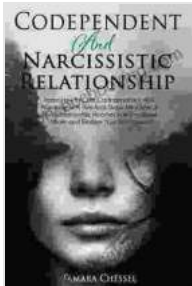


# Discover How To Recover, Protect And Heal Yourself After Toxic Abuse



**Codependency and Narcissistic Relationships 2-in-1 Book: Discover How to Recover, Protect and Heal Yourself After a Toxic Abusive Relationship in Just 7 Days + Step-by-Step Recovery Plan** by Sherri Granato

★★★★☆ 4.5 out of 5

Language : English  
File size : 18 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 10 pages





## HOW TO RECOVER After Ending A Toxic Relationship

- Grieve the loss (cry, be angry, be sad)
- Practice self-compassion (it was not your fault)
- Engage in radical self-care (daily and often)
- Make a list affirming who you are (I am...)
- Process what you learned about yourself as a result of the toxic relationship
- Determine how you would like to show up in present and future relationships
- Forgive yourself for the things you allowed
- Forgive yourself for the things you did to survive
- Forgive yourself for not leaving sooner

NEERA TAYYAR | The Mindful Journal

Have you ever been in a relationship with someone who made you feel like you were walking on eggshells? Someone who constantly criticized you, put you down, or made you feel like you were never good enough? If so, you may have been the victim of toxic abuse.

Toxic abuse is a form of emotional abuse that can have a devastating impact on your mental and physical health. It can leave you feeling

isolated, worthless, and unable to trust anyone. If you're struggling with the effects of toxic abuse, know that you're not alone. There is help available.

In this book, you will learn:

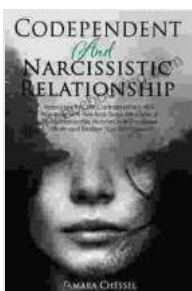
- The signs and symptoms of toxic abuse
- The effects of toxic abuse on your mental and physical health
- How to recover from toxic abuse
- How to protect yourself from future toxic relationships
- How to heal the wounds of toxic abuse

This book is a valuable resource for anyone who has been affected by toxic abuse. It will help you understand what you've been through, and it will provide you with the tools you need to heal and move on.

If you're ready to take back your life from toxic abuse, this book is for you.

Free Download your copy today!

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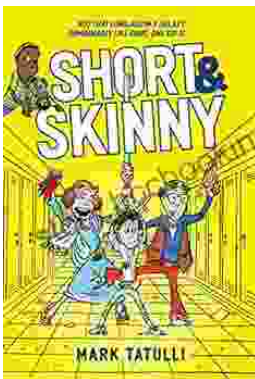
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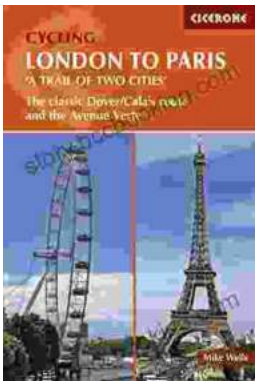
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