Signs Of A Toxic Relationship

You feel drained, insignificant and walk around on eggshells. You know you must carefully choose your words; otherwise, you shall be punished, ghosted, or shamed.

You will wonder if the person secretly hates you. You will feel insecure about sharing a success, as a toxic person's ego is easily insulted when others shine.

If your relationship is toxic, you may notice your partner or friend cares little about your time, emotions, or experiences. You may notice an air of indifference in a toxic person.

You hide what you really feel. Toxic people will judge you, shame you and need to act superior to you, which has taught you it is better to keep quiet.

You feel like you give 100% and then some, while the sentiments are never returned. You are beginning to feel like it is time to stop giving so much.