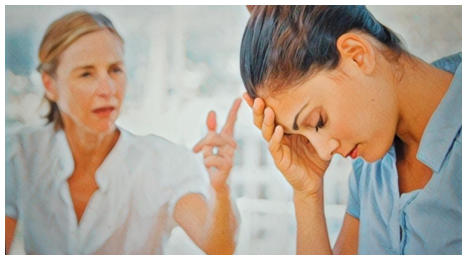
If you are excluded from an activity or a decision you should not take it personally. You should immediately be building your own plans and connecting with your true tribe. Your true tribe are people that you choose to be family with rather than the people that have the same last name.

12. Favoritism

The moment someone shows favoritism to another member of the family over you, It is an indication that you are in a toxic family dynamic and you should distance yourself. If you are being favored you should not indulge in it or enjoy it. Favoritism is a manipulation tactic and it should disgust you.

13. Gaslighting

Gaslighting is mental abuse and should not be tolerated. If someone seems like they may be trying to guess that you you should disengage from the conversation immediately and remove yourself physically from their presence.



14. Generalizing

If someone tries to generalize and assert about you or blame you you should not defend yourself. You should immediately disengage from the conversation or change the conversation.

15. Guilt tripping

Someone using guilt to manipulate you is a tactic. It is abusive and you should disengage emotionally from that person. This means remembering that your purpose, your worth and your value do not hinge on their perception of you or what you can do for them. Do not fear feeling guilty. Resentment is worse than guilt and you will feel resentful if you allow yourself to be guilted into service.

16. Ignoring reality

If your family members like to ignore reality it is an indication that they are toxic and mentally abusive and you should remove yourself from their presence and limit your contact to protect your mental health. Reality is too important to be ignored.

17. Insensitivity

If your family members are being insensitive to you or others you should immediately show sensitivity to yourself or to the person being targeted. Take a mental note never to share your feelings with someone who is insensitive.

18. Inconsistency

When your family members behave or treat people in an inconsistent manner you should limit your contact with them.

19. Invalidation

If someone dismisses or invalidates your feelings or experiences you should not take it personally. You should instead feel a bit of empathy for how small-minded and emotionally immature the invalidating person is. You should disengage emotionally and conversationally and limit or cut off your contact with them.

20. Isolating

Isolating is a control technique used by cult leaders. If someone tries to isolate you, you should deliberately and persistently surround yourself with others especially those that are supportive and not under the influence of the isolator.

21. Lack of accountability

When toxic family members refuse to take accountability it is your indication to cut off contact with them. It is impossible to have a healthy relationship with someone that does not take accountability for their actions because we all make mistakes and you will need them to be able to take accountability for their mistakes down the line.

22. Lack of boundaries

When family members display a lack of boundaries and limitations it is an indication that you cannot relax around them. Boundaries show that a person knows where they end and you

begin. Abusers like to create a boundary-less environment so that their abuse is less apparent. You should be very alert on guard and boundaried around these people. It may be best to limit contact.

23. Lack of empathy

When someone lacks empathy it is an indication that you need to go no contact with that person. You cannot have a relationship with a person who does not have empathy. Having empathy for those who are close to us keeps us from hurting them and helps us to protect them. If someone does not have empathy then they will not protect you and they will hurt you.

24. Manipulation

If someone tries to manipulate you to get what they want you should not give them what they want. As a firm rule you should only give something to someone if they are not manipulating you. If they are attempting to manipulate you you should simply and stubbornly refuse to give until they cease manipulation. Some humans are incapable of interacting in a way that is not manipulative. For those people you should cut off contact.

25. Moving the goal post

Do not become upset if someone suddenly switches things up on you. Instead you should laugh and approach the situation with humor. Is not necessary to engage in an argument but it may be appropriate to concisely point out the inconsistency once. Afterwards if they continue to be argumentative you should disengage from the conversation completely. Ultimately it will become impossible to be in a fulfilling relationship with someone who moves goal posts.

26. Neglect

Because you are not a child anymore if someone neglects you you should simply remove yourself physically and go and fulfill your needs without them. In the case where you are unable to leave and are being neglected, you will need to become a deeply spiritual person and manifest endurance. Talk to counselors, specialists and professionals on how you can get your needs met in a healthy way. Recognize the difference between absolute needs and desires.

27. Ostracism

If family members attempt to ostracize you seek out association in other places and enjoy your solitude. Keep in mind they were not the best company in the first place. When you are on the outside you no longer have to constantly slave for everyone else.

28. Passive aggression

When someone makes a passive aggressive remark you should regard it with humor and at times make them repeat it by asking them what they said. You should never take a passive regressive remark personally. What people say and how they act as a reflection of who they are not of who you are.

29. Playing the victim

If someone tries to play the victim they are showing themselves to be potentially dangerous to your well-being and reputation. You should never be around them in private. You may need to record any interactions. This will keep you safe from potentially being accused of a crime that you did not commit.

30. Projecting flaws or intentions

When people try to project onto you they are showing that they are emotionally insecure. You should not argue or try to defend yourself. You should simply disengage from the conversation.

31. Sabotage

If someone tries to deliberately undermine you or harm you or your purpose you should cut them out of your life. You should never give people knowledge when they've shown the ability to sabotage because knowledge is power.

32. Sewing conflict

When someone tries to sew conflict you should not take the bait. You should not get involved in other people's conflicts. You should not be concerned about what someone is saying to you about how someone else feels about you. Your policy should be "if someone has a problem with me or an issue they can come to me personally."

33. Smearing

Toxic family members are always talking behind your back and sometimes in front of you to other people in order to make you look worse than you really are. You should not try to defend yourself when you are being smeared you should instead remove the smearer and the people that they are talking to out of your life. You should consider them all to be infected with the disease of misinformation. They will be able to watch from afar as you prove them wrong with the way you live your life.

34. Stonewalling

If someone refuses to engage with you or communicate with you, you should not try to 'make things right'. It would take two to make things right between two individuals. Since they are not willing to put the work in you will need to emotionally disengage from that person entirely and move on with your life.

35. Triangulation

When someone tries to bring other parties into a conflict or gang up on you you should simply pack up your belongings and remove yourself from their presence.



36. Withholding affection or support

If you are mate or other family member tries to withhold affection or support. You will need to become independent so that you can make sure you are getting your needs met without them. This is not easy and you may need to reach out for help from your community or a therapist.

Each of the techniques in this guide are designed to help you shift your way of thinking. When you change the way you think it will change the way you feel. When you practice healthy behaviors it will change your reality. Remember that your genetic family is a random assortment of people that were brought into existence by a young couple copulating. You do not pull your siblings or parents anything. You do however owe yourself care and protection. Focus on what you can control which is your thoughts and your actions.

Useful Tools:

Do not engage - be silent

Sometimes the best response is no response especially when you're feeling pressured. Until you feel you have found the exact right thing to say, you should say nothing at all. If they ask you why you are being silent you may simply indicate that you are thinking. Remember that you have the right to remain silent and anything you say can and will be used against you!

Beat a negative with a positive:

Will you do choose to respond it may be best to completely bypass someone's critical toxic remarks and respond to their negativity with kindness. Them: "You look like you're gaining weight." You: "Congratulations on your retirement." This is a technique to evade an argument and buy yourself time to exit. Remember not to try to defend yourself.

Repeat their statement back to them in question form:

Them: Well I know that you've never been a very domestic person.

You: You know that I've never been a domestic person?

Always have your escape plan.

Your car keys should be directly on your person. You should make sure your car does not get blocked in in the driveway. You need to think out ahead of time how are you will escape if something goes wrong. If you do not have access to a vehicle then you need to arrange to used a ride share application to be able to walk or take public transportation. Plan it out ahead of time and remain ready. Then when the time comes: Get up and walk away.

Never give your personal information: "I'm in therapy right now. I'm working on being a stronger person."

Be assertive.

From the moment you arrive you should be making statements of facts. Being an assertive person makes you difficult to bully. You should not be trying to avoid conflict. Conflict is inevitable in every relationship. The key is to handle conflict skillfully when it arises.



This guide does not cover every possible thing that could go wrong, but it does help you to sharpen your mind. You cannot relax when you are visiting family members that have a history of being abusive. Stay vigilant. Express boundaries often. Know your escape plan.