

Stay  
—  
Leave

How much of your unhappiness might turn out to be simply an inherent feature of any concerted attempt to live in close proximity to another human?



Stay  
—  
Leave

What difficulties might  
you be contributing to the  
relationship?



Stay  
—  
Leave

Disregarding logic, what  
does your gut tell you?

—

Disregarding your gut,  
what does logic tell you?



Stay  
—  
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List what you find  
irritating about your  
partner.

—

Now list what you find  
admirable about them.

—

How might their  
weaknesses be related to  
their strengths?

STAY

LEAVE

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In what ways are you  
a difficult person to  
live with?

STAY

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In what ways could you  
be considered fortunate  
to be with the person you  
are with now?



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How would you feel if,  
by breaking up, you  
achieved no more than an  
exchange of one kind of  
unhappiness for another?

—

Would it broadly be  
worth it?



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Are you talented at being  
happy in other areas of  
your life?

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If you left your partner,  
how would they fare?

—

How much of your desire  
to stay is based on guilt?



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How would you respond  
to news that your partner  
had fallen deeply in love  
with a rival?

STAY

LEAVE