

5 Steps to Make Up Your Mind: Should I Stay or Should I Go?

If you are on the brink of breaking up, here are **5 simple steps** to determine whether you are done for good or if it's worth it to do the work?

- 1) Am I expecting my partner to fill a void that only I can fill?
- 2) Am I truly happy in my relationship or would I be happier out of it?
- 3) Are we growing or staying stagnant?
- 4) Does my partner add or subtract from me?
- 5) If I had a friend in the same situation, what would I tell them?



I spent more than five years at the end of my marriage going through what I call the “gerbil wheel.” Some days were good, some days were bad. I went through being ready to break up one day to it's all okay today. We waited for each other to change to what we each needed to change for ourselves. The pain cost was unhappiness, stress, yelling one day, hugging the next. It took a toll on my health as well as the mental health of all involved including my child.

If you add up the costs of not facing some truths, you will see that the price tag is much higher than you thought. If you have worries such as what will people think, will I still have friends, will my family judge me, know that just about everyone in this situation goes through the same way of thinking.

What would your life be like if you were past this indecisiveness? What would life be like if you could step into your best self and take this story off your plate?

I look back now and realize that if I had gone through a period of self-reflection, I would have those five years back.



Here's a **bonus worksheet** to help you work through this further:

- 1) What voids are you feeling and how do you expect your partner to fix them?

- 2) What's my definition for happiness in my relationship? What am I missing to get there?

- 3) HOW are we growing apart? What do I see? What am I missing? What are my fears?

- 4) How is my partner adding/subtracting?

These questions can set you on the path of making a definitive decision whether to stay or to go. For more guidance, tools, and next right action steps please schedule a **free 30-minute consultation** with me.



Trish Walker