

The Two Most Important Relationship Questions

Rationally Evaluating the Issue of Remaining In
or Leaving a Relationship

CONFIDENTIAL!

SEGMENT 1: SELF-EVALUATION

INSTRUCTIONS: Take some quiet time to reflect on and answer the 1st most important relationship question below. The same question worded differently would be: "Why would another person want to be in a relationship with me?" Another way to put it would be: "What do I bring to the table (add)? and What do I take away from the table (subtract)?" Be painfully honest. List the Positives and Negatives first, then go back and score each item individually on a scale from 1 to 10, 10 being the most serious or weighty. Add up your total score at the bottom. Which side outweighs the other side?

1. WHAT DO I BRING TO THIS RELATIONSHIP? (Why would another person want to be in a relationship with me?)			
PROS - POSITIVES (What do I add to this relationship?)	Score	CONS - NEGATIVES (What do I subtract from this relationship?)	Score
Total Score		Total Score	
Which column has the highest score?			

SEGMENT 2: EVALUATION OF THE OTHER PERSON

INSTRUCTIONS: Ask the second of the two questions below regarding the other person. Write down the Positives and Negatives, and then score each item individually on a scale from 1 to 10, 10 being the most serious or weighty. Add up your total score at the bottom. Which side outweighs the other side?

2. WHAT DOES THE OTHER PERSON BRING TO THIS RELATIONSHIP?

(Why would I want to be in a relationship with him/her?)

PROS - POSITIVES (What does he/she add to this relationship?)		CONS - NEGATIVES (What does he/she subtract from this relationship?)	
	Score		Score
Total Score		Total Score	
Which column has the highest score?			

Once you have scored each worksheet above, focus on the first worksheet (you) and note which side has the highest Total Score. Do the positives outweigh the negatives? If not, then you must work on transforming any negatives into positives. You must add more than you subtract, because any time a person takes more from a relationship than he or she gives and refuses to change, the relationship is over. You are the only one who can effect change in you.

SEGMENT 3: SHOULD I STAY OR LEAVE THIS RELATIONSHIP?

1. Why am I in this relationship?

3. Does the other person take more away from the relationship than he/she gives? If so, do I have compelling reasons to remain in a relationship with someone who subtracts from my peace of mind and peace in life or work?

5. In the event that the other person continues to take more than he/she gives, what will my personal or working life be like in one year if I *stay* in this relationship? Five years? Ten years?

6. In the event that the other person continues to take more than he/she gives, what will the personal or working lives of others around me (such as children or employees) be like in one year if I *stay* in this relationship? Five years? Ten years?

7. [If applicable] Whether my decision is to stay or leave the relationship, in the future when I am on my deathbed and reviewing my life, will I wish that I had made a different decision? Or will I have a bad case of the “What if’s,” “If Only’s,” and “could-have-been’s?”

9. Has the trust in the relationship been betrayed? ☐ Yes ☐ No

10. How would you rate the level of trust in your relationship on a scale from 1 to 10? (circle one):

FULL DISTRUST — 1 2 3 4 5 6 7 8 9 10 — FULL TRUST

(If the trust has been broken and you rated it below 9 on the scale, know this: When the trust has been betrayed—especially grievously betrayed—the relationship is over; it can never be what it once was. Period. When the trust has been betrayed, suspicion rules. And when the only thing left in a relationship is suspicion, the relationship is over. Trust is not a gray area; you either have it or you don’t, and no relationship can be healthy without full trust.)

11. If the trust has been betrayed, ask yourself, “Do I honestly want to go through the rest of my life always wondering and doubting? Do I want to send others the message that it’s okay to continue in a relationship when the precious trust has been broken?”

12. What advice would you give to your son, daughter, or best friend if they were in your situation?

NOW, DO THE RIGHT THING!