Should I Stay or Should I Go?

OK! So you've been betrayed. You've found the numbers, the pictures, the voice mail messages, or the emails. You've discovered the lies. That person you saw was not a relative and your partner was not helping a friend out that day. There is no plausible explanation for the missing blocks of time when your partner can't be reached. Your partners cell phone is ALWAYS locked, ALWAYS in their pocket, and ALWAYS on silent even when they are asleep. You cannot depend on your partner to follow through on promises, etc. etc. etc.

There are many, many ways to destroy the trust in a relationship. Where there is no trust, there is trouble. If you are at your wits end and refuse to continue in this same pattern, I am sure you are asking yourself what do I do now...

Well, it's time to make an assessment of your relationship.

1. Has the way that I feel about myself decreased since being in this relationship?

2. Do we argue and fight more than we talk?

3. Do I constantly wonder why I am in this relationship?

4. Did our relationship lack trust even before this latest set of problems?

5. Would I leave if financially I could afford to leave?

6. Is my partner not willing to make any changes to better this relationship?

If most of your answers are "yes" and "hell yes", you should seriously begin to consider what steps you can take now for the benefit of your future.

You may find yourself going back and forth between several options with regard to what you want for yourself. Will you live the single life? Will you work with your partner to stay together if they are willing to do so ? Will you make better choices for yourself so you don't repeat these same relationships over and over and over? Will you learn to love and respect yourself enough to be willing to let go of unhealthy people and relationships sooner rather than later? Will you learn to make better choices for yourself?

Whatever you decide, I hope that the goal is for you to be a better you!

If you need help getting started, making a plan or simply exploring all of your options, I would be delighted to work with you toward a satisfactory solution for today and for your future.