



Edge of Goodbye Relationship Assessment

The relationship assessment will help you identify the issues in your relationship that must be dealt with. It is possible to deal with anything once you become aware of it. Answering these questions won't be easy to do. Give yourself some time to sit with the questions for a while, and trust how you feel. You will begin to get many insights that will open the doors of possibility for you. This will help you to break through any ambivalence you may have.

The assessment will help you identify what the deal breakers are in your relationship and how you are supporting a relationship that does not work. This will help you determine if developing a new skill set could create more fulfillment in your relationship. It will also help you decide what it is you really want and if you feel it is possible to turn things around.

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.

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!

Relationship Assessment

Write the answers to the following questions in your journal.

- Think of five words that describe your relationship. What do they mean?
- Did you really love your partner when you married him or her? What were your true reasons for picking your partner? Do you love him or her now? What are your intentions, and commitments now? How have they changed? Explain.
- What have you lost by staying in the relationship? What have you gained? What lessons have you learned from being in this relationship?
- Would you marry your partner again? If the answer is no, why not? What do you think your life would look and feel like without your partner? Describe.
- If you had the freedom to do what you really wanted, what would it be? Where do you want to be living a year from now? What would you be doing? And most importantly, who do you want to be doing it with?
- What are you most angry about? Sad about? Ashamed about? Explain. Does your relationship bring out the best in you or the worst in you? Explain how. What do you make your relationship mean about you? What do you need to do to make yourself happier?
- What are your deepest core needs that must be met in order for you to feel fulfilled in your relationship? Examples of core needs are: The need to have attention, to be seen, to be heard, to be appreciated, to be validated, to be considered, to be held, or to be treasured. List the core needs that are most important to you. Is your partner capable of fulfilling them? If so, are they willing to do so? Are you willing to fulfill your partner's core needs?
- On a scale from 1-10, how fulfilled are you in your relationship emotionally, spiritually, and physically? Is your partner kind? ...empathetic? ...mean-spirited? Explain. What circumstances have caused you to distance yourself emotionally from your partner? Describe the feelings you have around these events.

- Is staying in this relationship an act of self-love or self-sabotage? What do you feel would be available to you if you stayed in the marriage? What would be available if you left the marriage?
- Is there a balance of giving and receiving in your relationship? Explain.
- What do you fear the most, and how do you defend against your fears in your relationship that creates problems for you? For Example-If you have a fear of abandonment, you might reject your partner first before he or she rejects you. How do these defenses create problems for you?
- Does your relationship include any of the following: criticism, contempt, shaming, defensiveness, or stonewalling? According to relationship expert John Gottman, if your relationship contains these qualities, it is either in serious trouble or over.
- Can you accept your partner as he or she is? Explain.
- What are five things that you can't live without and five things you can't live with (deal breakers) in your relationship?
- Do you feel emotionally and physically safe with your partner and trust him or her to be there for you? Explain.
- What can your partner give you that no one else can? What can you give your partner that no one else can?
- What are you trying to hide from yourself and your partner?
- What structure and support do you need to put in place in order to move forward?

Guiding Questions and Action Steps

1. Answering the questions above should have provided you with some clarity. Based on that clarity, create some goals you want to achieve. Create action steps you can do each week to move you toward the achievement of those goals.
2. What do you need to know before you make the stay or leave decision? Ask your partner that question. Based on the answer, what direction do you want to take regarding the stay or leave decision?

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.