



# Identify The Toxic Energy In Any Relationship

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# this spiritual space

Maybe you know for certain that you've been in, or are in, a toxic relationship.

Maybe you know there have been issues in your relationships, but you're unsure whether they qualify as merely a *little unhealthy* or, downright detrimental to your life.

Whatever your story, there's only one way out of situations like this...

## Awareness

One of the problems with achieving fulfilled and mutually respectful relationships, is that we don't always recognise what the opposite looks like.

In this guide, I've selected the most common elements of relationship toxicity and made it crystal clear what's okay and what isn't. You can use this as an aid to help you follow your intuition, trust your knowledge and stay faithful to your core beliefs and self worth.

If you have any questions, email me here  
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# Definitions...

A toxic relationship is any relationship, [whether romantic, professional, social or familial], where one person consistently disrespects, undermines, devalues or badly treats another person. It can be emotional, mental, verbal or physical. It can be subtle or obvious, daily or weekly, spontaneous or planned.

The more negative relationship qualities you recognise as having experienced in your relationship, the more likely it is you've been in a toxic relationship, or one with toxic elements.

## In my relationship there is...

## In a healthy relationship there would be...

### Shame

May manifest as being told you're unable to do anything right, that you should be better, or different in some way, i.e. physically or emotionally. Being forced to keep secrets out of fear.

### POWER

Being encouraged to feel powerful, capable, worthy.

### Control

Someone perhaps in charge of what you wear, do, where you go, who you socialise with, who you keep in your life. It can be falsely presented as a way to make another person happy, or help strengthen your relationship with them.

### FREEDOM

The ability and space to make your own decisions that take into account your own happiness and needs, as well as those of the other person.

### Blame

Someone judging you for things they don't agree with, or which threaten their hold over you. It's your fault they're angry because you did a stupid thing. It's your fault you have no friends because you always say the wrong thing, or are an embarrassment.

### ACCOUNTABILITY

The acknowledgement of flaws and choosing to either accept or work on them, with positive support and constructive input.

### Comparison

May manifest as being consistently compared to someone better, more beautiful, intelligent, successful. Not being 'up to scratch', or 'just as bad as so and so.' You are failing because you are you.

### UNIQUENESS

Being recognised as a different and infinitely valuable individual. One with much to offer and deserving respect in return.





**Belittling**

Constantly being put down, emotionally or mentally, with sarcasm, comments or jibes that attack your sense of worth or confidence as a person. Can be masked as humour and defended by saying you're too sensitive or too serious.

**PEDESTALLING**

Making one another feel loved, appreciated, valued and first in each other's estimation.

**Ignoring**

Purposefully pretending to not hear each other, actively not listening, or disengaging from significant issues or challenges. Gaslighting, making you feel you're simply insecure or problems are all in your head.

**AKNOWLEDGEMENT**

Listening, working together to hear concerns, making time to ensure you each feel supported within the relationship.

**Ridicule**

Public or private humiliation, being made to feel insignificant, stupid or small. May manifest as laughing at your opinions, speaking over you, parading superior physical strength or intellect over yours.

**PRAISE**

Valuing what you have to say, what you think and your right to your beliefs. Encouraging you to express yourself and speak or show your truth.

**Permission**

The need to request permission to go to certain places, spend money, eat certain foods or take care of your wellbeing.

**AUTONOMY**

The right to use your own judgement for your best outcome. The sharing of responsibility, mutual agreement in how to make decisions.

**Isolation**

Being kept alone for long periods of time without comfort or support. Being cut off from a wider support network of family or friends. Feeling like an outsider in your own home, or unaware of your partners day to day life.

**COMPANIONSHIP**

Support, someone there to talk to and express yourself with. Comfort, physical and emotional.

**Volatility**

The feeling of walking on eggshells, regularly avoiding provocation, having to watch what you say or do, for fear of a fight, or any negative implications.

**STABILITY**

Feeling safe, secure that you can be yourself without reprisals. Knowing the temperament of your partner and being able to navigate it positively and naturally, as part of healthy communication.

**Jealousy**

Constantly being falsely accused of being too insecure, paranoid, or too flirty, disloyal or untrustworthy.

**SECURITY**

A relationship where you're both secure as individuals and in relation to each other.

**Exhaustion**

Constantly feeling drained, as though the relationship is hard work, too much effort or difficult to maintain.

**ENERGY**

A place you find solace from the outside world, where you can recharge your batteries, come away feeling lighter, happy, understood, or cared for.

**Unreliability**

Not being able to trust your partner's word, intentions or actions. Not knowing if they'll be somewhere they've said they'll be, or do something they've promised.

**STABILITY**

Being able to have faith and confidence in the face value of what you're presented.

**Restriction**

Not being allowed to change, grow or progress in your life, emotional state, job or status. Being held back for fear of being 'too big for your boots' or, thinking you're 'better than' someone.

**GROWTH**

Encouragement to flourish, be your best self, in any shape or form and not have to worry about threatening or damaging someone else's ego or losing their love.

**Insignificance**

Feeling as though you don't matter, aren't of value.

**DISTINCTIVENESS**

Support, someone there to talk to and express yourself with. Comfort, physical and emotional.

**Manipulation**

Being played emotionally or mentally, to elicit a response which serves someone else more than it does you.

**HONESTY**

Open communication, with no hidden agenda. A clear indication of what both parties want or need.

**Abuse**

Taking or using your personal possessions, spending your money, touching you in certain ways or at all, without your permission.

**CONSENT**

Asking if something is okay and not starting, or discontinuing, if it is not. Seeking mutual agreement, understanding and non-pressured communication.



The most important fact to remember when deciding what to do about a toxic relationship is that you can't change another person. Unless they're on exactly the same growth frequency as you, are ready and willing to be and do better **FOR THEMSELVES**, you'll be fighting a battle that is not yours.

The most **YOU** can do is cultivate your **OWN** awareness and make **HONEST** decisions about your future.

### **WHAT TO DO NEXT...**

After using this guide to help determine what parts of your relationship need attention and which require a severe overhaul, check out the courses available on my website.

*Victoria x*