How To Break Toxic Relationship Patterns

1 MIN · YOUTUBE · HTTPS://WWW.YOUTUBE.COM/WATCH?V=BFZA8MGQZVQ
https://www.youtube.com/watch?v=bFZa8MgqZvQ

SUMMARY

The speaker reflects on their struggles with relationship patterns rooted in being a people pleaser and an empath, which led to feelings of being taken advantage of. Through deep inner work, they uncovered these patterns and emphasize the importance of conscious parenting to break the cycle for future generations.

- *The speaker identified as a "bleeding empath" and felt walked over in relationships.*
- *Their daughter described them as a "plush carpet," highlighting their accommodating nature.*
- *They realized their patterns stemmed from childhood conditioning to be a good girl and a people pleaser.*
- *The speaker encourages others who resonate with similar patterns to explore their own behaviors.*
- *They emphasize the significance of inner work in understanding and changing these dynamics.*
- *The book "The Parenting Map" offers insights into how childhood experiences shape parenting styles.*
- *Conscious parenting is presented as a crucial method for breaking unhealthy patterns.*
- *The speaker believes that change is possible through awareness and effort.*

in all my relationships I found myself stuck in the same damn pattern I was stuck as the bleeding empath there was something that I set up in all my Dynamics where people could literally just walk over me my daughter used to call me a plush carpet she said Mom you like a plush carpet that Everyone likes to walk on and I couldn't for the life of me figure it out until and unless I

began to do deep inner work I began to uncover my patterns and see how I had been conditioned to be the ultimate good girl to be the ultimate people pleaser to be the ultimate Savior and enabler if this sounds familiar to you or if you have another pattern of perhaps over rescuing or over achieving or over identifying with being the needy one then you need to read my book The

Parenting map because it shows you how these patterns were created in childhood and how you can avoid setting them up in your parenting I was even doing it in my parenting this is why inner work is so powerful this is why conscious parenting is the key grab a copy of my book to break your patterns you can do this