



Couples often spend inordinate amounts of time debating facts and struggling to reconstruct and sequence stressful relationship events, leaving them no time or resources to sort out the real reason for their conflict.

Most fights are really protests over emotional disconnection. Underneath all the distress, partners are asking each other: *Can I count on you, depend on you? Are you there for me? Will you respond to me when I need \_\_\_\_\_ when I call? Do I matter to you? Am I valued and accepted by you? Do you need me, rely on me?*

### **Checklist for Relationship Health**

1. Are there any resentments or bad feelings that I am holding on to from the past?
2. Do I use manipulation tactics, or are they being used on me?
3. Are we both learning from mistakes?

4. Am I in this relationship because it is convenient?

5. Do we have similar outlooks for the future?

6. If I knew then what I know now, would I still choose them?

7. Am I keeping any secrets that I think could ruin my relationship?

8. Is the relationship harmful in any way?

9. Am I afraid of loneliness?

10. Do I feel loved and also, does my partner truly feel loved?

11. Am I still my own person?

12. If I could leave the relationship very easily and immediately with no complications, would I?