

I attract healthy relationships

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I only allow healthy relationships into my life. I reject unhealthy relationships. **I know that positive relationships are a huge part of enjoying my life.**

I am naturally drawn to healthy relationships. These relationships support me and my goals. I value true friendships and enjoy being a good friend.

Healthy relationships are very important to me, and I take those relationships seriously.

Negative relationships, however, drain my resources and provide little in return. They can also have severe consequences. The cost and the risks of unhealthy relationships are simply too great.

One way I attract healthy relationships is to be healthy myself. I take good care of myself and acquire whatever help I need. I make my emotional health a priority.

When I am healthy, I am less interested in forming relationships with unhealthy people. I find that taking care of myself is the best way to avoid unhealthy

relationships.

Today, I attract only healthy relationships into my life. As a result, my relationships bring joy and happiness into my life and make it more fulfilling.

Self-Reflection Questions:

1. Would I characterize most of my relationships as healthy? Do I consider myself to be an emotionally healthy person?
2. What is the unhealthiest relationship I have ever had? Why did I tolerate it for as long as I did?
3. What can I do to ensure that my future relationships are healthy?