



## Tips To Move On From A Toxic Relationship



**Stop blaming yourself**



**Accept the situation**



**Cut ties with your ex or set clear boundaries**



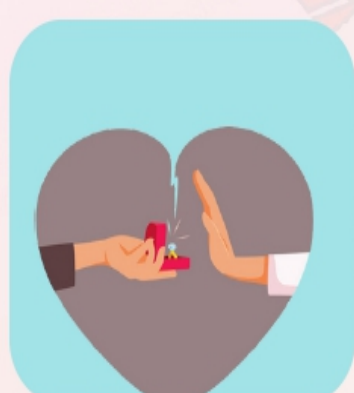
**Focus on self-care**



**Do not look back**



**Talk to your friends and family**



**Try not to rush into a new relationship**



**Go to therapy, if needed**