

–NOTICE–

READ THIS BEFORE DOING ANYTHING DRASTIC!

Sometimes it is just not possible to ever establish a positive relationship with certain toxic individuals, no matter what you do.

If every other attempt at communicating with the other party (whether be it for acknowledgement, apology, compromise or reconciliation) has failed, then you might consider cutting the ties and go on to finally be able to heal yourself and have a healthy life.

YOU ARE ENTITLED TO A HAPPY, HEALTHY, GUILT-FREE LIFE.

Once you fully understand that concept...

...then you might consider this document or something like it to be an option in accomplishing that.

PLEASE NOTE:

The nature of this Declaration should not to be taken lightly. Once this document has been sent to all appropriate parties you must be able to endure the consequences, which might be painful and may include, anger, shunning, lack of or persistent communications, tears, histrionics, recriminations, escalated verbal abuse, physical threats or other upsetting or disturbing behaviors, etc.

Only you truly know what you are dealing with, so act accordingly. If you need help or protection to break free - don't be afraid to ask for and get the help you need! Above all your safety and well-being should be at the forefront of any action you plan to take. With that said, be prepared for the worst, and if anything better than that comes about, count your blessings and take it from there.

To some, this might just be their wake up call,
but don't count on it.

If you are truly serious about cutting the ties and don't want to take any chances in receiving unwanted communications, then change your phone number, email and your name as well.

No more of this nonsense – no matter who it comes from.

–BE STRONG–

YOU'RE LIFE MATTERS!!!

My Declaration of Independence

Let it be known that as of this day _____, 20 ____
I, _____, officially divorce myself
from

*The irreconcilable differences between us have been in the
making for _____ years and I now declare that it is over.*

The new rules to remaining family are:

1) No discussion about

to me at any time.

*2) Any family member, other than the aforementioned, wishing to offer
encouragement and positive communications, may do so via regular mail until
further notice. Any others will be returned to sender.*

3) If you do not agree with this action, respectfully keep it to yourself.

*4) If you choose not to communicate with me or are uncomfortable with
these new rules I will understand and I wish you well.*

*I love you and I thank you in advance for
your compassionate understanding.*

Signed _____

