

The S.I.N.C.E.R.E.
Method to Break
Through Toxic
Behavior

Mari Verano, M.A. L.M.F.T.
Mari Verano, LLC

1. THE SOLUTION:

No matter what someone might say, b_____ reveals the truth.

2. Going No Contact with toxic family took s_____ and happened in s_____.

3. E_____ M_____ are the key to success.

4. C_____ and L_____ of S_____ lead us to tolerate negative and abusive behavior and repeated boundary crossings.

5. Lessons from my mentor Russ Campbell:

a. P_____ i_____ the w_____

b. Work with _____ to _____

6. **Myth #1:** You tolerate bad behavior because y_____ w_____.

7. **Myth #2:** You lack boundaries due to your p_____ m_____.
8. **Myth #3:** If someone calls you “toxic,” you must have d_____ s_____ to d_____ i_____.
9. **Myth #4:** There are no t_____ p_____.... you’re just being j_____.
10. I had to be s_____ when I had unwanted contact from a narcissist at work.
11. Use your n_____ e_____ to your a_____ in a toxic situation.
12. The Six Steps to Eliminate Toxic Behavior:
- a. **S**_____
 - b. **I**_____
 - AND
 - c. **C**_____
 - d. **E**_____
 - e. **R**_____
 - f. **E**_____

13. True or False: Boundaries are just physical.

TRUE FALSE

14. To cope with toxic behavior, you must have

H_____ R_____ S_____.

15. A tool that can help eliminate toxic behavior is the

R_____ L_____.

16. Toxic behavior can be t_____ or p_____.

17. True or False: All rewards are bribery. **TRUE FALSE**

18. You can reward people for j_____ s_____

U_____.

11. True or False: You need to sacrifice your morals or who you are to cope effectively with toxic behavior. **TRUE**

FALSE

12. What's keeping you from your goals is that you have no idea how to keep toxic people out and s_____

b_____ y_____.

13. The three things you need to succeed:

a. The r_____ i_____

b. E_____ s_____

c. A m_____ c_____

Book your free strategy call here:

Break Through Toxic Behavior Strategy Call