

Questioning the Relationship

- Is this new, or has it happened before?
- What keeps repeating despite the conversations you've already had?
- When things get better, how long does "better" actually last?
- Am I reacting to one moment, or to a pattern I keep excusing?
- What am I missing?
- What need feels unmet, again and again?
- When did this feeling first show up?
- If one thing changed tomorrow, what would matter most?
- If I weren't scared of being alone, would I still choose this?
- Am I staying for the relationship, or because leaving feels harder?
- What keeps me here besides history?
- What would I choose, if I chose it privately?
- What future feels honest, not just convenient?
- What am I pretending not to already know?

