

One of the most personally devaluing effects of relationships with a toxic person is the slow yet continuous process of losing ourselves in the process.

1. Who are you in your marriage?
2. Who are you in your relationship with your toxic person?
3. Who are you in your relationships with your children?
4. Who are you in your job/career?
5. Who are you in your relationship with God?

6. What areas of your life have changed since beginning your relationship with your toxic person?
7. What areas of your life have always seemed like dreams that might not ever come to pass in your present life?
8. What have you given up for this relationship?
9. What have you lost?

10. Who do you want to become?
11. What do you want to achieve in your life?
12. What dreams have yet to be lived?
13. What do you do for yourself?
14. How do you spend your free time?
15. What are your hobbies, special interests?
16. What influences you in making major decisions?
17. Do you find yourself being envious of others at times?
18. Do you have any physical ailments?
19. How easily do you get anxious, irritable, depressed?
20. How do you cope with the challenging moments?