
Three Questions to Ask About Anyone You're With

Whether you just started dating them or have been married to them for twenty years

You can read every book on attachment.

You can journal until your hand cramps.

You can follow every therapist on Instagram.

And you will still keep choosing the same person with a different face until you ask yourself one set of questions about the person in front of you.

Maybe they are someone you just matched with.

Maybe they are someone you have been in a situationship with for six months.

Maybe they are someone you have been married to for twenty years.

The questions work at every stage.

Here are the three I ask myself.

I ask my clients to ask them too.

QUESTION ONE

Is this attraction, or is this recognition?

When you feel a familiar tug somewhere in your chest, it is rarely chemistry.

Chemistry is your body's response to someone who lights you up.

Recognition is your nervous system's response to someone who feels like home.

Home is what you know.

Home is not necessarily what is good for you.

This question matters whether you are choosing someone for the first time or noticing why you stay with someone you have chosen many times.

If the feeling is recognition, you are not in chemistry. You are in a pattern that wants to repeat.

That is the moment to do something different.



QUESTION TWO

Would I still want this person if they could not give me what I am waiting for?

Most of us are not in love with the person we are with.

We are in love with what we believe they might eventually offer us.

The version of them that will finally commit.

The version of them that will finally communicate.

The version of them that will finally choose us back.

The version of them that will finally be present.

The version of them that will finally meet us.

If you would not want them as they are right now, you are not in a relationship with them.

You are in an audition for a relationship that has not happened.

Ask the question whether you have known them for two weeks or twenty years.



QUESTION THREE

What does this person let me not face about myself?

This is the hardest question.

The people we choose, and the people we stay with, almost always serve a function in our inner life.

The unavailable person lets you not face your fear of being seen.

The chaotic person lets you not face your fear of stillness.

The person who needs you lets you not face your fear of being held.

The person who never criticizes you lets you not face your fear of conflict.

The person who criticizes you constantly lets you not face your own self-criticism.

The pattern is not random.

It is a deal you made with yourself when you were younger.

Ask yourself what the person you are with lets you not face.

Then face it anyway.



WHAT TO DO WITH THESE QUESTIONS

You do not need to answer them perfectly.

You need to ask them honestly.

Most of us have been making relationship choices on autopilot.

The questions interrupt the autopilot.

That interruption is the whole work.

THE LONGER CONVERSATION

If these landed for you, my book *BE THE WORK* is the deeper conversation these questions point toward.

BE THE WORK: The Shift from Human Doing to Human Being launches
August 2026.

Pre-order at drstefaniekleine.com

With love,
Dr. Stefanie