

QUESTIONS

SHOULD I STAY OR SHOULD I GO

If you answer NO to any of the questions below, take some time to think about why you answered NO and then talk to your partner about your answers. The items on this list are all needed for a relationship to flourish and be healthy.

1. Do I feel happy and fulfilled in this relationship?
2. Do we share similar values and life goals?
3. Do we communicate effectively and resolve conflicts healthily?
4. Do I trust my partner completely?
5. Do we support each other's personal growth and ambitions?
6. Do I feel respected and appreciated by my partner?
7. Do I feel safe and secure in this relationship?
8. Do we have similar views on intimacy and romance?
9. Do we handle finances and household responsibilities fairly?
10. Do we have a mutual understanding of commitment and future plans?
11. Do we have shared interests and activities that bring us closer?
12. Do I feel my needs and desires are met in this relationship?
13. Do we both put in effort to maintain and strengthen our relationship?
14. Do I feel I can be my authentic self with my partner?
15. Do we have a healthy balance of independence and togetherness?