

DO YOU EXHIBIT TOXIC BEHAVIOR?

Toxic behavior can be hard to spot if it has been normalized in your life. Check the boxes to assess whether you or someone is following toxic behavioral patterns.

You have a need to control and have power over others.

You become angry when things don't go your way.

You are easily possessive or jealous in relationships.

You often humiliate or guilt the other person during conflict.

You deny things that have happened and make the other person doubt their reality.

You have a hard time keeping your word.

You have difficulty telling the truth.

You cross other people's boundaries.

You avoid difficult conversations and expect the other person to just know what you are thinking or feeling.

You are passive aggressive.

