

# **The Emotionally Destructive Relationship**

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Learn to Say no and mean it

Have the courage to make choices for yourself

Confidently speak your own thoughts and feelings in a constructive way - even when you're angry

Heal from a negative self-image and low self-esteem that keeps you stuck and afraid

Be empowered to invite your partner into a healthy change, so that destructive patterns are broken.



With their  
words, the  
godless  
destroy  
their  
friends.

Proverbs 11:9

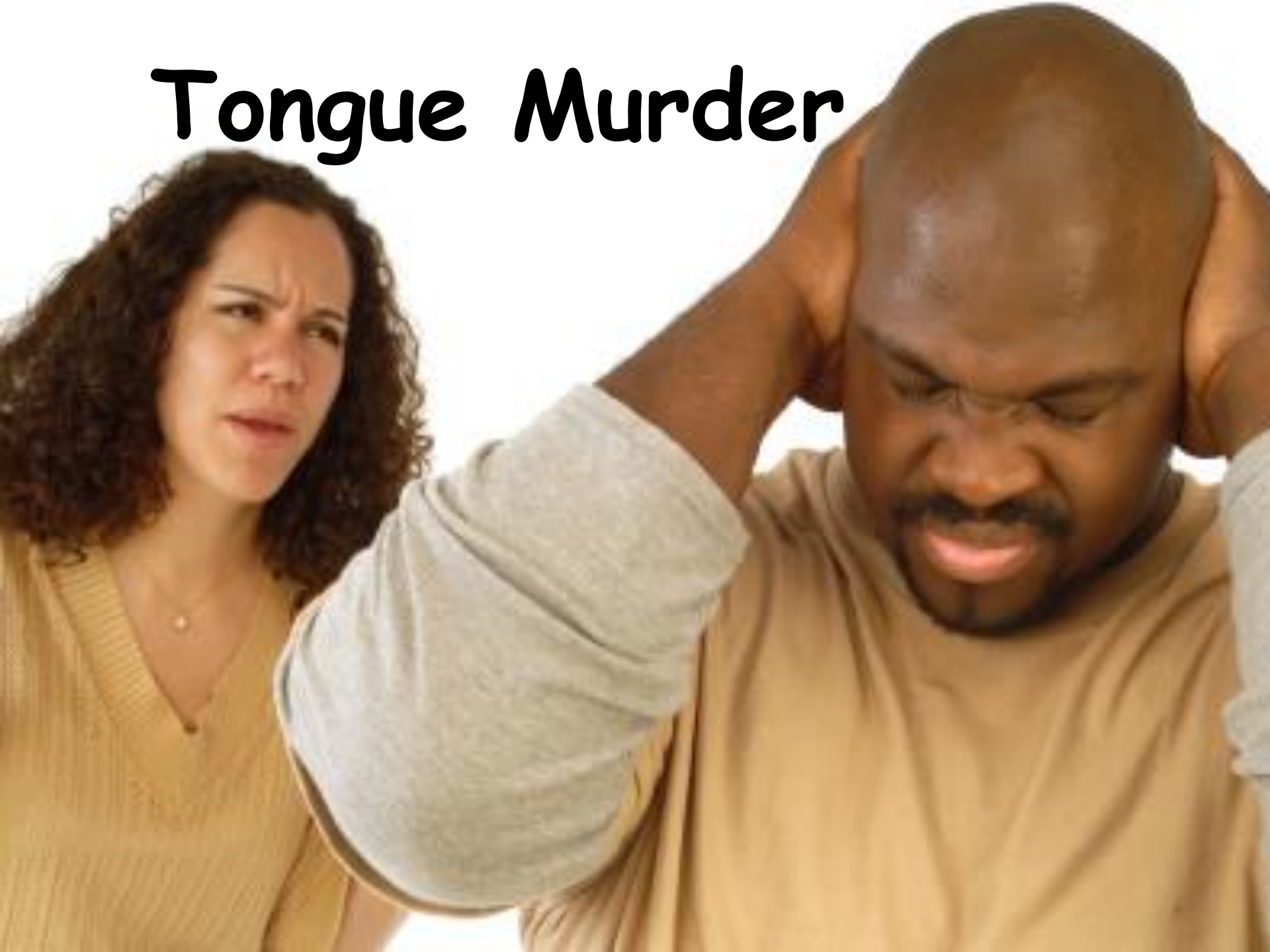


# Reckless words pierce like a sword.

## Proverbs 12:18



# Tongue Murder







# Seeing It

If your eye is good, your  
whole body is full of  
light

Jesus  
Matthew 6:22



# What is an Emotionally Destructive Relationship?

Pervasive and repetitive pattern

Results inhibiting a person's growth or tearing someone down

Accompanied by a lack of awareness, a lack of remorse and a lack of change

# 5 Destructive Patterns



1. Abuse
2. Over controlling
3. Over dependent
4. Chronic deceit
5. Chronic indifference

# Foundational Elements For Health Relationships

Mutuality

Reciprocity

Freedom





Freedom to  
Disagree and to  
say NO or STOP

Or

PLEASE DON'T DO  
THAT

A healthy adult relationship is one where **both** people in the relationship give and **both** receive.

There is a **safe and open** exchange of ideas, feelings and thoughts and all perspectives are considered and valued.

There is also the **freedom** to respectfully challenge, confront and strengthen one another.

# No Perfect Relationships



# Blindness not Brokenness



Unwillingness to SEE

Unwillingness to CONFESS

Unwillingness to GET HELP

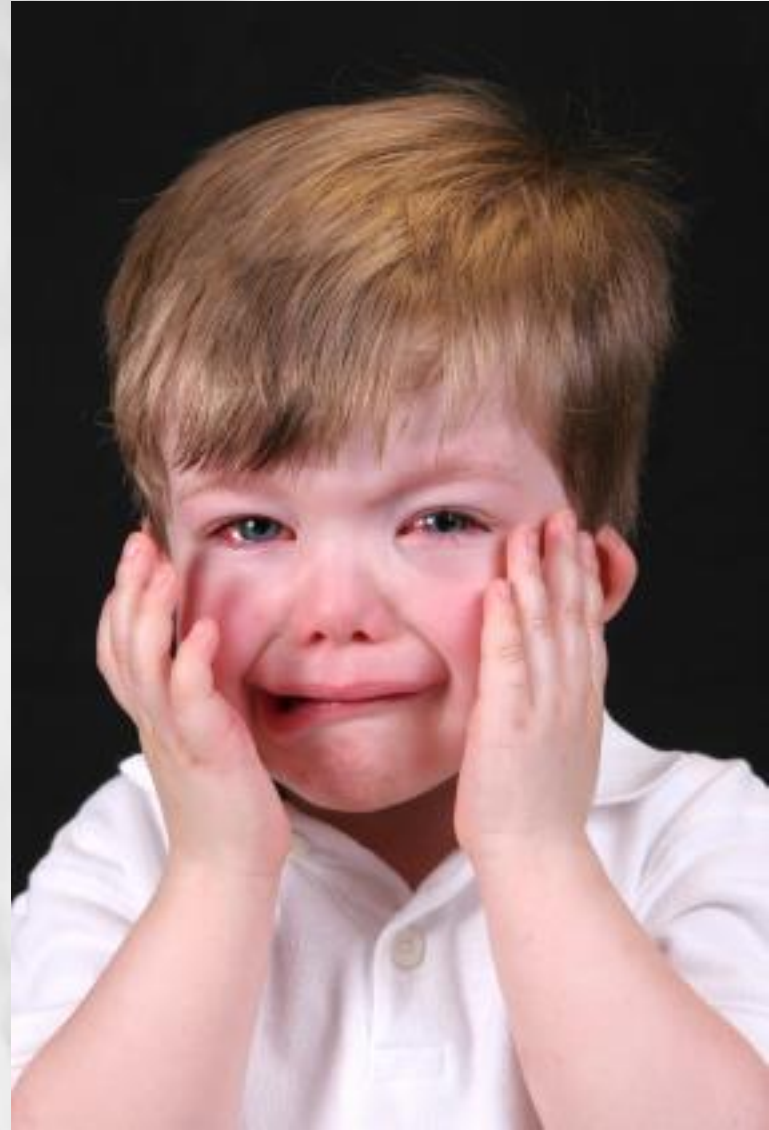
**Unacknowledged and  
unrepentant sin eventually**



**separates us from  
God and from others!**

# Consequences

Physical  
Emotional  
Mental  
Relational  
Spiritual  
Generational



# Stop the Destruction



A woman with long brown hair, wearing a black blazer over a white shirt, is shouting into a silver megaphone. The megaphone's circular end is a solid black circle containing red text. The background is a clear blue sky with some light clouds.

Change  
begins  
with you!

# You Can



1. Tell someone
2. Get some support
3. Pray for help
4. Name and face your fears
5. Start to identify the lies

# Next you must



Identify and own your own  
problem(s)

# Finally, You Can



Learn to initiate  
and invite healthy  
change

**Speak  
Up!**



# Stand Up!



# Step Back!

If he refuses to listen even to the church, treat him as you would a pagan or tax collector.

Jesus in Matthew 18:17



# What is Biblical Love

Sacrificial

May involve suffering

Commitment to the well-being  
of the other person

**Surviving It!**



He sent out his word and healed them,  
snatching them from the door of death.

Psalm 107:20

Every word of God proves true, he is a  
shield to all who come to him for  
protection.

Proverbs 30:5



A photograph of a church steeple with a cross on top, set against a bright blue sky with large, white, fluffy clouds. The sun is visible as a bright, hazy glow behind the cross.

*See God differently*

*See self  
differently*

# Healing Involves:



Learning to let go

Unrealistic expectations

Negative emotions

Lies that feel true

# Continue to

Nourish your growth.

Surround yourself with healthy people.

Learn to handle conflict in a healthy way.

Educate yourself about healthy relationships.

Release the things you are not responsible for.

# Continue to

Take responsibility for what you can change.

Work toward forgiveness

Learn to overcome evil with good.

Continue to be aware of not only your brokenness but also your beauty

How he programmed me is not  
going to win anymore ! Deb



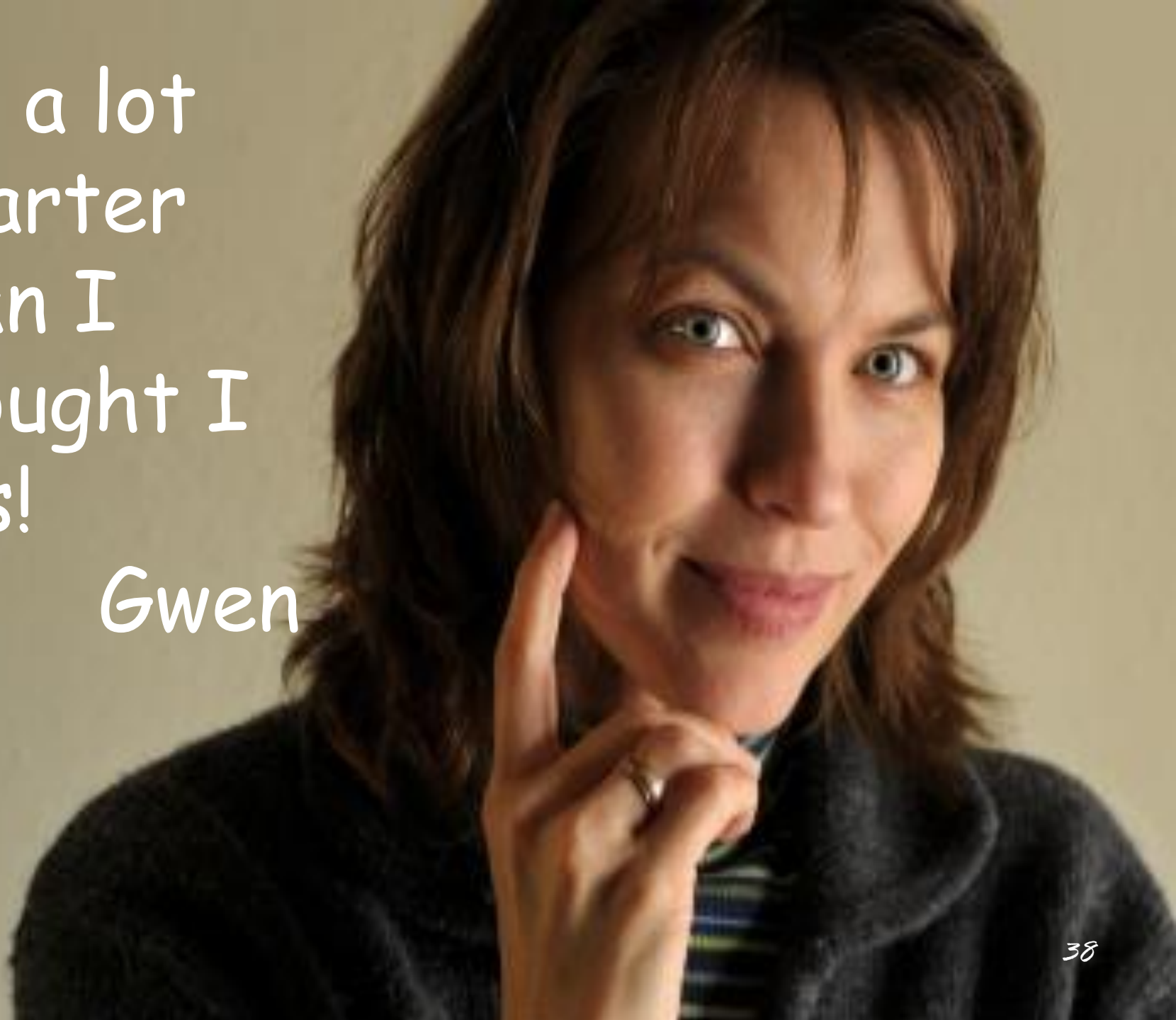
I'm not where I want to be but I'm  
not where I used to be !

Donna

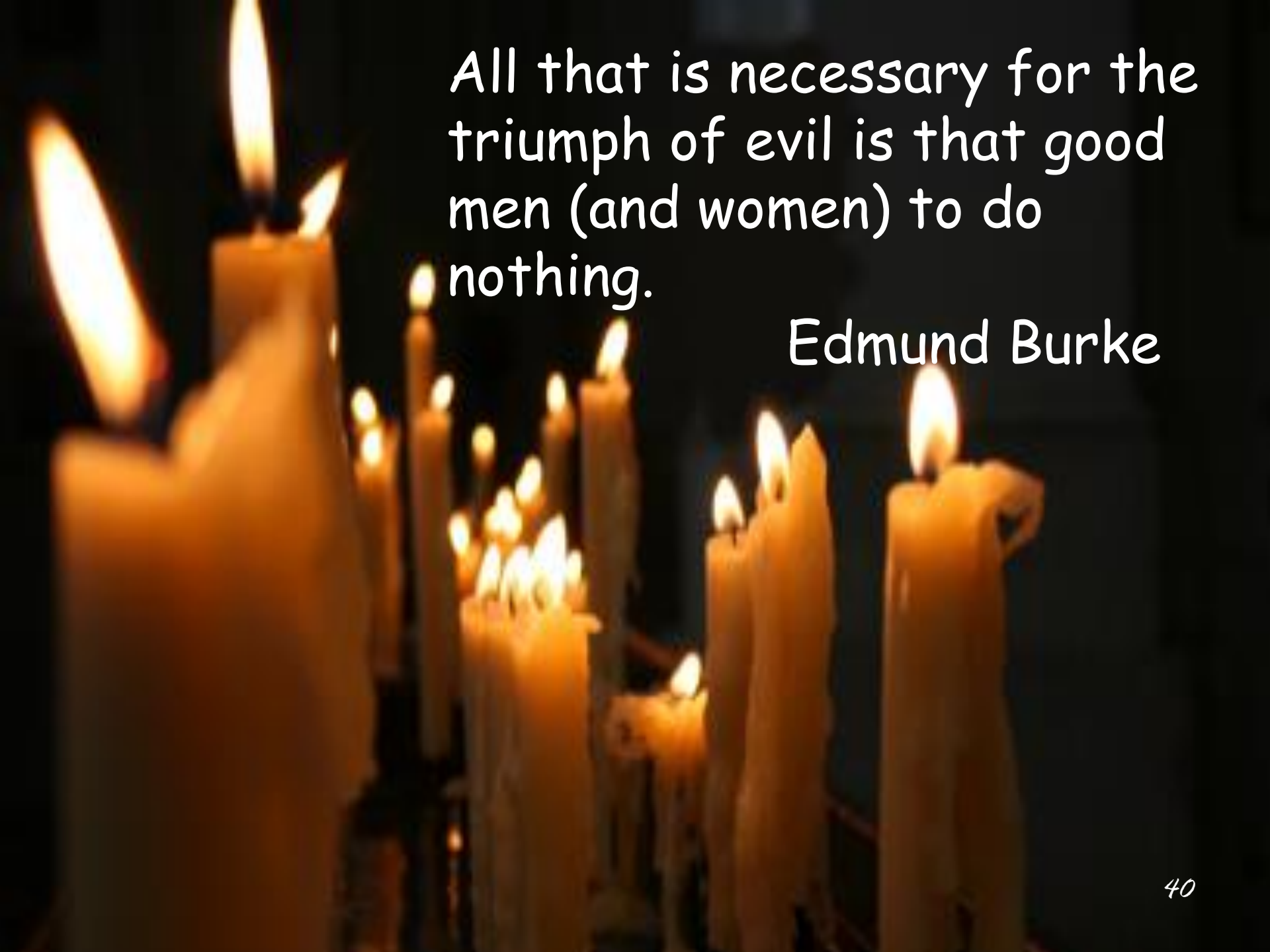


I'm a lot  
smarter  
than I  
thought I  
was!

Gwen







All that is necessary for the  
triumph of evil is that good  
men (and women) to do  
nothing.

Edmund Burke

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