

The Stylist You Envision

Taking the Power Away from Negative People:

You choose who you let into your life. You can also choose whether to allow them to have an affect on you. Someone can not bring you down unless you give them the power to do so.

Are the relationships in your life serving you well? It's easy to get lost in a destructive relationship. Sometimes it's easier to stay friends with someone than it would be to stop being friends with them.

Remember, there are many people around you who relate to and appreciate you. The only way to find them is by loving yourself fully and putting yourself into the world around you.

The way you let people treat you says a lot about how you treat yourself. **If you begin being kinder to yourself, you may find that you're better able to ask for what you need from those around you.**

When you can ask for what you need from others, you're showing yourself respect and love. When you demand respect from others by demonstrating it to yourself, you will find your relationships beginning to improve

You will know that a relationship is no longer serving you when you leave interactions with that person feeling worse than you did when you arrived. If this happens regularly, or you see a pattern of inconsistent behavior, or even if it's simply a difference in values, you might want to consider letting go of that relationship.

It can be intimidating to cut ties with a friend. However, it's a necessary part of growth. Sometimes you only need to be in someone's life for a short time so that you can both learn what you need to. You don't need to be friends with all of your friends forever.

One way to create structure around the kind of people you allow in your life is by setting boundaries. If you have a toxic friendship in your life, you can put boundaries in place to keep your needs clear.

For example, if you have a friend who is frequently intoxicated when you're together, and that upsets you, you can set a boundary that you will not spend time with that friend when they are intoxicated. This boundary is clear and not up for interpretation.



How to Set Up Boundaries:

Setting boundaries can help keep your toxic relationships at bay, and new positive relationships will come forward.

Try these techniques:

1. Get quiet and think about your needs. You can write on a piece of paper about what you need in your life and what people are no longer helping you attain your greatest good. Let yourself write without judgment and see what feelings or needs come to the surface.
2. Establish your limits. Know where the line is for how much you're willing to tolerate.
3. Know what you need. In times of stress or frustration with a person, what are things that you need in those moments, based on how you feel? Do you need to leave? Do you need to end the interaction?
4. Communicate your boundaries clearly. Boundaries are a great guidepost because they are sturdy and you can simply repeat that boundary in response to any reaction you get back.
5. Be consistent in following through on your boundaries. Pay attention to how you feel when you do or don't follow through. If it's difficult for you to take a stand, keep practicing and see what happens.
6. Give yourself the okay to let go of these people that are causing harm or limiting you.



Allow Yourself to Let Go

Now, give yourself permission to do all of the healing and letting go that you need to. In order to most powerfully grow forward, you must commit to trusting the process fully. You can now let go of your past. You can let go of your regret, anger, fear. You can let go of the people that hold you back or don't believe in who your best self is.

When you're letting go of people, you can take that time to participate in your community in ways that will help you get closer to people who are better suited for this season in your life.

Next time we explore Holding On to What Moves You Forward...