

Relationship Pros and Cons Worksheet

Patient Information

Mylene Cruz

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Relationship to Emergency Contact: Mother

Introduction

Making the decision to end a relationship is never easy, but sometimes it's necessary for our well-being and happiness. The Relationship Pros and Cons worksheet is a tool designed to help you weigh the advantages and disadvantages of staying in a relationship, allowing you to make an informed decision about your future.

Relationship Pros and Cons

Pros	Cons
What are some benefits of staying in this relationship? My partner is supportive and provides me with stability and companionship	What are some drawbacks of staying in this relationship? My partner has a short temper and can be emotionally abusive.
What are some positive aspects of your partner? He has a great sense of humor and can make me laugh.	What are some negative aspects of your partner? My partner can be controlling and jealous.
What do you enjoy about spending time with your partner? We have fun together and enjoy similar hobbies and interests.	What do you dislike about spending time with your partner? We argue frequently and struggle to communicate effectively.
What are some shared values and interests between you and your partner? We both enjoy traveling and exploring new places.	What are some negative aspects of the relationship (e.g., lack of trust, lack of communication, feeling trapped)? We have different political beliefs and struggle to discuss sensitive topics.
What are some positive aspects of the relationship itself (e.g., support, stability, companionship)? We have built a life together and share many happy memories.	What are some negative aspects of the relationship (e.g., lack of trust, lack of communication, feeling trapped)? I feel trapped in the relationship and am unsure of my future.
How would your life change if you were to end the relationship? I would need to find a new place to live and start over on my own.	What are some fears or concerns you have about ending the relationship? I am afraid of being alone and not finding someone else who loves me.

Exploring Your Decision

After completing the pros and cons list, take some time to reflect on your answers. Ask yourself the following questions:

How do I feel about my list of pros and cons?

I feel conflicted about my relationship and unsure of what to do.

Do the benefits of staying in the relationship outweigh the costs?

I am unsure and need to do more reflection and self-evaluation.

Am I willing to work on the negative aspects of the relationship or is it time to move on?

I am unsure and need to have a conversation with my partner about the issues in our relationship.

What steps can I take to address the negative aspects of the relationship, if I choose to stay?

I can talk to my partner about how their behavior is affecting me and express my needs and concerns.

What steps can I take to prepare for ending the relationship, if I choose to do so?

Take some time to reflect on why I want to end the relationship and be honest with myself about my feelings.

Moving Forward

After reflecting on your answers and considering your options, it's time to make a decision. Remember that there is no right or wrong answer, and ultimately, the decision should be based on what is best for you and your well-being.