

Walking away can be scary...but is it unavoidable?

Walking away isn't always a sign of weakness... sometimes it's an even bigger show of strength. There are times when endings are necessary in order to restore peace and preserve our wellbeing. Whether it be in your personal life or business life, making the decision to end something is the right thing to do before it becomes more destructive. Finding the courage to walk away from or say goodbye to someone you care about, a friendship, family members, or a job, is tough because chances are you've invested a lot of yourself, time, and energy into making things work. However, it is better to walk away from:

1. A romantic relationship that is stagnant or not meeting your emotional needs
2. A job that you no longer have passion for or feel that it's a dead end
3. Family relationships that are toxic, judgmental, and non-supportive
4. Emotional vampires... friendships that are one-sided
5. Addictions that are destructive and hold you back from the lifestyle you truly desire
6. A marriage where the spouse is unfaithful or abusive and shows no signs of changing



Why We Don't Walk Away

Usually it's fear that stops us from ending these types of unhealthy or dysfunctional situations. See if you can identify with some of these rationales that keep you hanging in there when you know you should leave:

I just need to give it some more time... maybe he or she will change... what if I give up too soon?

I don't know if I can do this alone... who will I spend special occasions with? What will my life be like?

I'm used to the culture... at least I know what to expect here.

What if I can't find another job?

If I explain my boundaries and how I've been feeling for so long, they'll hate me...

I don't want to hurt this person... it's difficult for me to find people I truly connect with... friends don't grow on trees.

This gives me a lot of enjoyment...it helps relieve stress...

I can relate to every single one of these fears. It takes faith, perseverance, and support from the right people, to take the necessary steps towards a brighter and happier future. So, take some time to journal about what fears come up that create excuses to keep you stuck in situations.

Looking at it Differently

What if we looked at things in a different way that help us overcome the emotion of fear, and take a more objective look at our situation? What if instead of excuses, we think:

This relationship isn't working for me... this person isn't ever going to meet my needs and as a result I'm not going to find the fulfillment in this relationship that I'm looking for... if I walk away, I'll be able to work on myself, grow in different areas, and attract the kind of person who I can have a happy and healthy with...

I no longer have a passion for what I'm doing in this company... maybe it's time for me to move on and open my options to other companies or start that business I've always wanted to and be my own boss. The possibilities are endless.

I'll look forward to the holidays instead of dealing with a lot of chaos and drama. My life can finally be more productive.

As opposed to spending all my time trying to fix the people in my life, I'll have the time to meet new people, make new friends and enjoy life.

What if I replaced unhealthy addictions with something that makes me feel better about myself? What am I really giving up here?

Another way to look at things is to ask yourself the question, 'what is the worst thing that can happen if I end this...?' And then ask, 'what could I potentially look forward to if I walk away from...?' It is always better to walk away from dysfunction, toxicity, or dead ends and give yourself room to heal, change, and grow, verses staying with someone or in a situation that you know will only cause you pain or end disastrously. It's about self-empowerment, self-preservation, and self-respect and giving yourself the opportunity to live a happier, healthier life. An ending is only the beginning of a whole new opportunity.

Don't wait...if you're tired of waking up feeling drained, if you are done feeling frustrated with your life, contact me for a free 30-minute Discovery Call and let's get started down the path to recovery and a stress-free life.