

Truth or Toxic Reflection Worksheet



A resource by
Strength Of A Queen CIC



TRUTH OR TOXIC REFLECTION SHEET

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TRUTH OR TOXIC REFLECTION SHEET

A Survivor-Centred Awareness Tool

SECTION 1: Understanding Your Experience

Read each statement and tick what feels true based on your experience.

Statement	Truth (Healthy)	Toxic (Unhealthy)	Not Sure
I felt emotionally safe in the relationship	☐	☐	☐
I could express myself without fear	☐	☐	☐
My feelings were respected	☐	☐	☐
I felt calm and secure most of the time	☐	☐	☐
Conflicts were resolved respectfully	☐	☐	☐



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SECTION 2: Mixed Signals & Confusion

Read each statement and tick what feels true based on your experience.

Statement	Truth	Toxic	Not Sure
Their behaviour was consistent	☐	☐	☐
What they said matched what they did	☐	☐	☐
I often felt confused after conversations	☐	☐	☐
I found myself overthinking everything	☐	☐	☐
I felt like I was the problem	☐	☐	☐



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SECTION 3: Emotional Impact

Read each statement and tick what feels true based on your experience.

Statement	Truth	Toxic	Not Sure
I felt confident in myself	☐	☐	☐
I trusted my instincts	☐	☐	☐
I felt emotionally drained	☐	☐	☐
I felt anxious more than peaceful	☐	☐	☐
I felt like I was losing myself	☐	☐	☐



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SECTION 4: Patterns in the Relationship

Tick any that feel familiar:

- ☐ Intense connection at the beginning
- ☐ Things changed suddenly
- ☐ Hot and cold behaviour
- ☐ Blame was often shifted onto me
- ☐ I felt responsible for their emotions
- ☐ I stayed hoping things would go back to how they were

SECTION 5: Your Awareness

Take a moment to reflect:

What am I starting to see clearly now?



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SECTION 6: Your Truth

What have I been ignoring or minimising?

SECTION 7: Gentle Reality Check

Read this slowly:

- You are not “too sensitive”
- Your confusion has a cause
- Your feelings are valid
- You were responding to what you experienced



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SECTION 8: One Small Step

What is one small step I can take after this?

- ☐ Talk to someone I trust
- ☐ Journal my thoughts
- ☐ Take space to reflect
- ☐ Learn more about these patterns
- ☐ Join a supportive space

CLOSING

You are allowed to understand your experience.

You are allowed to trust what you feel.

You are allowed to choose peace.

Join the SOAQ community for:

- ✓ Real conversations
- ✓ Healing tools
- ✓ Safe spaces

Join
The Queen's Rise Circle



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