

Toni J Collier

5 TIPS TO TRANSITIONING TOXIC COMMUNITY

Because the health of the people
you do life with, will influence the
health of your mind and heart.



**BY TONI
COLLIER**



INTRODUCTION

Finding and keeping healthy friends is hard. *There I said it.* But that doesn't take away from the fact that you are worthy of good friendships. You are worthy of being treated and loved well. And, while we are all broken people in need of grace and acceptance, there are some people that cannot have access to your heart because of the potential damage that can be done. While cliché, you become who you're around. So, ask God to be with you in this process, put your big girl pants on, acknowledge that this is hard, but sacred work, and let's go protect your heart.

With you,
TONI



01.



IDENTIFY YOUR FRIENDSHIP NEEDS



Create healthy friendship pathways by first identifying your needs in a friendship, the needs that give you life and safety, and love. From how you would like to be communicated with, to what friendships deeply mean to you.

In Ephesians 4:29 we find that Paul talks about a way to communicate to people that hits their needs both actual and felt. This means that we all have things that we need to thrive in relationship with others. What are yours?

02.

CREATE AND IDENTIFY CIRCLES

Even Jesus had circles. Peter, James, and John experienced things that the other disciples did not. They were typically listed first in scripture and they were a part of some of the really hard parts of the journey Jesus was on to redeem humanity. And the question becomes, why? Well, I think Jesus knew who God had specifically designed to carry the weight of what he would endure. And I believe that God knows who should carry the weight of your hardest moments as well.

Begin to place your current relationships into the following circles: Intimate, Inner, Social & Casual. Note, that the intimate layer of your circle should be reserved for you and God. :)

Check out Matthew 10:2-4 !

03.



IDENTIFY TOXICITY.

Yikes! We're going **there** fam. The bible makes it real clear though; bad company ruins good character. We truly do become who we hang around and knowing that we are responsible for our own eternity, we should put ourselves in healthy relationships so that we can become and be that for others. Toxicity **leaks**. When you're thinking about the healthiest version of yourself, think about your community and how healthy they are now.

Start here. Are there any toxic behaviors from name-calling to gaslighting to controlling tendencies you've recognized in some of your friends?

1 Corinthians 15:33

04.

CREATE BOUNDARIES

Maybe there's someone in your life that has been toxic and you've prayed and put them in a Casual or Social part of your friendship circle. Now the question is, "How do I keep my heart and mind safe from toxic behaviors in others?"

***Cues Boundaries.** Even Jesus set boundaries to protect his heart and sacred spaces. And, now, we get to create boundaries that are strong enough to keep the bad stuff out and permeable enough to let the good stuff in. You can receive good things even from people that may not be healthy if the right boundaries are in place.

What boundaries are you going to set for your friendships *and maybe even family members*? From harsh words to toxic behavior, boundaries are healthy for maintaining wholeness.

Matthew 16:23

05.



HAVE AN HONEST CONVO



Is it time to have an honest conversation with someone you're having a conflict with or need to move to a different part of your friendship circle? Well, hard conversations are not the end of a relationship, but a new beginning to a friendship that knows that on the other side of conflict there's resolution and peace. Clarity is kindness and the way that we set people in our lives up for success is by leaning in when things feel off or tough.

Go into this conversation knowing where you think this person should be placed in your life. Are they moving from intimate to inner? From social to casual? Have they crossed a boundary? Were you clear about your needs? Lastly, pray about how God would want you to have the conversation.

Matthew 18:15