



**Interactive worksheet:** Understanding and transforming toxic relationship patterns

### Part 1: Self-assessment quiz

Start here to gauge your current situation and highlight the areas that need attention. Answer each question honestly:

**1. Self-worth check:**

- On a scale of 1 (low) to 5 (high), how would you rate your self-esteem in your current relationship?

1    2    3    4    5

**2. Emotional safety:**

- How often do you feel emotionally safe and validated in your relationship?

Rarely or never    Sometimes    Often    Almost Always

**3. Dependency feelings:**

- Do you feel overly dependent on your partner for emotional support or decision making?

Yes, frequently    Sometimes    Often

**4. Fear of being alone:**

- Does the thought of being single or alone trigger significant anxiety for you?

Yes, very much    Sometimes    Often

**5. Pattern recognition:**

- Have you noticed recurring unhealthy patterns (like low boundaries or control issues) in your relationships?

Yes, repeatedly    Occasionally    No, this is new to me

After completing the quiz, review your responses. Which areas stand out as potential challenges? Use these insights to inform your reflections in the next section.

## Part 2: Reflection section

Building on your self-assessment, explore the dynamics of your relationship with these guided prompts:

**1. Analyzing your quiz responses:**

- Which quiz question revealed the most about your current situation? Why?
- Write down specific instances or feelings connected to your answer.

**2. Identifying toxic patterns:**

- Review the five reasons discussed in the article. Which three resonate most with you?
- Describe how each of these reasons appears in your relationship.

**3. Exploring personal triggers and barriers:**

- Reflect on a recent situation where you felt trapped or unable to leave a negative dynamic.
- What emotions and thoughts surfaced? How do they relate to your quiz responses?

**4. Challenging internal beliefs:**

- Identify any internal beliefs (for example, “I don’t deserve better” or “I can’t change things”) that may be reinforcing these patterns.
- Consider the origins of these beliefs and write a few sentences about how they influence your choices.

**5. Visual mapping (optional):**

- Create a mind map linking your self-assessment insights with the toxic patterns you’ve identified.
- Use branches to show how specific feelings (like low self-esteem) connect to dependency or fear.

## Section 3: Action plan & next steps

Translate your reflections into a concrete roadmap for change:

**1. Setting healthy boundaries:**

- List three specific boundaries you’d like to establish in your relationship.
- For each boundary, write down one immediate action you can take to enforce it.

**2. Immediate action:**

- Identify one concrete step you can take this week to begin shifting your relationship patterns (for example, scheduling a therapy session, initiating an honest conversation, or seeking support from a trusted friend).

**3. Support and resources:**

- List any resources (books, websites, support groups, or professionals) that might help you in this process.
- Consider if individual or couples’ therapy might be beneficial, and note your next steps for reaching out.

**4. Tracking progress:**

- Decide on a simple method to track your progress (such as a journal entry, checklist, or mood tracker).
- Set a follow-up date for yourself to review your progress and adjust your plan if needed.

### **Closing details**

Remember, every journey toward healing starts with a single courageous step, and our experienced team is here to support you as you work to build a brighter, more balanced future. If you're interested in individual therapy, we offer compassionate, personalized care with availability for in-person sessions at our Charlotte, NC office and virtual appointments for residents of NC and SC.



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