

Ending or Reducing Harmful Relationships

Name: _____ Date: _____

This worksheet helps you clarify whether a relationship is harmful or toxic, decide how to step back, and plan grounded communication and effective boundary setting supported by nature-based mindfulness.

Step 1. Identify the Relationship

Briefly describe the relationship or interaction that feels harmful.

Nature pause

Look up at the sky; follow one cloud or open space, letting thoughts drift without attachment. If you are feeling any negative emotions, let them drift away like the clouds.

Step 2. Name the Harm

Identify what makes the relationship harmful.

Common examples:

- Disrespect
- Manipulation
- Emotional exhaustion
- Boundary violations
- One-sided effort
- Feeling unsafe or diminished
- Gaslighting

Your observations:

Nature reflection

In nature, organisms withdraw from toxic environments to survive. This is not avoidance; it is adaptation. It's a survival mechanism.

Step 3. Clarify Your Goal

What do you want moving forward?

- End the relationship
- Reduce contact
- Set firmer boundaries
- Shift expectations
- Protect emotional energy

Your goal:

Step 4. Identify Barriers

What makes stepping back difficult?

- Fear of conflict
- Guilt
- Habit
- Loneliness
- Pressure from others

Your barriers:

Nature reflection

Even strong trees shed branches that drain energy. Letting go is part of maintaining health.

Step 5. Plan Your Boundary or Exit

Write one or two clear actions you can take.

Examples:

- Limit frequency of contact
- Decline invitations
- Communicate a boundary
- End the relationship directly
- Create physical or emotional distance

Your actions:

Nature-based support

Choose one grounding practice to help you follow through.

Examples:

- Holding a grounding object
- Taking a brief walk before or after the conversation
- Breathing with attention to natural rhythm

Your support:
