



DanTrep **How to**

Remove Toxic People

From Your Life

ProudLife Mastery W O R K S H E E T

How to Remove Toxic People From Your Life

WORKSHEET

This worksheet will help you reflect on your friendships so you can strengthen the good relationships and improve (*or drop!*) the bad ones.

If you find that a friendship is lacking, discuss it with your friend and decide on action steps that will help you both get to where you need to be with the relationship.

Friend's Name:

What do you admire about this friend?

What do you dislike about them?

What do you have in common with them?

How do they present themselves to others? *Remember, this can reflect on you!*

Is there something *important* that really annoys you about them?

Do they have traits you'd like to have someday? What are they?

Who is benefitting from this relationship? How?

Friendship is a 2-way street. You both should benefit from it.

What are some ideas for actions steps you and your friend can take to strengthen your relationship?