

LETTING GO OF LOVE

1 What did I **ENJOY** most about this relationship?

2 What am I most **PROUD** of?

3 What am I most **AFRAID** of?

4 How did/do I **PROTECT** myself from conflict/pain?

a. As a child?

b. As an adult?

5 What will I **MISS**?

6 When I feel **LONELY**, what **COMFORTS** me? (e.g., food, sleep, travel, people, work, hobbies) Be specific.

7 What have been my top **3 LESSONS** in this relationship?

Next to each lesson, write the personal **QUALITIES** you have **STRENGTHENED/GAINED** through the experience.

Lessons

Qualities

8 Am I **PROCRASTINATING**, making excuses, or buying time to avoid ending the relationship?

Yes No

9 Am I hoping my partner will **CHANGE**?

Yes No

a. Describe the change(s) you've already witnessed and how long it lasts

10 Do you feel **STUCK** in this relationship?

Yes No

If yes, what does staying stuck allow me...

a. ...not to feel?

b. ...not to experience?

c. ...not to confront?

11 Were there any **RED FLAGS**?

Yes No

If yes...

a. What were they?

b. What story did I tell myself in order to stay?

12 Have I **HELD ON LONGER** than I should have?

Yes No

13 Have family & friends suggested that I should **END** my relationship?

Yes No

If yes...

a. Who told me? When? What did they say?

b. What story did I tell myself in order to stay?

14 What am I **TOLERATING**?

15 What am I putting up with that is absolutely **UNACCEPTABLE**?

16 What am I **MISSING** by not changing and/or not moving on?

17 Does **STAYING** in this relationship give me **CONTROL** (direct/indirect) over aspects of my partner's life?
Yes No

18 What is my greatest **REGRET(S)**? Have I experienced the **SAME** regret(s) in previous relationships?
Yes No

19 What will I **GAIN** from this break-up?

a. What will it allow **SPACE** for?

b. Will I get anything **BACK** that I gave up?

20 How will I know I'm **READY** to end this relationship?

a. Has this situation come up BEFORE?

Yes No

If yes, why wasn't I ready then?

b. What would make it DIFFERENT this time?

c. Are you basing your readiness to leave on your PARTNER'S BEHAVIOR or what YOU WANT in relationship?

21 Write a **NEW STORY** beginning with... Why this relationship has been exactly **PERFECT** for me is...

22 Do you believe you'll **FIND LOVE AGAIN?**

Yes No

Why?

23 How will this experience help you be a **BETTER** partner in your **NEXT** relationship?

24 In ending this relationship, what are your highest **PRIORITIES**?

25 What are the **(3-5) WORDS** you want to use to **DESCRIBE** yourself during this process?

a. What STRUCTURE/ENVIRONMENT will you need in place to show up that way?

26 Am I interested in **ONGOING COMMUNICATION** with this person?

Yes No

If yes, in what capacity? Check all that apply.

As a friend

As a co-parent

As a colleague

Other

27 Who is your **DREAM-TEAM** of **SUPPORT**? Next to their name, list the type of support you would like from them (e.g. emotional, social, financial, child-care, physical, etc.).

28 List the personal **QUALITIES** you most need right now (e.g. strength, self-compassion, trust)? Next to that quality, list at least one person you know or admire that possesses that quality.

29 What's one **NEXT STEP** I can take to support myself in **PREPARATION** for this change?

30 When is the last time I did something I **WASN'T SURE** I could do?*

**Re-read this answer whenever you need a reminder of your own courage & inner strength.*