

A **HEALTHY** Path to Love

YOUR GUIDE TO KNOW...SHOULD I STAY OR SHOULD I GO?



3 STEPS TO KNOW... SHOULD I STAY OR SHOULD I GO?

A practical guide for women
who are questioning, doubting or
struggling in their romantic relationship.



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3 Steps to Know...Should I Stay or Should I Go? (a practical guide for women who are questioning, doubting or struggling in their romantic relationship)

Relationships are a beautiful thing...when they're working! And when they're not, it can feel like a never-ending struggle that you can't seem to resolve. When this happens, you get to make a choice:

- ❖ Stay in the relationship and try to work things out OR
- ❖ Gracefully move out of a situation that no longer serves you.

This is **not** an easy decision and requires careful consideration! But what are the consequences if you don't make a choice...and just remain in struggle mode indefinitely? Stress! When you stay in a state of struggle or conflict and don't take steps to change it, it causes mental, emotional and, often times, physical stress. Long term, this can create serious havoc on both your psyche and your physical well-being. Is that the choice you want to make?! I certainly hope not – I know you deserve better than that!

Sometimes, we fall deeply and madly in love with someone and later discover that they're not who we thought they were. Or perhaps we're the one who has changed and we're no longer attracted to the traits that were once so appealing. Or maybe unexpected life circumstances, such as the loss of a job or having to move to a new location, threw obstacles in the path of what was once a harmonious relationship. There are a number of different reasons why a loving relationship can go from sweet to sour, but the end of a relationship doesn't mean you have to devalue or disrespect what you once had together. Your romantic relationships are vehicles for some of your most significant life experiences and are hugely influential in shaping who you are.

You deserve respect, and so does your partner. Whether you decide to work on your relationship to re-establish a sense of love and authentic connection, or gracefully move out of it while still honoring the value of your partner and the relationship you once had, here are the **ABCs of getting started**. These 3 steps will help you move away from confusion and struggle, and toward clarity and peace of mind:

Before you get started, be sure to set aside some time for yourself and go someplace where you know you won't be interrupted. It's important to give yourself the best "space" possible for this, so be sure to get comfortable. Start out with some deep cleansing breaths and ground yourself in your body before engaging in each exercise.

Step 1: Practice **AWARENESS** and **get real** about where your relationship is and where you want it to go. When things aren't going well, it's easy to keep reacting and complaining about what's not working, but that won't solve the problem and will only exacerbate your frustration. In addition to recognizing where you are now, you must decide where you want to go and what you need in order for you to feel good about your relationship. **Here's an exercise you can do right away to implement Step 1:**

What percentage of the time do you feel your needs are being met in your current relationship? _____%

On a scale from 1–10 (1 being the worst and 10 being the best), how do you rate your current level of satisfaction with your romantic relationship? _____

Now...using the same scale of 1–10, write down the level of satisfaction you'd rather have for your romantic relationship: _____

This first step allows you to see the gap between where you are now and where you want to be.

Step 2: Be **BRAVE** about identifying what's not working and the **changes** that need to be made to get the results you desire. You must **face the reality** of what's going on before you can make a well-informed choice about what to do. For example, do you struggle with the feeling that you're not a priority? Or maybe you long for a deeper connection? Or perhaps you and your partner are unable to communicate effectively? Once you've identified the problem, ask yourself what needs to change to make it better. For example: "I need to feel that my needs and my happiness are a priority in my partner's life." Or, "We need to find ways to help us feel more connected". Or, "I need to be honest about our poor communication". **Here's an exercise you can do right away to implement Step 2:**

Name at least 1 specific issue that you know you've been avoiding even though it's driving you crazy and affecting the health of your relationship:

(If you know of more than 1 issue, go ahead and spell it out – it's time to be brave!)

Step 3: Make a **CONSCIOUS CHOICE** about the action you're going to take and stay **committed** to those actions with integrity and determination. Through practicing awareness (which promotes clarity) and being brave (which is needed for change), you can then make a *conscious* choice, instead of a choice based on fear or frustration. Now it's time to decide what action you can take to move toward the change you're seeking. **Here's an exercise you can do right away to implement Step 3:**

What action can I take right now (starting today or tomorrow) to move toward the change I need?

Examples: *"I commit to journaling for the next 7 days to get clear on what I need from this relationship." Or, "I will come up with 5 suggestions for how my partner and I can connect more meaningfully". Or, "I will read a book or seek help to learn more about effective communication". These are just examples to give you some ideas – it's important that you come up with your own form of action based on your answers from Steps 1 and 2.*

This does take work, but it absolutely can be done and will relieve so much stress from your life! When you choose to take positive action, you are directly contributing to the quality of your life and to that of those around you!

Yes, every relationship has challenges, but that doesn't mean you should merely tolerate them. Staying in an unhealthy relationship goes against your true nature and the need to feel loved, secure and valuable. Asking for what you need to be happy in your relationship is not an act of selfishness! In fact, it's an act of responsibility! You are taking responsibility for your part in the health of the relationship **and** your overall well-being. It's a choice, and not one that should be taken lightly.

It's up to YOU to define what a healthy relationship looks like for you. And it's up to YOU to be honest with yourself and your partner if your relationship doesn't give you what you need. Even if your conscious choice is to gracefully leave a relationship that no longer serves you, think of how much better you'll feel knowing that you can do it with integrity. And if you decide to stay in the relationship and try to make it work, you'll have the clarity and direction you need to ask for what you're seeking. Either way, you CAN do it...and the ABCs will help you through the process!

Effective relationship changes require honesty, respect and clear communication. There are many steps to making this happen, and A HEALTHY Path to Love will help you find your way...to clarity, confidence and empowerment to ask for what you need...all from a place of love! **For more information about my HEALTHY Path to Love program and coaching services, please contact me at 858-945-6910 or at catherine@healthypathtolove.com.** I look forward to connecting with you!



Testimonials

"Before I met Catherine, I was not happy in several areas of my life and I felt stuck. My relationship with my long-term boyfriend was not advancing, and after 4 years together, marriage was nowhere in sight. I began doubting myself and lost my confidence. I knew I had to start making changes if I wanted to be happy, but I didn't know where to begin. I attended Catherine's workshop and gained the tools that I needed to begin rebuilding my self-confidence, find clarity in how to reach my happiness, and ignite my motivation to go after what I wanted.

I felt this momentum to keep growing and decided to transition into coaching sessions with Catherine to further focus on my long-term relationship. The one to one sessions helped me uncover and work on my insecurities in this relationship, discover what I really wanted and learn how to communicate those needs, and also believe that I deserved them. The clarity I gained through this process allowed me to follow through with my actions in confidence.

My life has drastically changed and continues to advance in the direction of happiness. My long-term boyfriend and I decided to go our separate ways, but with Catherine's support and guidance, I found strength, self-love, and confidence that a fulfilling relationship awaits me. I also went after my dream job and got it. My work is now rewarding, I feel valued by my colleagues, and I make more money. I am powerful!"

~ Kristi V.

"When it was time for me to realign my path in life, Catherine knew when her time had come to coach me. She is completely professional and very personable. I know she had my best interest each time we met and she guided me through the process of dealing with the loss of my dream relationship. She was aware of my past, however, my future was her only focus. She gave me tools to stay calm and focused on the goal, and strategies to stay present. When I was ready to address my situation, together we created a path that was positive and forward in motion! I was very excited because I found my inner cheerleader! She is still a happy girl! I am confident that Catherine's knowledge and guidance have helped with my commitment to grow and be a better person, daughter, sister, mother, woman! Namaste."

~ DL

"Catherine has a sincere willingness and generosity of spirit to be able to help guide others. Through a series of guided workshops, she helped me identify the roadblocks in place that kept me from realizing my potential and have stalled progress towards reaching my dreams and desires. She was able to provide an environment that is conducive for the expression of feelings and emotions. She gave us the necessary tools to explore and overcome negative thought patterns and work towards reachable goals.

She uses the Louise Hay program and has a good grasp on how to teach her successful principles as well as incorporate ideas from other experts in the field. It is important to do the assignments and not procrastinate (one of my roadblocks). Like anything worthwhile, it takes effort and sometimes uncomfortable work to move forward. I have walked away from her class with useful tools that I try to use daily and more confidence that I can move in the direction of my passion. Thanks Catherine for your patience and guidance."

~ With love and gratitude, LL

