

# 15 Questions

## TO KNOW WHEN YOUR RELATIONSHIP IS OVER

1. When you are alone thinking about your relationship, what does your gut tell you?
2. Do you feel confusion about whether to end it or not? (Confusion is often a code for, "I am afraid to admit what I know to be true.")
3. When was the last time you had fun and laughed together?
4. Do you still want to tell them your deepest, darkest secrets?
5. Do you trust them not to use personal information against you at a later date?
6. Can you list ten things you love about them?
7. Do you think they could list ten things they love about you?
8. Do you talk just to talk, anymore?
9. Do you find yourself more comfortable sharing how you truly feel with others and not your partner?
10. Do you no longer even communicate when you have an issue because you think it will lead to a fight or that nothing will change?

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11. Are you still having sex? If yes, are you just 'going through the motions' to avoid conflict?
12. Do you find yourself secretly picking fights with your partner hoping to inspire them to break up with you?
13. Do you miss your partner when you are apart?
14. Do you have a desire to be physically close to them when you are together or are you more like roommates or siblings?
15. Do your dreams or daydreams include them or do you see yourself single, free and happy or with another person?