

# The Emotionally Destructive Relationship Seeing It...Stopping It....Surviving It!

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## SEEING IT

### What is an emotionally destructive relationship?

A \_\_\_\_\_ and \_\_\_\_\_ pattern of behavior that either \_\_\_\_\_ someone's growth or \_\_\_\_\_ someone down, accompanied by a \_\_\_\_\_ of awareness, a lack of \_\_\_\_\_ and a lack of \_\_\_\_\_.

### Five (5) patterns of behavior that destroy relationships

- 1.
- 2.
- 3.
- 4.
- 5.

### Three (3) foundational elements for healthy relationships

Mutuality:

Reciprocity:

Freedom:

### What damages relationships?

Blindness, not brokenness

Unwillingness to \_\_\_\_\_

Unwillingness to \_\_\_\_\_

Unwillingness to \_\_\_\_\_

Unconditional love does not entitle one to unconditional relationship  
(Isaiah 59:2-5)

## The consequences of unchanged destructive relationships

### STOPPING IT

Change begins with \_\_\_\_\_

\_\_\_\_\_ **Steps**

Tell someone, get some support, pray, face your fears, identify the lies

**You must \_\_\_\_\_ and \_\_\_\_\_ *your* problem**

**Next \_\_\_\_\_**

Initiate and \_\_\_\_\_ healthy change in your relationship

Speak up

Stand up

Step back

**Understanding Biblical Love**

## **SURVIVING IT**

**Experiencing God** \_\_\_\_\_

**Seeing** \_\_\_\_\_ **differently**

**Healing involves learning to** \_\_\_\_\_ **go.**

Unrealistic \_\_\_\_\_

Negative \_\_\_\_\_

\_\_\_\_\_ that feel true.

**Continue to** \_\_\_\_\_ **your growth**

Educate yourself

See not only your brokenness but also your beauty

Find healthy people you can practice your new skills with.