



Releasing Ambivalence:

Understanding and grounding in your relationship with yourself and your partner*.

If you're wondering whether to leave or to stay, here is a list of questions from my favourite David Richo book, "*How to Be An Adult in Relationships*." Find the answers within you and discuss openly together or with a qualified coach or therapist.

- Do you and your partner show one another love, respect, and support by giving and receiving the five A's? (Attention, acceptance, appreciation, affection, and allowing).
- Do you enjoy and feel safe in one another's company?
- Do you regularly make time for one another?
- Is this relationship fully in keeping with your own deepest needs, values, and wishes?
- Is your sex life together satisfactory?
- Are you remaining faithful to one another?
- Do you trust your partner?
- Are you and your partner willing to work on conflicts together?
- Are you keeping agreements with one another?
- Regarding past hurts, do you now live in an atmosphere of mended failures rather than stubbornly held old resentments?
- Does your partner match what you always wanted for yourself in an intimate relationship?
- Are you together by choice rather than because of history, family, social convention, financial security, religious influence, the absence of an intimate or immediate alternative, or the inconvenience in or fear of separating?
- When you describe how you first met or how you first knew you were in love, is it with detail, enthusiasm and a sense that it was fortunate?
- Does your inner trio - head, heart, gut- assent to continuing the relationship?

Sit quietly and with a journal as you answer these questions. Be completely uncensored and open. No one needs to know your original thoughts but you. Start where you are and know that relationships are meant to evolve, grow, and sometimes end.

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*Richo's work does not discuss kinky, queer, open or polyamorous relationships. If you would like help relating these questions to your unique relationship style please let me know. Here's to honouring our expressions of love.