

Healing From Toxic Relationships

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By: Hannah Rogers

Defining Toxic Relationships

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What is a Toxic Relationship?

A toxic relationship is one in which a person feels unsafe, unhappy, or are mental/physically impacted negatively.

Toxic relationships can come in many forms including, but not limited to:

- Domestic violence relationships.
- Emotionally abusive relationships.
- Controlling relationships.
- Physically abusive relationships.

Characteristics of Toxicity and Abuse

- Physical abuse.
- Name-calling.
- Lying.
- You don't feel good enough.
- You are afraid to talk about things with our partner.
- The other person puts you down.
- You are blamed for things that are wrong with the relationship.
- You do not feel safe (emotionally, physically, or both).



Healing Takes Time

Recovery is a Process

In general, recovery is a process of accepting what has happened in the past and making an effort to move forward from the situation.

- Recovery may not be easy, but it is important to take everyday one step at a time.
- Recovery involves many actions and decisions that the survivors has to make, but over time, they will begin to feel better.
- Each person's recovery time will be different, but it can last for months or even years.

Emotions after Leaving the Relationship

It is completely normal for your emotions to be everywhere after leaving a toxic relationship. Keep in mind that every survivor is different, meaning not everyone will have these symptoms. Some of these feeling might include:

- Worthlessness
- Sadness
- Stress
- Isolation
- A lack of control
- Negative self-concept



Long-term effects of Leaving

Depending on a variety of factors, some survivors might develop more severe conditions as a result of the toxic relationship. Some survivors reported developing conditions such as:

Depression



Anxiety



PTSD



Eating
disorders



What a healthy relationship looks like

- Both partners are treated with respect.
- There is trust in the relationship.
- Both partners are honest with each other and are not afraid to share their thoughts or feelings.
- The partners have good communication which they listen and talk to each other in a calm manner.



Recovery

Unhelpful thinking

- “It is all my fault”
 - Even if there were things said and done by each person in the relationship, it is never okay to abuse/intentionally hurt the other person.
- “I should not have left”
 - You were in a very unhealthy relationship that left you scarred and traumatized. Leaving the relationship was the best thing that you could have done for yourself. You were not being treated like you should have.
- “There must be something wrong with me. I am exaggerating”
 - There is nothing wrong with you! You went through a very tough and painful situation. Your emotions are completely valid and anyone in your shoes would be experiencing the same thing and have the same reaction as you.

Things to help the process

- Positive self-talk!
- Meditation.
- Have a support group.
- Do something fun!
- Treat yourself.
- Play with some animals.
- Go talk in therapy.
- Write about your experiences, emotions, or whatever is on your mind in a journal!



Resources

- National Domestic Violence Hotline
 - 1-800-799-SAFE. They are available 24/7.
- National Sexual Assault Hotline
 - (800) 656-4673
- De Pere Police Department
 - 920-339-8070
- Love is Respect
 - 866-331-9474. Available 24/7. Meant for youth for relationship help.

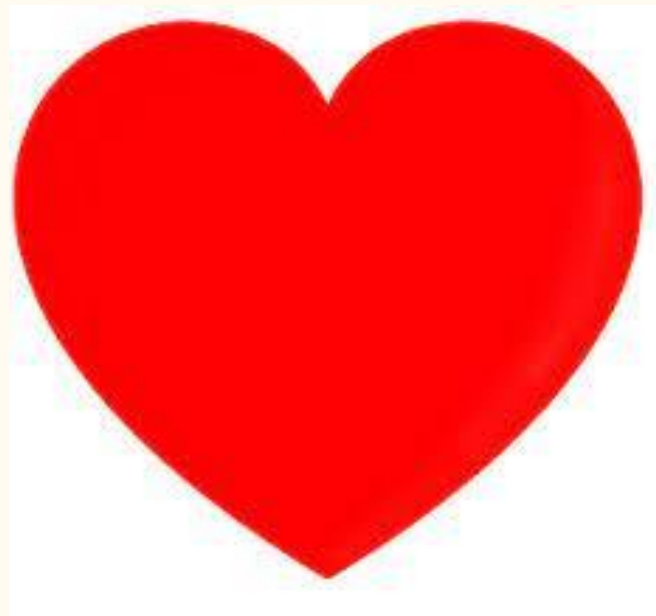
If you are in immediate danger or if yourself or others are at risk of harm, call 911.

Final Notes



Things to remember

- You are not alone.
- You are safe now.
- You are a strong, courageous, and powerful person.
- Be kind to yourself. You deserve to be happy and have fun.
- There is always a light at the end of the tunnel. Things will get better with time.



Citations

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