

# STELLAR *Life*

Hosted By *Orion*

## Healing From an Abusive Relationship

10 Point Checklist

**Deborah Vinall**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

# STELLAR *Life*

Hosted by *Orion*



# 10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.  
Here are 10 steps that can move you closer to your goals – today.**

- Watch out for phrases that can be considered gaslighting. They often appear whenever a person is being dismissive. According to Dr. Deborah, some ubiquitous ones are 'you're overreacting,' 'you're hysterical,' 'you're too emotional,' or 'you're crazy.'
- Don't be in denial about your situation. Instead, evaluate your thoughts and feelings and be honest with yourself. Being aware of your abusive relationship is the beginning of your healing or escape.
- Watch out for patterns in an unhealthy relationship, so you don't get sucked back in again in the future. Raise your standards. Don't allow yourself to fall into the same traps again.
- Allow yourself to mourn what you may have lost through the tumultuous relationship. Don't skip over any grief over the relationship. Though excruciatingly painful, this is all part of your healing.
- Use physical movements to release trauma. Find an outlet to let go of these negative emotions. It can be through dance, yoga, running, CrossFit, martial arts, and so on. Find what feeds your soul best.
- Don't be too hard on yourself. Be patient, loving, and kind. If need be, treat yourself how you would treat a best friend. Change your inner dialogue and speak more thoughtful words to yourself.
- Keep working towards healing. Self-development is never-ending, not because you will be in constant dissatisfaction, but because you realize that you are forever a work in progress, which is entirely okay.
- Don't hesitate to reach out and ask for help. There are tons of resources available, and the right people or community will help you get back on your feet. Search for local organizations in your area.
- Constantly find what brings you joy and let that be part of your balanced life. You can only achieve living an authentic life when you are delighted with yourself. So keep looking for what inspires you, and don't let anything hold you back.
- Grab a copy of Dr. Deborah Vinall's book, [\*Gaslighting: A Step-by-Step Recovery Guide to Heal from Emotional Abuse and Build Healthy Relationships\*](#).