



Edge of Goodbye Check List

The check list is designed to help keep you on track moving forward. The mind has a natural tendency to forget what it has learned. It wants to hold onto old beliefs that don't work. As a result, you can easily slip back into its old way of thinking and what feels familiar. So, it is important to stay mindful, so you can make a conscious effort every day to stay on top of your game. It takes about ninety days to reroute the circuits in your brain to create new thought patterns and habits.

With that in mind, the check list below is in sequential order based on the chapters outlined in the book. All the chapters are guiding you to discover what your silver lining is, so you can find the solution to the stay or leave problem. The silver lining is the inner map you have consciously and unconsciously scripted to navigate through your relationship, and it is the antidote to your pain and suffering. It contains the wisdom, gifts, and lessons inherent in your relationship. By identifying the silver lining, you will be able to see what choices you have made that were not beneficial and what choices you need to make that will take you where you want to go.

Take time answering each question below. Answer the questions in writing. Writing is more powerful than simply thinking about the answers. Be spontaneous and write whatever comes into your mind. Don't censor yourself. Writing helps you to engage your heart rather than just your head. And the answers you are searching for lie in your heart. Your heart holds the answers to your best tomorrow.

Through the process of writing, hidden thoughts that you are not aware of will rise to the surface. As a result, you will gain more clarity and be able to process and sort through your feelings more easily. Writing is the portal to your subconscious mind, and what was in the dark will come into the light. Your rambling mind calms down so you can untangle and reorganize your chaotic thoughts, and emotions. It also is important to write it down, so you will remember it. Writing also clears your mind creating the space for new possibilities to emerge. Writing is connected to deeper, reflective thinking. It is a process that helps you uncover the truth which could motivate you to take action. Truth is the magical game changer. It is the bridge you must cross in order to create change.

If you feel you don't have an adequate answer to a question, go back and reread the chapter and redo the action steps. In fact, it is wise to do the action steps in each chapter a few times. Each time you do them, you will receive additional information and insight. Inner

work is like peeling an onion. There is always more. If you keep doing the work, you will find the right answers. As a result, you will learn how to live your best life with or without your partner.

Keep journaling. It will transform your life. This could be the most important work you ever do. Your happiness depends on it! Make it count. Good luck!

Edge of Goodbye Checklist Questions

1. How long have you been standing on the edge not changing anything in your relationship to make it better? Where are you stuck? What don't you know that you need to learn about your relationship? What new skills do you need to develop? Are you ready to make some changes now? If so, what are they?

In what ways do you support a relationship that does not work? Do a personal inventory and self-analysis. Start changing some of those behaviors even if you decide you want to leave.

2. What was your dream when you got married? Identify what was unrealistic about it and create more realistic expectations,
3. What are the false beliefs you believe about yourself and your partner that are creating conflict in your relationship? Rewrite those beliefs. What behaviors do you need to change so you can get more positive results?
4. How do you use the law of attraction in your relationship? Are you willing to start practicing it to see if you can create the results that you want?
5. What questions do you need to ask? Ask them. How are you going to use the answers to create what you really want?
6. Do you and your partner indulge in monologue or dialogue conversations? When you run into conflict, do you attack or withdraw? What do you do and say that sabotages your communication? Do you need to repair any hurts you have inflicted on your partner? If so, do it.
7. How do you abuse yourself? How do you abuse your partner or allow your partner to abuse you? Love cannot survive any form of abuse. It is important to set boundaries or get professional help as soon as possible so you can break the cycle. What do you need to do to stop the abuse? Do it.
8. Identify your emotional wounds-abandonment, shame, or betrayal. How do you project them on your partner and vice-versa? How do they sabotage your life and your relationship? Identifying your projections could save your relationship. It allows you and your partner to show up as you really are. Practice seeing where you are projecting and change your behaviors. It will help you to avert unnecessary conflict.

9. What is the ground hog day movie you have created that is sabotaging your relationship and life? Rewrite the ending. What steps can you start taking to create it?
10. Have you identified the deal breakers in your relationship? What are they? How are you going to set boundaries around those behaviors?
11. Is there adultery in your relationship? If so, what are you doing to resolve it?
12. Are you willing to do the things you are most afraid to do? List them. Start doing some of them.
13. Have you accepted your relationship as it is, so you can find new solutions? What do you need to accept about yourself and your partner?
14. What fears are keeping you from having the relationship and life that you really want? How can you reframe them? What do you need to do to step into faith? What methods can you use to help alleviate your fears? Start doing them today.
15. What responsibility do you need to take in co-creating a relationship that does not work? Start doing it. That will give you the power to create what you want.
16. What do you appreciate about yourself and your partner? How can you put gratitude into a practice that you do every day? Gratitude can bring joy back into your relationship and life.
17. What do you need to forgive your partner for as well as yourself? Forgiveness helps to heal your heart and keeps you living in the present. If you can't forgive, what do you need to do to find resolution and peace?
18. On a scale from 1-10, how much do you love yourself? What do you need to do, to love yourself more? Start doing it every day. Make self-love a practice. It is the most important thing you can do for yourself. You must decide that you are worth the love you are seeking. Self-love brings you true happiness as well as creating healthy boundaries.
19. Are the choices you are making every day bringing you closer to what you want or further away from it? What bad habits do you need to change? Change them one habit at a time. There are no small choices. Do you need to seek out professional help before making such a life altering decision?
20. Identify your silver lining. What are its lessons, false stories, deal-breakers, wisdom, gifts, underlying commitments, projections, and false beliefs? Why are you with your partner? Who are you really? What are the lost parts of yourself that you need to reclaim? What qualities of the heart do you need to strengthen? Who do you need to become in order to make love work? Use the information you learned about yourself to rewrite the ending of your love story. Is your silver lining best served by staying in the relationship or leaving it? Explain.

For more information, contact Lynne Glazer at BestChoiceDivorce.com.

**Ready to talk through your top relationship challenge
and define your next step?**

Just email me at Lynnemsw60@hotmail.com and I'll be in touch to schedule a time that works best for you.