



Toxic Relationships

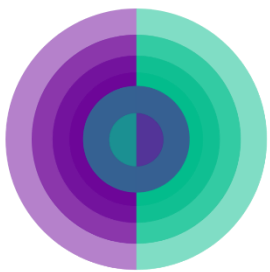
a discovery guide

The first step to unleash the Goddess Warrior and become your own Muse.



PAULINA VALVERDE
Arts of embodied psique

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First a little about my story.

Long story short, I've been in each side of this kind of relationships. So many times had to happen for me to reach a breaking point where I literally said "enough, I want to get what I truly deserve" out loud and my healing journey began. This start is not always possible for so many women, not everybody has the knowledge or self-resources to deal with it, their story is also unique, and there is no recipe that fits all. Therefore, even if this is my story, **if something resonates with you, reflect upon it and feel in your heart if who and where you are is who and where you want to be or not.** I started that way, lost, disconnected from my essence, but so eager and willing to do all the work. I got to know myself, recognize that the signs and my inner voice were always there but I ignored them so I wouldn't get hurt, built a wall of armor and masks after each relationship so that nothing could hurt me again until nothing, not even the good came in and of course nothing came out but I thought it did. So now that I'm in this position, I felt the calling to connect to the women experiencing the same relationships and be of service, lend them a hand and a heart to help them see themselves all the way into their essence and the option to follow their own path. We do this with psychology, arts, embodiment, self care, self love, and so much more. To share this guide sums what I would have love to know about healthy and toxic relationships. Now enough about me because THIS IS FOR YOU.

What is a toxic relationship?

Also known as controlling, emotionally abused or narcissistic relationship.

Basically it's a destructive relationship of 2 (or more people) where at least one part is inflicting emotional or psychological damage/pain into the other (it can be both), and the inflictor(s) cannot stop doing this or is (are) constantly breaking agreements.

There are different types of personalities that fit the (psychopathic) role of the inflictor but this guide focuses on the overall traits involved.

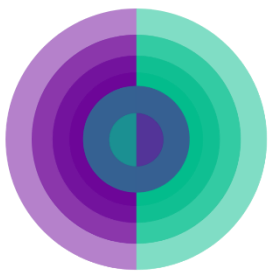
Functional is not synonym of healthy.

Be aware that this guide is not to find out who is right and wrong but to identify what is happening. Each point below requires from you self-reflection, self-awareness, because the responsibility of any relationship resides within all its parts. This way you can also recognize what is it in you that is (or

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was) magnetizing this people. Oh and no, it's not to keep a score, if you recognize at least 1, give the rest a deep thought again or ask for help.

Characteristics points:

Gaslighting; they deny at all costs the manipulative behavior they have even if you have evidence. At all costs means they do this by becoming dismissive and critical of you by saying it's your doing, your fault or that you are being hormonal, crazy, sensitive, etc. like there's no abuse happening but just your reaction to it.

Lack of empathy; for all but specially for you. If you are alone it doesn't matter how many times or ways you try to express your feelings, their response is nonexistent when they are not annoyed by it, but if you are in public with their friends they will show a lot of false empathy to maintain the mask to all and keep you on the hook.

Hypocrisy; they request it all from you, adoration, fidelity, respect all which they give to you just at the beginning but past one point this becomes just one way so they will cheat, lie, manipulate, expect you stay or just be replaced due to your instability.

Lying (pathologically); There is always an explanation, excuse, circumstance, accident, unawareness, unintentional doing and breaking agreements over and over again, and when proven wrong there is no remorse or embarrassment AT ALL.

Lack of responsibility; all are guilty and responsible except them.

Focusing on others mistakes; they will always redirect the mistake making to you or others and never to themselves, they do this quick and effective so this moves encourage you to become always perfect because if you are not you know it will be used against you.

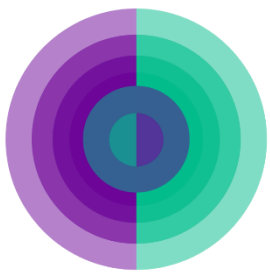
You have to explain the BASIC elements of human respect to a FULL GROWN person like honesty, kindness, lacking this it's a mind sickness (better known as psychopathy), it's not normal nor healthy.

You feel energetically drained; due to their insatiable need of adoration and/or attention. You can notice this too if they do this to their friends even if it's in a different way. You always have to comply because there's no option to consent, it's their way or... you know. You feel this draining no matter how much you keep giving because that void they try to fill... no one can fill it so in a relationship where all parts are accountable of giving it's 100% you are giving yours and theirs.

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You have a different personality; it's called projective identification, a complex interaction where you are molded to assume the role they need you to. Example; if they want someone to argue you'll feel the sudden need to start an argument even if you don't usually liked it before; if they need to seduce someone then you'll feel attracted to them.

You only think of them and find yourself even placing them into unrelated conversations or actually dreams.

This is a famous favourite saying of them **"If you get mad at me you have two jobs; make yourself happy and make me happy again"** because in their mind world it's not fair that the not guilty person (them) has to do something, anything to help the relationship improve, that's your job.

Your own emotions are confronted (while they intentionally provoke them in you); they need you to feel this way again to feel themselves better, needed, right, etc. Oh and this provoking often happens in public to create evidence of your instability and increasing the powerless feeling in you that heightens your reactive emotions even more this of course makes you doubt if you are really unstable, whether outside of this relationship you weren't.

You become an expert detective and hyper-vigilant (this is a war zone survivor state, feeling that you cannot trust in anyone and always have to be ready to what is coming). As a detective you try to stalk on their previous relationships or employees or family to find an explanation or to gather the evidence you need to face and truly justify that you need out (like trying to prove to yourself you are not the "crazy one" they say while gathering the power to leave them). Often also you find that there's a list of "crazy" people in their past and if or when this ends you will make the list.

Only you see their true colors; like there is a fan club where all praise its reciprocal. The superficial friends last longer than any other relationship.

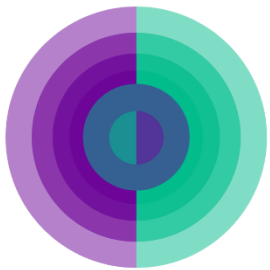
The next could be the last; you have an unshakable feeling that the next fight/argument/expression of your feelings towards their behavior could be the last, so you do anything to keep things "stable" even if it means stop being yourself, swallow all your feelings, tolerating more, etc. You are always feeling on the edge.

Boundaries; any time you even try to stand up for yourself there's a joke, a condescending critic, a teasing, anything that can belittle your intelligence and abilities, this makes you feel resentful, upset

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and again, you swallow your feelings, start thinking you do are way too sensitive and do anything to keep the peace.

Boredom; Once you are being adored, admired and praised they are bored by you, have no interest in having a conversation, show they are annoyed and have to remain with you, like you are one more task on a chore list, so you start begging attention in many different ways which obviously makes you eager to fulfill their demands.

The silence treatment; once there's a fight the silent treatment kicks in, they completely ignore you, decide what's convenient for them and do it without notice. Example; you fight, ends bad, silence treatment, you seek and beg because you feel this powerful attachment but while they are ignoring you, take this time as a "break" and see other people to the point of being unfaithful... but hey, you where on a break, it was your fault and they are sorry... but not really.

You feel easily replaceable; you find yourself on the edge but eager for them to like you because there is always someone you have to compete with for attention so you feel easily replaceable.

Timing; most of the times it's an instant "true deep connection" where things move really really fast and intense, in a romantic relationship this is called love bombing. There is intense communication and expression of feelings and highlighting of your shared dreams, hopes, insecurities, all of it to create an immediate bond of trust, excitement and fascination. They also show you off in their inner circle but did it also to the ones before you.

You are always being compared; first for the good, you are better than everyone but then for the bad, everyone is better than you specially the next one or someone they know makes you feel bad (like a famous person, even unreachable for them triggers the desired effect in you). This can happen by verbal communication or in behavior.

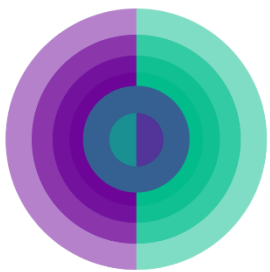
First, you were perfect, now you are flawed; the qualities that once praised about you become your faults so this also push you to prove your self-worth to them.

The mask; at rare times you can see a person who is cruel, cold, manipulative behind the mask of I'm cool, charming, innocent... you notice and feel in your intuition that something is off... but as they have mastered the craft, quickly put the mask on again and you just let it go.

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Adventurous act; they have this to cover the fact that they get easily bored if something doesn't directly impact them in a positive exiting way so of course this is exiting for you but also makes you feel less, inferior for wanting settling down.

Covert emotional/psychological abuse; this is such a master for them that you may never notice it has happen to you or maybe after the relationship ended. Why? Because the mind of a highly functional psychopath will always be ahead of any target in order to idealize and devalue, you so strongly they will appear calm while the relationship ends and you have "lost it".

Other favorite sayings "**I hate drama**" (they love to create it or be surrounded by it) "**I behave like this because I had this _____ (traumatic abusive experience)**".

Peaks cycle; In order to keep you on a hook they create a high when you try to leave, like talking about marriage (or a professional promotion) and a low to trigger you into fulfilling the needed role.

You have no life or identity; you compromise everything to become available at all times for their needs, sacrificing it all from going out with friends to career goals, dreams, everything. Your schedule, them.

You are less than they are; they make sure you know feel this, intellectually deficient and emotionally unstable, even if you manage to leave they will show off how happy they are without you.

They always nurture from the gossip they create; they dislike a lot of people behind their backs and complain about them to you closed doors and this makes you feel special because "they let you in" but once you are gone, you are the gossip and they are the listeners.

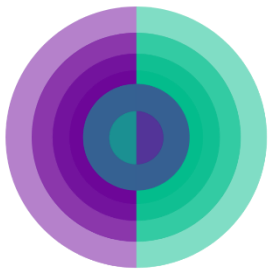
Money; either you are always paying everything (because why should they), they always ask for money without paying it back or, you are not allowed to have money, and if so then they make you beg for it, if you have no money you cannot leave. This can escalate into a highly functional toxic relationship where "its ok" because it keeps you on the comfort zone.

You have to be wrong in order for them to be right; if you change and longer fulfill their needs then you are broken, the emotional manipulation begins. Example, with a toxic relative, they will feel offended if you speak of how their behavior has hurt you, or if you try to put boundaries, or say you are so vain and superior because you need respect. Once you do not fullfil their needs, you are a bad person.

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Your overall feelings; at first you were yourself, fun, easy going, relaxed, loving, compassionate, whole and this evolved to overwhelming, panic, anxiety. You are always apologizing, exhausted, crying, not sleeping, waking up anxious, you feel empty.

At some point you notice you have been surrounded by this relationship for a while and recognize you don't trust others or even don't trust yourself.

Your psychologically abusive relationship history may have started in your family at younger years or nowadays but has been constant and you feel something within you is missing, off, you feel lost as if you don't know who you are anymore but long for healing and healthy relationships while also don't know what you want or how to get it.

Another side of the story to consider; if you are "the healthy one" some people will surrender to you in a toxic way, meaning that they intentionally become that silent and compliant person to serve you and stop being themselves. You are there to fulfill a role they need, so now you found yourself in a relationship between you and your copy, while you didn't ask for it or wanted it. It's very tricky to see the red flag for this one because at first it can start with something like they always let you choose a movie or dinner... but then it escalates to always and everything, they make no decision, have no responsibility at all, you again carry your 100% and theirs.

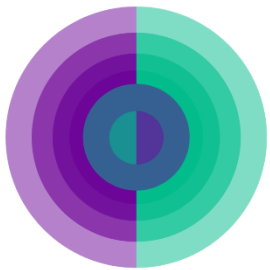
Finally, just in case there is any doubt, notice if you identify any of the following statements about how you feel act or think around them:

- | | |
|---|---|
| ✓ Differently from how you do it with other people | unimportant because when communicated your feelings doesn't matter. |
| ✓ Used, manipulated, victimized, cheated or taken advantage of | ✓ An Insignificant and annoying person |
| ✓ Inferior, humiliated and/or unworthy | ✓ Inadequate |
| ✓ Frustrated, ignored or invisible or all due to lack of communication, you are not listened to but you are demanded to listen to them and/or | ✓ Needy because it looks like they don't need you at all and you do need them |
| | ✓ Fearful, nervous, unsafe, straight afraid of being abandoned or |

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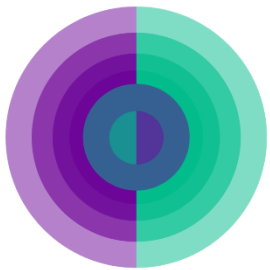
- insecure of whether they reject you or love you, fired or promoted, rewarded or grounded.
- ✓ Overwhelmed, overburdened
- ✓ Feel like you did something to deserve this kind of relationship
- ✓ While you feel stuck, you need to stay in this relationship
- ✓ Unhappy that the relationship is less important to them
- ✓ Like a shadow
- ✓ Now you avoid confrontations, important discussions, your own needs.
- ✓ Recur to medications, alcohol or drugs to cope being in this relationship
- ✓ Loose sleep over them

You are the only one with the answer if this is you or not, but in case you have been in a relationship like this the most remarkable origin or consequence is that you are disconnected from your natural birth gift, an aligned connection to your true powerful whole self, your love essence. You are not alone AT ALL and you can get this connection back and create a healthy relationship.

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What is a healthy relationship?

First, they are real and they do exist. We often mistake what is normal from what is healthy due to lack of role models and in our developmental years.

There's a foundation agreed by all parts of the relationship, where everyone is accountable for their 100%, this foundation it's built on shared values. They walk together as autonomic authentic people each on their own life path but together. There is always consent and never compliance. There's commitment and compromises, a team sense where everyone is important, supportive and communicative but if there's a rough patch this team will carry on. For example, if in a romantic relationship one is having a bad time personally where they can't give their 100% then the partner will be there to manage it but this will be temporary because they both have the will power to overcome it in a supportive way.

The relationship is never (or almost never) one sided, it has a fluent balance that comes from each part committed to their self-balance. So this can only come from either healthy or committed and willing to self-heal people. This is prosperity, where both give and receive.

They empower each other and rise in love.

So remember. Even if you don't see it right now, you are beautiful, worthy, powerful, whole, loving and kind in your essence.

May this guide help you find the light.

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