

SURVIVING TOXIC LOVE

5 steps to Break the Cycle of Toxic Love



*These steps will empower you to move
forward with resilience and hope,
creating a brighter future.*

SAMANTHA TISHNER | HEAL FIRST COACHING

01

Accepting Your Past

Accepting your past is the first crucial step towards healing after toxic love. It involves acknowledging and understanding the emotions and experiences that have shaped your journey. This process requires honesty and self-reflection, allowing you to confront the pain, regrets, and disappointments head-on.

By facing these emotions without judgment, you begin to release the hold they have over you, creating space for healing and growth. Acceptance doesn't mean forgetting or dismissing your past; rather, it means integrating those experiences into your life story, recognizing their role in your personal development.

Through acceptance, you give yourself permission to grieve and process the loss of the relationship. This step is about granting yourself the grace to feel and express your emotions fully.

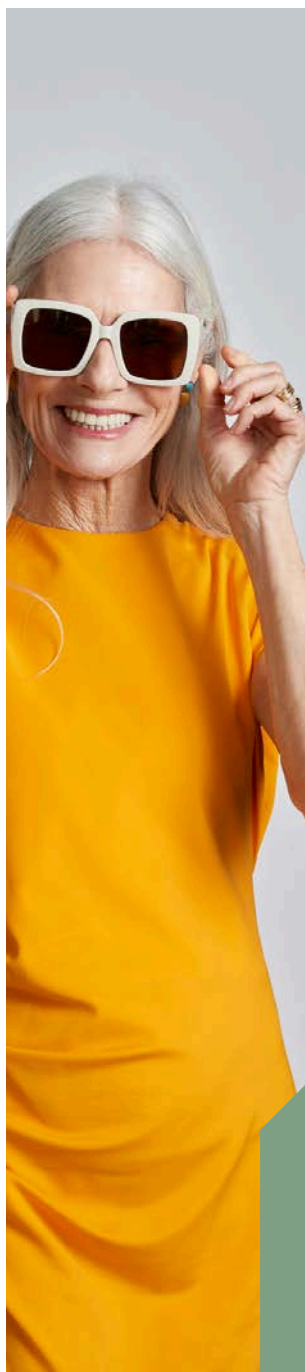
Reflect & Act:

Set your time for 15 minutes. Allow yourself to reflect on the range of emotions you've felt throughout this journey, and write them down in your journal. Rate them on a scale of 1-5 (5 being most intense) in terms of how much each emotion has impacted your thinking.



02

Celebrating Positives



"Find the good. It's all around you. Find it, showcase it, and you'll start believing in it."

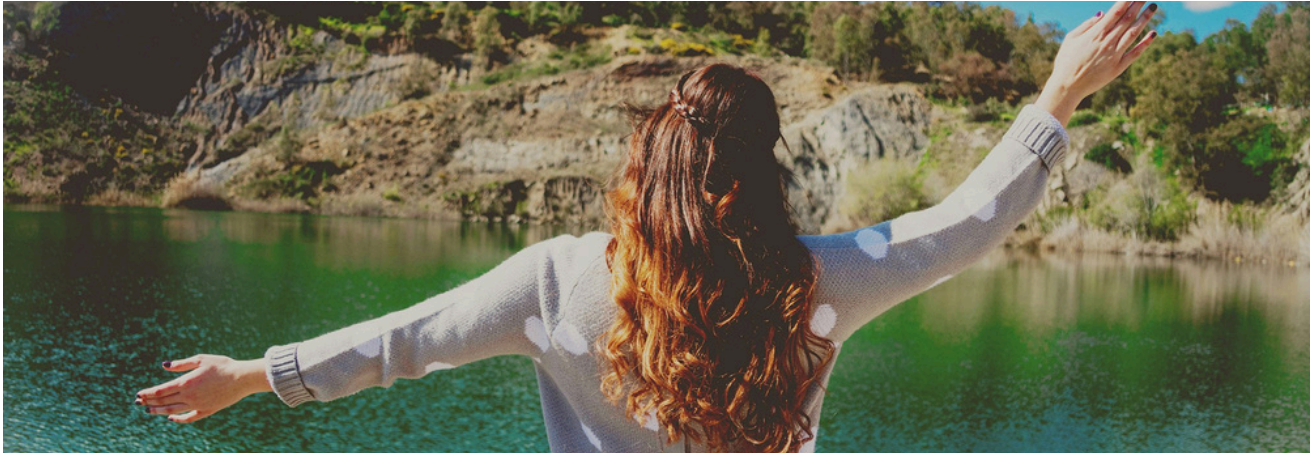
- Tara LaDue

Celebrating the positives is a transformative step in the recovery journey after toxic love. It involves shifting your focus from the pain of the past to the strengths and achievements that define you. This step encourages you to recognize and honor the moments of joy, growth, and resilience that have shaped your life. By acknowledging these positives, you begin to build a foundation of gratitude and self-appreciation, which is crucial for moving forward. This practice not only uplifts your spirit but also reinforces your ability to find happiness and fulfillment despite the challenges you've faced.

Embracing this mindset allows you to see the silver linings and the lessons learned from your past relationship.

Reflect & Act:

Set your time for 15 minutes. Allow yourself to reflect on the positive things that have happened during your day or week. Write them down in your journal. Determine an action you want to take to celebrate the positive that happens in your life. Commit to making this a daily habit.



03

Rebuilding Self-Confidence

Rebuilding self-confidence is an essential step in reclaiming your life after toxic love. This involves nurturing self-care and focusing on your personal well-being. Engage in activities that bring you joy and help you rediscover your strengths. Setting and achieving small goals can create a sense of accomplishment and boost your self-esteem. As you invest time in yourself and your passions, you begin to see your true value and potential. This renewed confidence becomes a powerful tool, enabling you to face the future with a stronger, more resilient mindset.

Reflect & Act:

Set your time for 15 minutes. Write down small goals you want to accomplish each day. It can be as simple as put on makeup, take 5 minutes each day to unplug and breath, or take a short walk outside. Something you will feel good 'checking off the list' for the day.

04

New Ventures

Exploring new ventures is a step that breathes fresh air into your life post-breakup. It's an opportunity to discover new hobbies, interests, and passions that reignite your zest for life. Setting new goals and envisioning a future filled with possibilities can be incredibly empowering. Embrace change and the opportunities it brings, as it allows you to step out of your comfort zone and grow in unexpected ways. By embarking on new adventures, you not only enrich your life but also build a future that is vibrant and full of promise.

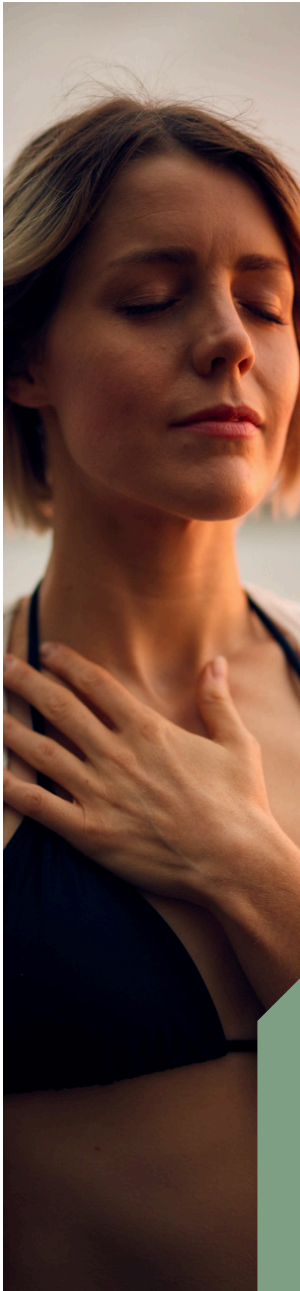


Reflect & Act:

Set your time for 15 minutes. Write down activities you would like to do. Maybe it is getting out in nature, taking your children to a park for an event or taking a class for baking, writing or painting. Explore your past dreams and determine if they are worth pursuing now. What would you like to try, do or explore?

05

Embracing Support



Seeking support isn't a sign of weakness; it's a courageous step towards healing and empowerment.

Embracing professional guidance can be a game-changer in your recovery journey. Seeking help from therapists, coaches, or counselors provides you with the insights and strategies needed to cope and move forward effectively. Professional support ensures that you are not navigating this path alone, offering a source of expert advice and encouragement. Investing in your personal development and well-being through professional guidance can significantly accelerate your healing process. This step empowers you to make informed decisions and develop a deeper understanding of yourself, paving the way for a brighter and more fulfilling future.

Reflect & Act:

Set your time for 15 minutes. Reflect on the areas in your life where you feel stuck. What emotions surround those areas? Who do you have to talk to or support you in those areas? Which areas could use outside help - someone to talk to or help you work on a plan and steps to move forward?

Conclusion and Next Steps

Embarking on life after toxic love can feel like a new dawn, filled with hope and fresh starts. You've weathered the storm, and now, with newfound confidence, it's your time to radiate. Draw strength from your support network, celebrate every triumph, and welcome the transformations ahead.

Are you ready to redefine your post-breakup journey? Discover our **'3-Step Process'** designed to help women transcend grief and heartache and grow from their experiences. It's time to embark on a path to empowerment with our **complimentary video training**. Click below to unlock essential insights and tactics exclusively crafted for women stepping into a new chapter after toxic love.



FREE Video Training:
**"How to Find Love After Toxic Love
using a Simple 3-Step Process"** so you can
grow from the experience and not
repeat the same mistakes again.

[**CLICK TO WATCH NOW**](#)

About Sam



I'm Sam, a dedicated Relationship & Life Coach on a mission to guide and uplift women navigating the complex journey of rebuilding after toxic love. With my own personal experience and professional certifications, I offer a unique blend of empathy and actionable insights. I specialize in helping you heal, rediscover your true self, and design a future that aligns with your deepest desires. Allow me to stand by your side as you walk this path to renewal.

Book a Hope Strategy Call: [Click here to schedule](#)

For more information, visit www.HealFirstCoaching.com.

Thank you for letting me be part of your journey!

Sam ♥