

**Self-Care and Clarity of Mind...a weekly column
by Princess Lakshman (Sister Iqra)**



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Do I Stay Or Leave?**

Thinking back to that Mother's Day afternoon in 2011, I don't exactly remember whether it was the electric cord that he strangled me with that triggered the warrior in me or the one solid punch on my head where I was housing a golf-ball sized brain tumor. What I do recall vividly is when I saw my tiny seven-year-old daughter from the corner of my eye, shivering with fear and screaming at the top of her lungs "Papa, let her go, please, let her go!" was when the moment of truth hit me like a ton of bricks...Was this the legacy I was leaving for my daughter? This was not about her father being violent to her mother...this was about her parents mentally torturing her, abusing her in a way that may never heal. Astaghfirullah.

Being in a toxic relationship brings about death. Death to peace, love, light, joy and abundance. It slowly sucks life out of you until you start mirroring toxicity in your thoughts, words and deeds. Not all toxic relationships are physically violent. Emotional torture, insults, money-control, spying (hacking into social media accounts, or checking phone messages), constant accusations are some of many signs of a toxic relationship.

What happened in 2011 to me was not a one-off incident. It started when I began dating him back in 2001. All these little things and signs that I chose to dismiss because a part of me convinced me of two things; one, that I deserved them - taking blame, making excuses for his violence. And two, that I could change him if I tried harder. These two reasons were a clear indication that I lacked self-worth, self-respect, self-love, self-compassion and gratitude to ALLAH for the beautiful life that HE had blessed me with where instead of choosing love, light, peace and joy, I was choosing toxicity and perpetuating it further. When motherhood happened, the excuse to stay became even more ridiculous: I'm staying because my child needs a complete family, she needs both parents.

It's not fun sharing this truth with my readers. However, self-transformation is only possible when there is self-reflection and awareness of patterns of thinking. Self-sabotaging thought patterns that trap you into staying on in toxic relationships (marriages, friendships and business partnerships) only bring about darkness, ill health, resentment and fear.

Before you know it, you become addicted to this toxicity and fear propels you to find excuses to remain stuck in this stagnant existence. ALLAH created you to live your life to your full potential and worship HIM. How can you do that if you are stuck in existing in such toxicity? **Know the difference between merely existing and actually living.** Where are you in your life right now? How do you feel about your growth? How is your relationship helping you grow? Is it helping you grow? If not, why not?

So, Stay Or Leave?

No one can make you leave. You need to decide that for yourself. People sometimes say things like, "If it's that bad, just leave." Well, it's not that simple...because you need to understand that in order to leave a toxic relationship, you need to first and foremost become aware that you are in fact choosing to remain in the toxicity. **Choice is the most fundamental and crucial part of decision-making.**

You can CHOOSE to:

- Fight and argue daily OR be in a peaceful, soulful companionship
- Fear being yourself OR feel the freedom to be who you are and live your purpose
- Feel useless, hopeless, anxious and depressed OR feel positive, light, loving and joyful
- Cry alone and blame others or self OR cry it out to a trusted professional to guide you
- Retaliate with violence and aggression OR realise your self-worth and rise above these toxic behavioural choices
- Continue making excuses for this toxic situation OR take action to do something to change your life for the better
- Continue being ignorant about your rights OR find the right people to help you understand your rights
- Remain in this prison till you die OR walk out of this prison NOW because you actually can.

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In Shaa ALLAH, next week we will explore the topic: **Accept, Release, Move On**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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