

*Do you worry about relationships?
Use these 20 questions to apply the tools on this site.*

1. Reality check- notice how your relationship impacts your health, safety, dignity, work, finances, home, school or other relationships. Notice which part of your mind is active during the worry—(**wise mind tool**) What data supports your worry?

Questions/links to tools

1. Is this relationship dangerous?
2. What advice would you give a loved one who has a relationship worry exactly like yours?
3. What are the options, choices, supports and resources available to resolve this relationship worry?
4. Are your thoughts aligned with healthy relationship thinking? Or with distorted thoughts?
5. Does this relationship worry involve reasonable expectations?
6. Does this relationship worry involve healthy trust?
7. Is the relationship worry based on healthy boundaries or on checkers cheating?
8. Is the worry about relationships connected to passivity or aggression?
9. Is the worry following the rules for healthy dating?
10. Would the relationship worry be eased by understanding emotional accounts and love languages?
11. Would the worry resolve with understanding how to detach with love, and let go?
12. Is the worry related to childhood trauma, raised in a dysfunctional family?
13. Does the relationship worry stem from an inability to cope with anger?
14. Is this relationship worry concerning something you can practice transforming worry to wisdom?
15. Does the relationship worry involve someone with personality disorder traits?
16. If you feel at a complete loss for how to address this relationship worry.. look more closely at several of the personality disorder traits. Borderline, Dependent, Narcissistic
17. Is this relationship worry listed in the thoughts consistent with obsessive thoughts?
18. Have you watched the relationship videos and parenting videos applicable to your worry?
19. Do you believe that Stress tools and stress videos would improve your relationship?
20. Would your relationship worries benefit from understanding yourself?