# Twitter Thread by Dr. Devashish Palkar



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**Toxic relationships are one of the major stressors responsible for mental health problems and most people don't know the signs of it and keep dragging it at the expense of their own mental health. A thread on it. 1/n**



Just because you are in a relationship doesn't mean that your partner/friend can trespass your personal space. There have to be some boundaries set at the very beginning. 2/n




One of the reasons why most business and relations fail is the lack of communication. It's very necessary to have a clear, honest discussion rather than indulging into mind reading and extracting wrong assumptions. 3/n



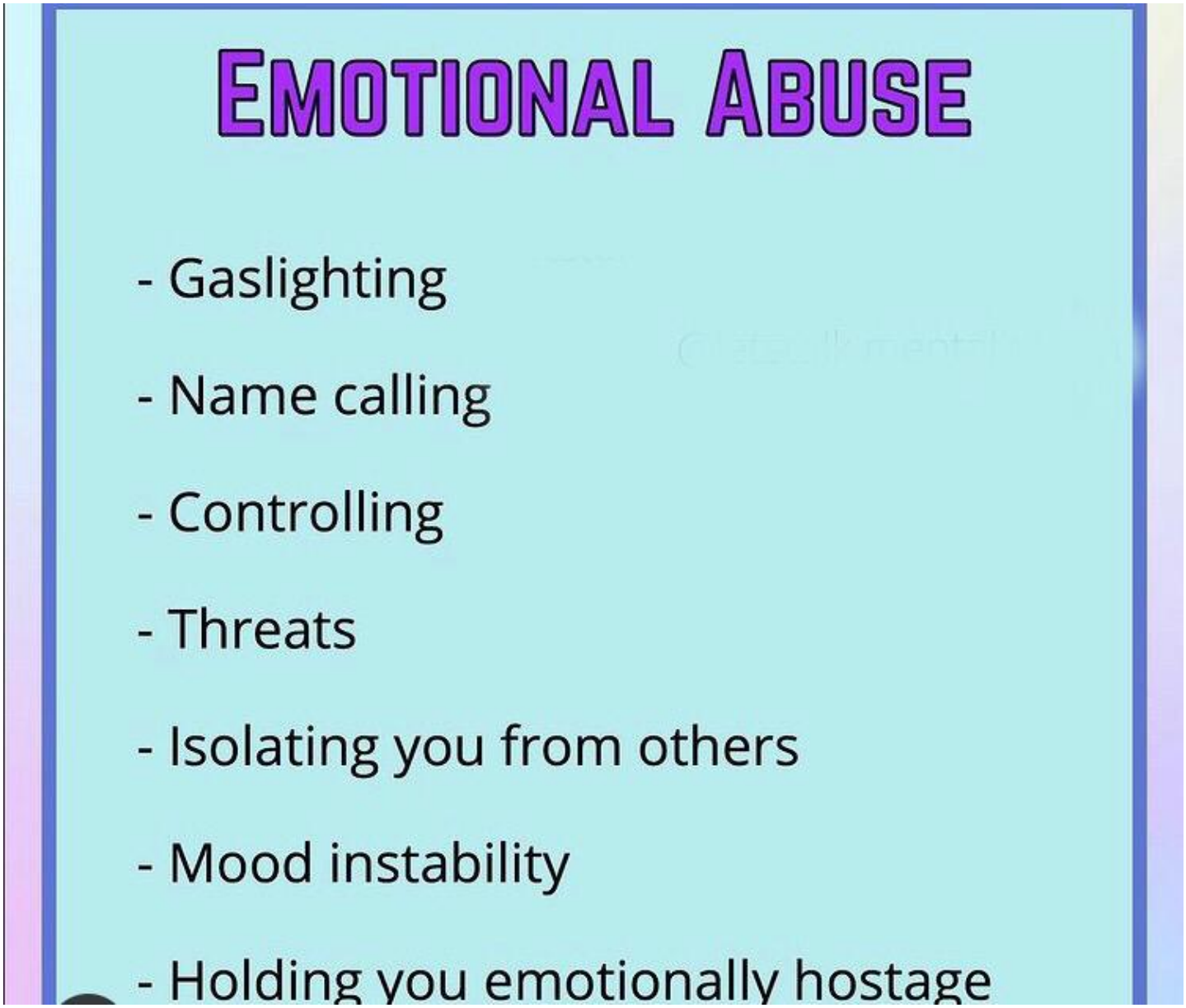

Any relationship is like a contract where two people have to maintain a certain standard of honesty and commitment. If there are trust issues, it already means something is wrong and a broken promise damages the foundation of a relationship. 4/n




If the partners involved don't see each other on the same pedestal as equals there are bound to be conflicts in their interpersonal domains which might lead one partner assuming an authoritarian attitude and submission by other leading to what we call, 'toxic behavior' 5/n




Emotional abuse is the straw that breaks a camel's back. Nobody should survive emotional abuse in any relationship. If you bear with it silently today, you suffer for it tomorrow. But suffering is guaranteed. Move on and move out of a toxic relationship before its too late. 6/n




Remember there's always help around you just need to be ready and willing to end your suffering. Toxic emotional abuse damages your brain at the neurochemical and structural level and can lead to Depression, Complex PTSD. 7/n

One of the most critical choices a person can make is with whom to be in a relationship; the second most critical choice in deciding with whom not to be in a relationship.
8/n
https://t.co/6aEVjCk9EG

Toxic relationships can not only damage your mental health but also your physical health and lead to various cardiovascular and metabolic diseases and also weakens your immune system. 9/n
https://t.co/rqcxCxEfnW

Every social relationship from our childhood to adulthood affects our physical and mental health to various degrees. We can't choose all our relationships but when we can, we must be wise enough.
#Emotionallyyours
#psychidiaries
10/10

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