

Ten Sure Fire Ways to be Unattractive to an Emotional, Verbal, Financial, Sexual, and/or Psychological Abuser

10. Know your self-worth and live it.
9. Do not rely on romantic relationships to fulfill you. Love yourself first and be perfectly happy being single.
8. Absolutely do not accept disrespectful or bad treatment. Be brave and courageous: Say “No” to mistreatment of any kind.
7. Have and maintain close relationships with friends or a high level of support from family members.
6. Understand abusive cycles especially pertaining to narcissism – Stages of Idealize, Devalue, and Discard.
5. Recognize red flags and warning signs almost immediately, and walk away (Run for the Hills!) If the relationship doesn’t feel good, it’s not good. Trust your intuition.
4. Possess outgoing and confident personalities with a low tolerance for bullsh*t.
3. Take pride in who you are, what you wear, your friends, and your career.
2. Take assertive and effective control of situations, especially when feeling threatened or compromised.
1. If you have recently left an abusive/toxic relationship, do not date for at least one year and work on healing with a mental health professional.