

# — End toxic relationships now



Expectations lead to upsets.

Drop your expectations.

Create your own standards.

Enforce your standards.

What that looks like is:

1. Have requirements.
2. Insist others respect your time.
3. Insist others match your commitments.
4. Insist others keep their agreements.
5. Insist others be straight with you.

Don't drag people.

Don't tolerate unworkable behaviors.

Don't be reasonable with high drama individuals.

If someone doesn't respect your time, energy, and/or life, it's time for them to go.

There is no rule that says you must remain in a relationship with someone who does not contribute value to you.

Be ruthless in your selectivity.

— **Dusan Djukich**