

## Should I Disconnect from my Toxic Family Member

Answer the following questions Yes or No

- Does the person show disrespect for your boundaries or privacy?
- Do you feel uncomfortable expressing your boundaries to this person or feel uncomfortable being yourself around this person?
- Does this person speak unflatteringly of you to others?
- Does this person undermine your self-confidence, self-worth or self-respect?
- Does this person tell stories about the past that are inaccurate, untrue or distorted?
- Is this person resistant to taking accountability or blame?
- Does this person typically turn special occasions sour especially if the event is about you?
- Does being around this person work against your healing growth and therapy?
- Is being around this person bad for your mental and emotional health?
- Does this person tell you and other people lies?
- Does this person get others to guilt you into staying in contact?
- Does this person have a history of abuse toward you and others?
- Did this person abuse children?
- Does interacting with this person cause you stress and/or sadness?
- Does this person lack genuine remorse for the awful things they have done in the past?
- Has this person ever been physically violent with you or threatened your safety?
- Does this person make insensitive remarks?
- Does this person have a short temper?
- Does this person play the victim?
- Does being around this person require you to sacrifice principles you believe in?
- If this person treated your children the way they treat you, would you protect your children from them?
- If you would take your children from this person, isn't it reasonable that you should remove yourself?
- Did you answer "yes" to most of the above questions?

Based on the above should you disconnect from your relative?

Ways to disconnect.

Without telling the person stop answering phone calls, don't reach out, only answer texts messages. When they ask you to call them simply state, "I prefer text with you." Never explain yourself to them beyond that.

**Call me**

I prefer text please.

**I need you to call me now!**

I prefer text.

**Why?**

It's just my preference.

*Rings your phone*

*Call me back or... (insert threat)*

Don't respond to threats (block if person is not being positive)

Use the same script for the flying monkeys.

The reason it is impossible with a Narcissist is because of what they want. They want an unhealthy relationship with you, where they are free of accountability. You want a healthy relationship. They don't want that. If they are given no accountability then you are to blame for every issue no matter what. That's not sustainable. If you give them the unhealthy relationship with no accountability they will work it to your detriment. It will deplete your self-worth and self-esteem which will lead to mental illness, then physical illness and financial ruin then eventually death. They know this but it cause them no concern because they don't care about your mental/emotional/spiritual well being.