

### 3 REASONS YOU ATTRACT TOXIC RELATIONSHIPS

Do you keep giving in to toxic people and wonder why? This article is for women who struggle to love themselves which negatively impacts their relationships. Once you understand your value and where you are going wrong with the current way of relating to yourself and others, you will be able to correct and alter your actions and thus create the life you are meant to have.

A life of giving in to others and not loving yourself is not a life; it's emptiness. Your ability to say yes to YOU is the blood of your life and the ticket to freedom. When you learn the 3 reasons that you're attracting toxic relationships, you will know what to do to end the constant feelings of anger, anxiety and depression.

My name is Jennifer Marshall and I have been a Life Coach for over 10 years, guiding women away from the misery of treating themselves like a doormat towards being happy within themselves. I became passionate about helping others with this issue after my own experience of continuing to get into unloving relationships and then finally taking the time and effort to focus on me, which transformed my misery into a fulfilling life.

Growing up I learned that putting others first was the unselfish way to live. And it was how to ensure people accepted me. When I realized how much anger and anxiety and depression it caused, I decided to do whatever it would take to make it stop. And that's when the journey began of learning a strategy with the help of people guiding me. Now I'm here to simplify it and guide you through each step so you can stop giving in to toxic relationships and enjoy a fulfilling life.

There is a constant pattern as to why you keep beating yourself up, then giving in to what others want, and then isolating to avoid rejection. In a world full of people promising you everything and under-delivering, my aim in this article is to prove that I know what I'm talking about and if you follow the method then you too can make a radical shift in your current situation and get crystal clear on your next steps.

This method to start loving yourself without attracting toxic relationships people is called You Turn Relationships (YTR), which enables you to clearly observe and change each situation in your life without getting overwhelmed and shutting down, leading you to the same result of self-sabotage.

## REASON #1

### Lack Of Self-Awareness

If you don't know what the root cause of this pleasing people is, then you're also not aware of your basic emotional needs and how you're trying to get them met, leading to overwhelm and exhaustion. This is why most people give in to what others want.

One of my clients, before she got really clear on why she kept giving in to others, was on the verge of a mental breakdown because she just couldn't handle how lifeless she felt. Once she knew the root cause and the quickest and most effective way to take care of herself, she was able to see an almost instant result because instead of trying to help, she focused on what she needed and had the confidence to then know how to love herself in that moment.

Discover the root cause of the people pleasing problem, that way you can immediately get validation on what you need and how to get it. Knowing what's holding you back, keeping you stuck, is one of the quickest ways to motivate you to love yourself. If you want to know the root cause of your struggle, then I would strongly suggest investing in yourself so you can alter and adapt according to what a coach like me says about your progress.

Do not waste your time avoiding the pain by staying busy, distracting yourself from the pain. You need instant feedback on your attempts to meet your emotional needs, and the quicker the feedback is then the easier it is for you to adapt according to each specific situation you find yourself in.

Avoiding what's really going on inside you is what perpetuates your lack of self awareness and therefore what keeps you giving in to the toxicity of what others want from you. The quicker you make self care work for you with one strategy, the more likely you stay doing it.

People give up because they think facing the pain will be unbearable and won't actually heal them, thus they move on to the next thing or give up and just stay in bed, avoiding people or waiting for the pain to pass and then go back to what's familiar and comfortable, the misery.

## REASON #2

### Self-Defeating Mindset

One of the biggest reasons people aren't able to love themselves and therefore attract toxic relationships is because of their internal negative dialogue. Most of your thought patterns are subconscious, which is why having the accountability of a coach is so effective. Understanding the power your beliefs have is what makes the process of loving yourself easier, especially when starting out. You need to be very clear about your internal blocks.

I had a client who was depressed from trying to help her husband and daughters. They kept blaming her for all of their problems no matter how hard she tried. The challenge she was facing was that she believed she was the reason for all of their problems and that if she could just be better at loving them then they wouldn't have these problems. As she found herself becoming more depressed, she realized she was either going to need to do something different or she would go crazy. I suggested that we look at her internal dialogue.

In a short period of time, she realized what her disempowering beliefs were, how many unloving things she was telling herself and that she actually wasn't the problem. She then felt less inclined to reach out and help her husband and daughters which opened up time to take care of herself which reduced her depression.

When you do not have a self loving mindset, then it becomes very difficult to do the things you want and need to for yourself and therefore your toxic relationships continue. Most people stay anxious, angry and depressed because they do not change their way of thinking. Most end up blaming themselves, when the truth is that if they were just to make one change in a self-defeating thought, it would open up an everlasting flow of freedom from resentment and overwhelm.

Too many people are just not aware of the messages they are telling themselves and the power they are giving away by letting these self-defeating thoughts control them. Spending time thinking about how you're talking to yourself is necessary before you start thinking about helping others, otherwise you will be stuck in your current stinkin' thinkin' and continue self-sabotaging.

## REASON #3

### Fear Of Change

If you have a unique approach to solving your problem, that gets you the result you really want, then you don't have to worry about the hard work of changing. You won't be continuing to feel like you're just existing. You don't have to worry that this won't work, because you aren't doing it on your own.

One of my clients was anxious and overwhelmed with all the information out there about self care, mindset, etc. She didn't know what to focus on so she would just give up and not do anything to help herself. Together, she was able to face herself with me right there with her, giving her that path of certainty, unique to her situation and background, which allowed her to get results in a quick period of time because it made sense to her. She had one tool, wasn't alone and therefore was able to follow that path, realizing it wasn't as scary as she thought it was going to be.

This resulted in her feeling confident to set boundaries, not give in to what others wanted, communicate what she needed and not think she was being selfish for doing what was best for her. Because she had one path of certainty and a coach walking her through each step, she not only confidently set boundaries but kept them!

Confident and happy people have one path of certainty, one method of how they help themselves out of pain and into pleasure. This is what makes someone truly able to help the people around them and impact the community and world. Think of the people you know or read about that have incredible self awareness, a positive mindset, and specific habits that lead them to a fulfilling life of balance, enjoyment of helping themselves and enjoyment of helping the people and communities of the world.

You need one strategy, one method, one path of certainty around your specific situation that allows you the freedom from fear of changing, freedom from always doing what's familiar and comfortable, which prolongs your misery. My unique roadmap turns you and your relationships around in less than 90 days. My solution, my method, my support is your key to attracting loving relationships, all from a place of self-love.