

Expecting Healthy Relationship Behavior from a Toxic Person

Workbook Title: Expecting Healthy Relationship Behavior from a Toxic Person

Presented by Black Velvet Growth

Welcome Page:

Welcome, Beautiful Soul,

This workbook is a companion to the masterclass "Expecting Healthy Relationship Behavior from a Toxic Person." Inside these pages, you'll find reflection prompts, journaling exercises, and practical guidance to help you shift from emotional confusion to clarity and self-honoring choices.

You deserve love that feels like peace. Let's begin.

-- Danielle T. Duncan

Founder, Black Velvet Growth

Section 1: Why We Expect Change

Journaling Prompts:

- What have I been hoping this person will eventually do or become?
- What keeps me believing that change is possible for them?
- Is my desire based on reality or on potential?

Affirmation: I release the need to be responsible for someone else's healing.

Section 2: Identifying Toxic Behavior

Reflection Exercise:

List patterns you've noticed in your current or past relationship(s). Are they consistent with toxic

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behavior?

Checklist: Toxic vs. Healthy

☐ Gaslighting

☐ Stonewalling

☐ Passive Aggression

☐ Accountability

☐ Respect

☐ Open Communication

Affirmation: I honor the truth of what I've experienced.

Section 3: The Cost of False Hope

Journal Prompt:

- What parts of myself have I silenced, abandoned, or ignored to stay in this relationship?
- How does staying attached to this person affect my emotional and physical well-being?

Affirmation: I choose truth over fantasy. I choose me.

Section 4: Visualizing Healthy Love

Guided Visualization Prompt:

Close your eyes and imagine a relationship where you feel emotionally safe, cherished, and seen.

Write down:

- What does it feel like in your body?
- How are you treated?
- How do you show up in that space?

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Affirmation: I am worthy of the love I envision.

Section 5: Reclaiming Power

Action Steps:

1. One boundary I will set this week is: _____
2. One truth I will no longer deny is: _____
3. One way I will pour back into myself is: _____

Affirmation: I reclaim my peace, my power, and my path.

Closing Note:

You are not here to convince someone to choose you.

You are here to choose yourself--again and again.

Stay grounded in your truth. Let your healing be your homecoming.

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