



Finding Our Way

A couples therapy worksheet for mixed feelings about staying or leaving

Complete pages 1-3 separately; each partner uses their own copy. Bring both copies to therapy.
Complete page 4 together with your therapist. You do not need to make a final decision today. Different answers are allowed.

Take 20-30 minutes. Use "I" statements, describe specific experiences, and skip anything you are not ready to answer. Do not use answers to pressure or debate your partner. If sharing could lead to fear, threats, control, or harm, speak privately with your therapist before sharing.

My name and date

1. Where am I in the relationship today?

The room metaphor is a starting point, not a test.

- ☐ Inside: I want to stay and work on the relationship.
- ☐ At the doorway: part of me wants to stay; part wants to leave.
- ☐ Outside: I feel done or emotionally disconnected.
- ☐ I am unsure / my position changes.

What does this position mean to me? What might help me gain clarity?

What do I most want therapy to help me understand or decide?



What pulls me in each direction?

Individual reflection | Both sides of my experience deserve attention

2. What draws me toward staying?

Consider love, friendship, shared values, meaningful moments, or hope for change.

3. What draws me toward leaving?

Name the pain, unmet needs, repeated patterns, or concerns behind this feeling.

4. What pressures or fears make it hard to know what I want?

For example: money, housing, children, loneliness, guilt, or others' expectations.

5. What is worth keeping? When has our relationship felt better?

Describe a recent exception to the problem. What was different then?



What would meaningful change look like?

Individual reflection | Move from broad wishes to specific actions

6. Name the pattern we get caught in, rather than labeling each other.

What starts it? What do I do next? How does my partner respond?

7. If our relationship felt healthier, what would a normal day look like?

What would I see or hear in communication, closeness, responsibilities, or conflict?

8. What is one change I am willing to make in my own behavior?

Choose something I can control. What support would help me follow through?

9. What specific change would I ask of my partner?

Describe an observable action, rather than "care more" or "be different."

10. What do I need to feel safe, respected, and free to choose?

Name an essential need or boundary. What should my therapist know?



Our starting point for therapy

Complete together in session | Shared goals do not require identical answers

Take turns: one partner speaks, the other summarizes what they heard before responding. Understanding does not require agreement. Pause if either person feels overwhelmed. Review differences with your therapist.

11. What kind of work are we each willing to explore right now?

- ☐ Explore repair ☐ Clarify whether to stay ☐ Plan a respectful separation
- ☐ We have not agreed yet / we need more discussion.

Where do our answers overlap, and where do they differ?

12. Therapy priority 1: What do we want to work on first?

What would each of us do differently? How would we notice progress?

Therapy priority 2: What else needs attention?

Include an individual priority even if we do not yet agree.

13. One small step before our next session, if we both agree:

Who will do what, how often, and what is our pause plan if it becomes upsetting?

14. Review date and signs of progress or concerns to bring back:

We can revise our goals. Completing this worksheet is not a promise to stay.