

Empowerment Resource for Episode 13: Building Healthy Connections

Segment 1: Understanding What Healthy Relationships Look Like

Why is this important?

After experiencing toxic relationships, it can be difficult to recognize what a healthy connection feels like. Learning to identify the key elements of a supportive and empowering relationship is the first step in building meaningful connections.

✓ Key Traits of Healthy Relationships:

Mutual Respect – Your feelings, thoughts, and boundaries are valued.

Open Communication – You feel safe expressing yourself without fear of judgment.

Emotional Safety – The relationship fosters trust, not anxiety or confusion.

Consistent Actions – Words and behaviors align over time.

Reciprocity – Both people invest in the relationship, not just one.

📝 Reflection Prompt:

Think of a relationship in your life (past or present). Does it align with these key traits? If not, what was missing?



Segment 2: Learning to Trust Yourself Again

Narcissistic abuse often leaves survivors doubting their own instincts. Rebuilding trust in yourself is crucial for forming healthy relationships.

How to Rebuild Trust in Yourself:

Listen to Your Gut – If something feels off, trust that feeling.

Take Your Time – Healthy relationships develop naturally, not in rushed intensity.

Observe Patterns – Does this person respect your boundaries consistently?

Give Yourself Grace – You are learning, and it's okay to be cautious.

Interactive Exercise: Rebuilding Self-Trust

Write down a time when you ignored your intuition in a relationship. What was the outcome? Now, write about a time when you listened to your instincts. How did that experience differ?



Segment 3: Setting Boundaries in New Connections

Healthy relationships respect boundaries, while toxic ones push against them.

How to Set Healthy Boundaries:

Clarify Your Limits – Identify what you need to feel safe and respected.

Communicate Clearly – Use direct and kind language (e.g., “I need time to myself on weekends to recharge”).

Watch for Reactions – People who respect you will honor your boundaries without resistance.

Enforce Consequences – If someone repeatedly disregards your boundaries, consider limiting their access to you.



Interactive Exercise: Setting a Boundary

Write down a boundary you want to set in a current or future relationship. How will you communicate and enforce it?



Segment 4: Expanding Your Support System

Healthy connections aren't just about romantic relationships—they include friendships, family, and community.

✓ Ways to Build a Supportive Network:

Reconnect with Positive People – Seek out those who uplift and respect you.

Join Supportive Communities – Find groups (online or in person) that share your values.

Be Open to New Connections – Trust that there are people who will honor and appreciate you.



Reflection Prompt:

Who in your life makes you feel supported and valued? How can you strengthen that connection?



Segment 5: Moving Forward with Confidence

Healing from toxic relationships means stepping into your power and choosing connections that align with your self-worth.

✨ Affirmations for Healthy Relationships:

"I deserve relationships that honor and respect me."

"I trust myself to choose connections that support my growth."

"I am worthy of love, safety, and mutual respect."

📌 Action Step:

Choose one affirmation and say it out loud each morning this week.

Final Thoughts

Building healthy connections after experiencing toxic relationships takes time, but you are in control of who you allow into your life. Trust yourself, honor your needs, and remember—you are worthy of love and respect in every relationship you build.

📌 Next Steps:

Reflect on what you've learned today.

Share your biggest takeaway with a trusted friend or support group.

You are not alone. You are reclaiming your power. ❤️

