

Any and all relationships will someday have difficulties, conflicts, challenging perspectives, and hurt. If I could re-write the online dating profile to just one question, it would be, "How do you resolve conflict?" Below are some questions to start asking yourself as you look deeper into your love life. When you are answering these questions, pay attention to the two main ways. One way is going to be feeling based, and the other will be more factual or thinking based. Once you differentiate the different ways you can respond, revisit these questions from time to time and see what's evolved. For those of you willing to do the work and put in the time to discover yourselves- together- celebrate!

Do you wish you had the perfect relationship?

Do you trust your partner? With/ways?

Are you trying not to become co-dependent?

Are you trying to stay independent?

Have you defined inter-dependent with your partner?

Do you give yourself or partner ultimatums?

Have you ever threatened to leave or break-up in an argument?

How do you not resent your partner, yourself, or your life?

Do you feel like you are teaching your partner how to treat you?

Do you feel men and women are different? How?

Do you respect your partner?

Do you think your partner is your mirror?

Are you forcing yourself to be grateful?

Do you feel like you need to dumb yourself down just to be content?

Who do you talk to about your insights, foresights, and deeper thoughts?

Do you think your relationship is sacred or holy?

Are you concerned for or about your partner?

Where does tension remain in your body?

Are you sleeping as you'd prefer to?

Can you go to bed with love or peace in your heart, no matter what's going on in your life?