

Soul Therapy - Should I Stay or Should I Go?

A key part of understanding your current active decision every day is understanding:
'Am I checking in or checking out of the relationship?'

Have you emotionally already left, or are you choosing to emotionally leave every day?

We are not saying emotionally leaving/emotionally checking out is the wrong thing, but it is a normal precursor to physically leaving a relationship. So, if you don't want the relationship to end, or you want to work on the relationship, then you may want to consider whether emotionally checking out is something you want to do. Or whether you want to actively choose to emotionally check in to the relationship again.

Use the checklist below to see if you are currently emotionally checking in or checking out of your relationship each day:

- ☐ *Do you share the small things about your day/do you volunteer this information?*
- ☐ *Are you open to hearing about your partners day/do you ask?*
- ☐ *Do you want to tell your partner first when you get good news?*
- ☐ *Do you turn to your partner first when you are facing a challenge?*
- ☐ *Do you think about your partner during your day when you are not together?*
- ☐ *Do you feel more stable when your partner is around?*
- ☐ *Do you look forward to time spent with your partner?*
- ☐ *Do you choose to spend time together/make time together when you can?*
- ☐ *Do you talk with your partner about the future and make plans with them that excite you both?*
- ☐ *Do you believe there is a future for your relationship where you are happy?*

If you did not answer No to any of the above then the indication is that you are not checking-out of your relationship.

If you answered No to one - five of the above, then you are likely to be starting to emotionally check-out of your relationship, and the more statements you answered No to, the more checked out you potentially are becoming..

If you answered No to most or all of the above then you are likely to be already emotionally checked-out of your relationship.

Whichever answer you got, if you would like to intentionally check-in to your relationship more then have a look at our list of suggestions below for intentionally emotionally checking-in. And if you would like to talk more about your unique situation one-to-one, please contact Kait or Katie at soultherapyhelp@gmail.com and we can support you.

Tips to Intentionally Emotionally Check-In:

- Ask your partner about their day and actively listen to the answer
- Volunteer information about your day, after checking in with your partner about their day.
- If there is an independent challenge your partner's life outside your own life, ask them if they would like to tell you about it to get it off their chest, or if they would like input or solutions from you - then respect their choice. And vice versa, you can ask your partner to do this for you after you have done it for them.
- Do something nice to show your partner you are thinking of them - a love note, their favourite food, a nice text without needing reply.
- Create some time for you both together doing something you both enjoy.
- Actively choose to turn towards your partner with good news or ask them clearly for the kind of support you need with a challenge you are facing.