# THE TOXIC FAMILY CHECKLIST

A quick gut-check before you doubt yourself again.

*"If you're always the one adjusting, that's not harmony. That's survival."*

**— from He Called It Love**

# CHECK WHAT'S TRUE

I feel guilty for having needs.

I pay automatically at restaurants so no one asks why I didn't offer.

I say yes to keep the peace, even when I mean no.

My body tenses up before I even walk through the door.

I get a stomachache or headache every time a family event is coming up.

I've stopped bringing up things that upset them.

They say "remember, we're family" right before asking me to ignore my limits.

*If more than three of these are true,*
*that's not a bad day. That's a pattern.*

@HECALLEDITLOVE

# YOU'RE NOT ALONE

If this list feels less like a checklist and more like your childhood — you're not overreacting, and you're not the only one who's lived it.

You Don't Owe Them Access

walks you through what comes next.

**— from He Called It Love**