

Most people want to know they are leaving no stone unturned when it comes to deciding about something as important as a relationship.

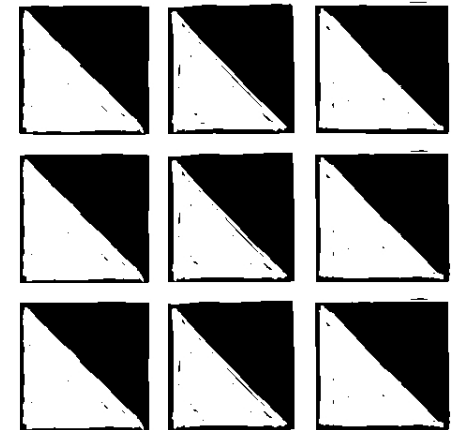
Crying is all right in its way, while it lasts.

But you have to stop sooner or later, and then you still have to decide what to do.

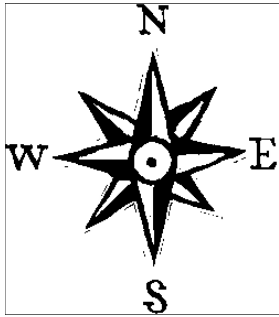
-C.S. Lewis

Should I Stay or Go?

Making Relationship Decisions



Relationships can feel unsteady sometimes.



Relationships add a lot of goodness to our lives when they are working well. When things take a bad direction though, we can end up quite preoccupied and worried about how to make the best decision. You may be making lists, in your mind or on paper, about your partner's traits.

You might find you sway back and forth, with wildly conflicted emotions that don't add up to any answers.

You can go around in circles for a while. You can also discuss your issues with friends and family, but this subject may feel too private. Plus you don't want to burn them out, and they may be all too ready to give advice you can't really use. It is rare to find anyone who truly has no personal agenda about the future of your relationship. Talking with a counselor who is objective and who wants to help you gain perspective often

provides the best way to get clear about difficult life decisions. A good counselor won't tell you what to do, but will be able to help you reflect on the various points you have to consider and weigh your options carefully.

