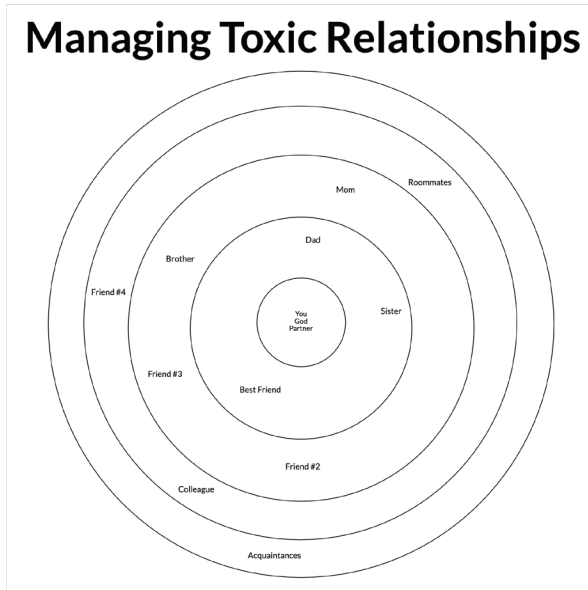


LIFE MASTERY

The second circle holds the names of those who are very important to you but do not belong in the first circle. They are the people who love you without judgment, in spite of your faults. My children are adults, and they go in this circle. I also have a few very good friends, who faithfully overlook my shortcomings. The second circle is not for anyone with who you do not feel completely safe, or anyone who tries to compete with you or looks for “chinks in your armor.”

The third circle holds the names of friends and family members who just miss the second circle. The fourth includes those who barely miss the third. You continue this process, adding more circles as needed. When you have an unhealthy relationship or a person who disrupts your peace, brings drama, competes with you, or you don't trust entirely, but you can't bring yourself to completely let them go, move them outward to a larger circle. Then, only spend the time and energy on them that is appropriate for someone in a larger circle.



**You can download the Toxic Relationship Worksheets
at LifeMasteryInfo.com**

Toxic Relationship Worksheet

