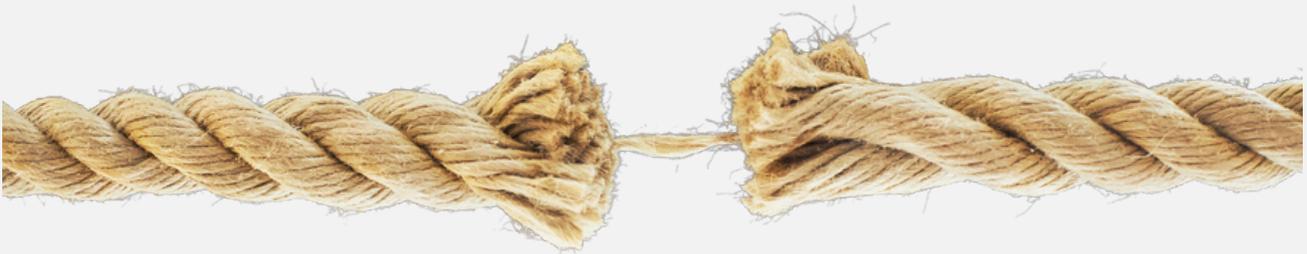


# Should I Stay or Should I Go?



**40 QUESTIONS TO HELP YOU  
NAVIGATE YOUR RELATIONSHIP CROSSROADS**

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You have invested years in your relationship. Your gut instinct is telling you something is off. The red flags continue to stand out to you. You know you deserve better.

But, you are in indecision paralysis because of the fear of being alone, the fear of stepping into the unknown, and the uncertainty about whether you will be able to find love again.

The decision to stay or go is a personal one that should be made with careful thought and planning. Leaning on useful resources and support will help you to make the right decision. I have put together this free guide with **40 questions** to consider before making this decision.

With compassion,

*Leah Nathan*

AWESOME



# 1

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## RED FLAG BEHAVIORS

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When your gut instinct is shouting that something is wrong—you should listen because it can indicate deeper issues.

Ignoring the red flags is one of the main reasons people stay in relationships that are long over.

The more you hone in on the red flags and accept them, the quicker you'll be able to embrace radical acceptance and move through the grief process.

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# EMOTIONAL CLARITY EXERCISES

**LOOK INWARD AND ENGAGE IN DEEP REFLECTION  
TO ASSESS WHAT IS TRIGGERING YOU. . .**

1. What are some red flag behaviors that you are noticing?

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2. Does your partner deny the red flag behavior when you bring it up?

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3. Has your partner changed over time? How?

4. How are special occasions handled e.g Valentines Day, Anniversaries, Birthdays? Does your partner do the bare minimum or are they thoughtfully planned out?

5. What is your gut instinct telling you?

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# 2

## THE “I’M STAYING BECAUSE...” NARRATIVE

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Your mind associates “familiarity” with “safety.” So if you have already invested years into a relationship your thoughts try to justify why you should continue this pattern.

Some common narratives are: *“I’m staying because I can’t be alone”, “I’m staying because I can’t afford the financial responsibilities”, “I’m staying for the kids”,* and the *“I’m staying because ...”*

What’s really happening is that these *“I’m staying because”* narratives perpetuate a cycle of staying with what’s familiar and not necessarily what is in your best interest.

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# SELF-REFLECTION QUESTIONS

**What is your “I’m staying because” narrative? Write it below:**

I’m staying because:

**Now, ask yourself:**

6. What are you hoping will change?

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7. Is it better to stay and work on the relationship rather than facing the uncertainty of next steps?

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8. What will others think if you end the relationship? Will you be judged or seen as a failure?

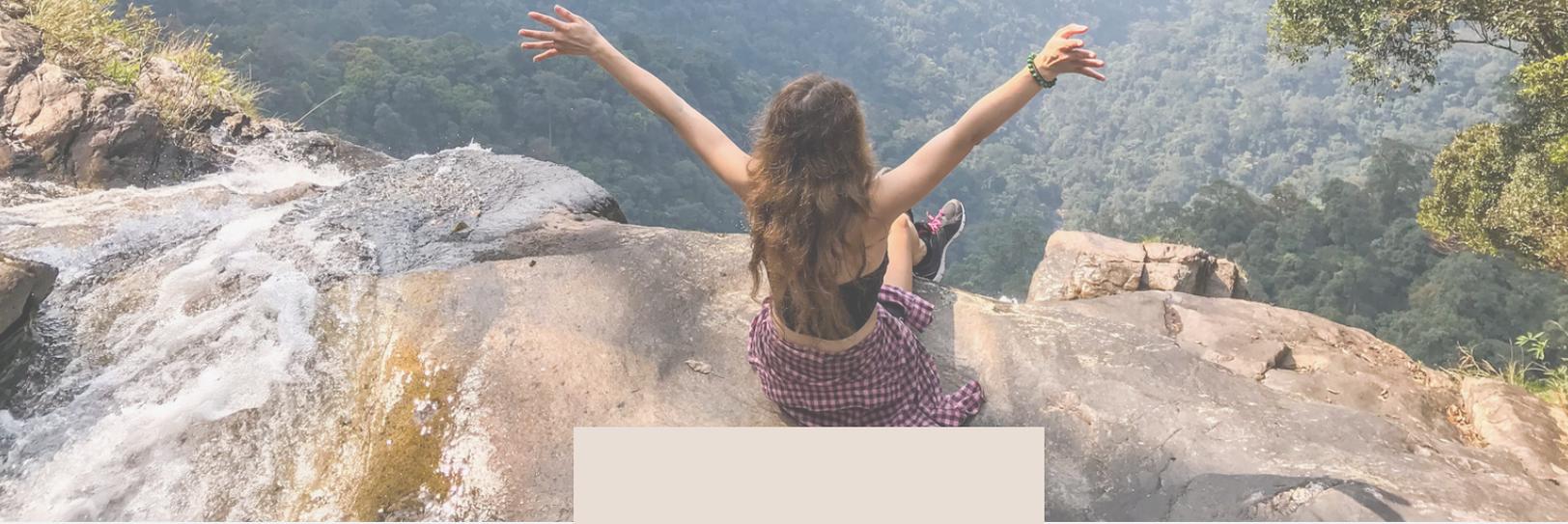
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9. Is this just a rough patch, and can things improve if you both put in more effort?

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10. Do you find yourself compromising your needs?

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# 3

## ADDRESSING YOUR FEARS

Fear can keep you stuck in an unhealthy relationship. You have to learn how to befriend your fears or they may have crippling effects on you.

Some of the common fears people face when making the “*Should I Stay or Go?*” decision are: fear of loneliness, fear of change, fear of what others may think, fear of starting over, and fear of the unknown.

Breaking free from a relationship that no longer serves us requires courage and self-belief. While fear may keep us stuck, it's essential to recognize that we have the power to overcome it. So, let's start by acknowledging all the fears you have so that you can feel empowered to turn your fear into fierce.

# EMPOWERMENT EXERCISES

11. What changes are you afraid of?

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12. Are you staying in the relationship to avoid being alone?

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13. How will the decision to stay or go impact you?

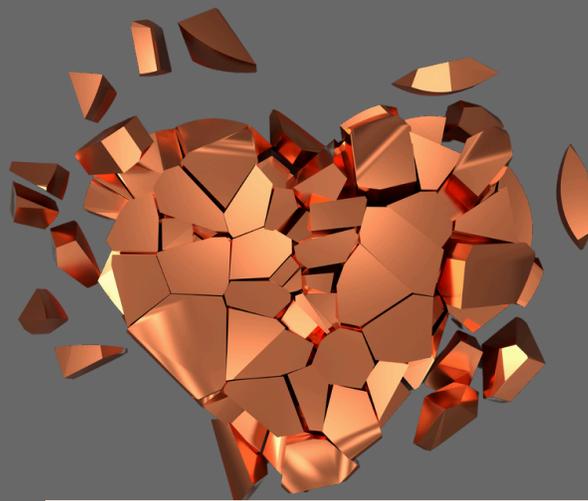
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14. How will your partner react to the decision to stay or go? How will the kids react?

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15. What support/resources do you need to feel more confident about making this decision?

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# 4

## BETRAYAL

Betrayal is a topic that hits hard and shakes the very foundation of a relationship.

Discovering that your partner has betrayed your trust can be devastating, leaving you feeling hurt, angry, and lost.

If there is a lack of trust that was rooted in betrayal behaviors, it's likely to be problematic for your relationship.

Betrayal impacts the worthiness wound and evokes a sense of inadequacy in the person who was betrayed.

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# SELF-REFLECTION QUESTIONS

**Have a self check and ask yourself:**

16. Do you trust your partner? Why? Why not?

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17. Does your partner frequently make you feel guilty or that you are the problem?

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18. Has your partner genuinely apologized for their behavior?

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19. Is your partner committed to work on personal growth?

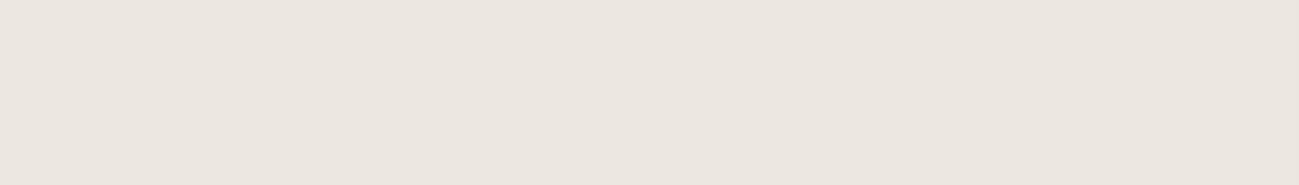
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20. Can you forgive your partner for how they have hurt you?

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# 5

## — COMMUNICATION —

Effective communication is like oxygen for a relationship, keeping it alive and thriving.

Yet, so many couples find it hard to have difficult conversations.

They avoid, minimize and delay addressing the big elephant in the room.

When both partners feel heard and understood, a deeper connection can be forged.

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# TIME TO DO A SELF-CHECK:

CHECK LIST	YES	NO
21. Do you find it hard to have difficult conversations with your partner?	<input type="checkbox"/>	<input type="checkbox"/>
22. Does your partner get upset and give you the silent treatment during disagreements?	<input type="checkbox"/>	<input type="checkbox"/>
23. Does your partner engage in passive aggressive or demeaning jokes?	<input type="checkbox"/>	<input type="checkbox"/>
24. Does your partner actively communicate and collaborate on decision-making?	<input type="checkbox"/>	<input type="checkbox"/>
25. Have you communicated your concerns to your partner?	<input type="checkbox"/>	<input type="checkbox"/>
26. Have you sought help to save your relationship e.g. therapy?	<input type="checkbox"/>	<input type="checkbox"/>



6

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# FINANCES

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Money does matter in relationships. Sharing short-term and long-term financial goals can help your relationship to thrive.

Do you want to save for a down payment on a house? Pay off debt? Plan for retirement?

By identifying common objectives, you can align your efforts and make informed decisions that will benefit both of you in the long run.

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# MONEY MINDSET QUESTIONS

27. Do you have the financial resources to be on your own or is it better to stay?

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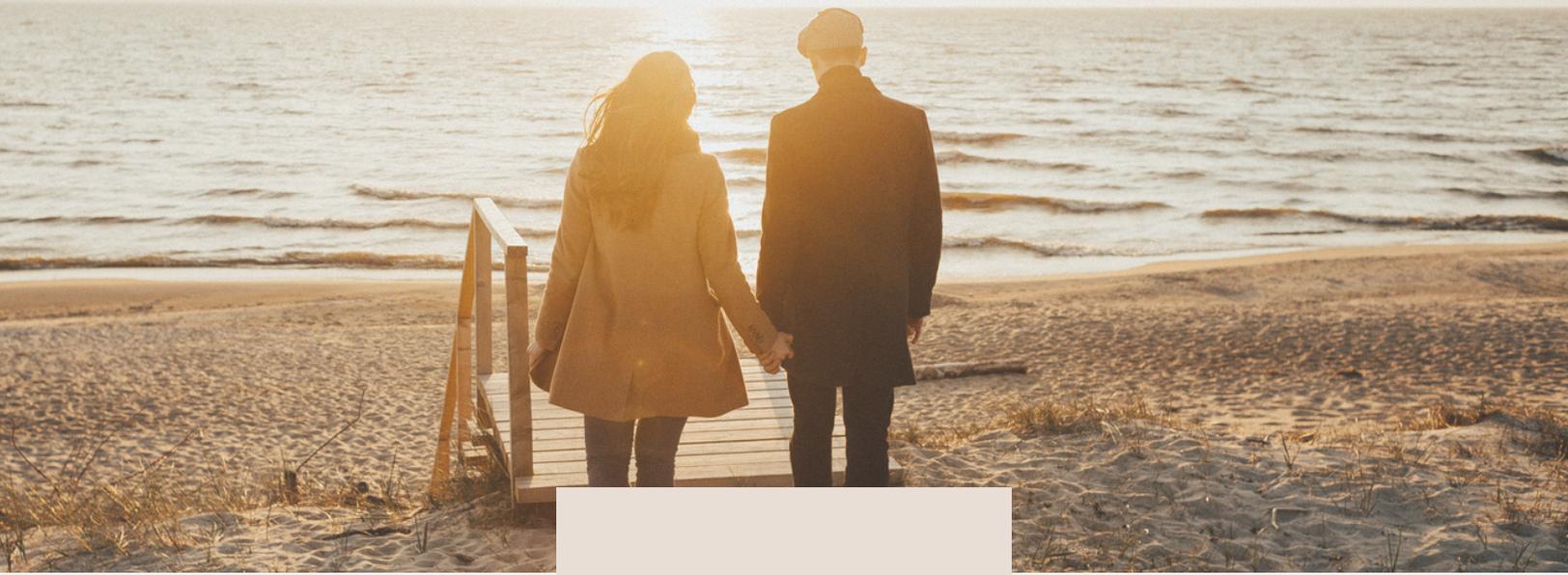
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28. Are you prepared for the financial stress that leaving the relationship may bring up? What safeguards can you put in place?

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# 7

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## ENVISIONING THE FUTURE

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Envisioning the future together in a relationship strengthens the foundation of love, trust, and shared dreams.

Is your partner someone who you can embark with on the growth journey, hand in hand?

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# VISION-PLANNING PROMPTS

29. Do you have common goals for the future, such as financial stability, family, career growth, etc.?

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30. Do you feel emotionally safe with your partner?

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31. What does your future look like with your partner?

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32. Do you deserve better?

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33. Would you be happier with or without your partner?

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# 8

## — LETTING GO —

We are all innately programmed to become attached to things and people who we love. You may have poured your “all” into this relationship and are now questioning what letting go will look like.

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# LETTING GO & MOVING FORWARD SECTION

34. What are some things that you will miss if you leave the relationship? And, can you do without them?

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35. Are you prepared for the possibility that you may lose family/friends?

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36. Are you prepared to deal with the loneliness that may be affiliated with your decision?

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37. Are you prepared to handle the responsibilities that your partner took care of?

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38. If you have kids, are there safeguards in place to help them adjust?

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39. Are you ready to experience change in traditions/celebrations?

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40. Have you thought about how this decision will impact others?

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# WHAT'S THE NEXT STEP?



Deciding whether to stay in or leave a relationship is a deeply personal decision. It's important to feel secure and confident in whatever choice you make.

This guide is here to help you gain clarity, but sometimes, you need a bit more personalized guidance.

For that reason, I'm offering a complimentary 30-minute coaching call. This is an opportunity for you to ask your burning questions, explore your feelings, and gain expert insights tailored to your unique situation.

No judgment, no pressure - just compassionate understanding and professional guidance to help you navigate one of the most challenging crossroads you may face.

Schedule your free coaching call by contacting me at [lnathan@cgglawyers.com](mailto:lnathan@cgglawyers.com)