

TO STAY OR GO?

Feeling stuck or paralyzed? Use this resource to help you ditch the stuff (thoughts, projections, fears, patterns) that often clouds our decisions and muddies the waters. Hopefully, you can begin to realize a clearer picture of what you want to do. Let's get some stuff on paper.

There's likely a part of you that may want to stay in this relationship. Put your pen down, put your phone away, take a few deep breaths, and connect with that part of you—the part that wants to stay. When you listen, what does that part say when you ask, "Why do you want to stay in this relationship?" Take a few moments, then write down what you learn or notice about your thoughts and your body's response.

There's a part of you that wants out, a piece of you that wants to leave this relationship. Take a few minutes to sit with that part of you. Consider, how big is this part of me? What percentage of my being does it seem to take up? What feelings do I have when I sit with this experience, that is, the part of me that is considering leaving? Ultimately, ask yourself, Why might you want to leave? Take some time—maybe 5-10 minutes, to digest your experience and your response. When you're ready, write down your reflections, or simply what you noticed about this process.

Consider the following:

What fears do you have about staying?

What fears do you have about leaving?

Reflect on your fears. (No really. Read 'em over a few times and get curious about them) Notice the thoughts and feelings you have when you reread your list of fears.



TO STAY OR GO?...CONTINUED

Go back and circle the fears that are rooted in reality. Draw a line through the fears that are rooted in anxiety or loneliness. Star the fears that mention emotions or feelings. Be honest with yourself here. (It's okay to have a circle, star, and line for one single thought!)

Example:

~~I'll never find someone.~~
~~I'll be alone forever.~~

I'm afraid I
will feel
lonely. ★

I'll be really
sad if we ★
break up.

~~If we take this relationship to
the next step, I'm signing up
for a life with this person.~~

Consider this:

Rarely is it fruitful to let fear call the shots (with the exception of legitimate fear for our physical or emotional safety/security). Fear can cause us to stay in crappy relationships, or even leave committed and fulfilling relationships. Fear of feeling things (sad, lonely, etc) are also not the most legit or helpful motivators in our decision making. That's because sadness, for example, is a perfectly understandable (and manageable) emotion. We don't have to avoid it or be afraid of it.

What was this process like for you? Do you have any clarity, or more questions? Do you feel more stuck than before? Let me know your experience at lindsey@thebreakupcoach.org

