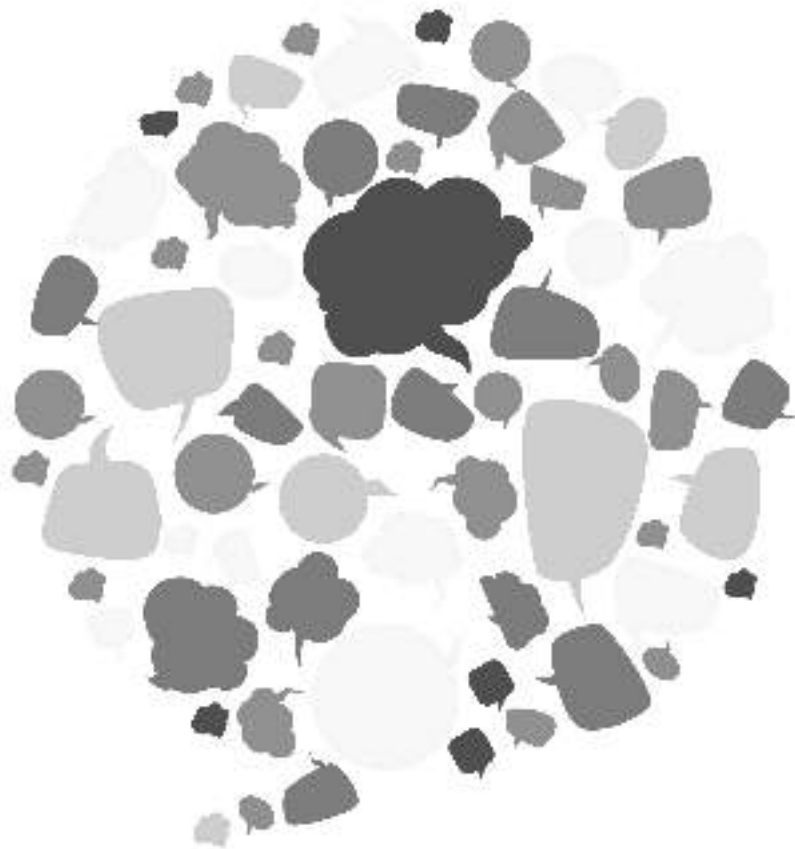


Worksheet

DEALING WITH YOUR RELATIONSHIP PROBLEMS

When your partner isn't interested



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Dealing with your relationship problems

When your partner doesn't appear interested

This worksheet is to help you take an honest look at your situation. There's no one looking over your shoulder, so need to hold back.

There's much you can take responsibility for in a relationship. Here's a chance for you to figure out what you *can* and are *prepared* to do.

Building a rewarding relationship takes work. Happiness doesn't just come flying in. Hence this *worksheet!* :-)

12 Question to discover your potential

1. Have you stopped taking pride - and joy - in your appearance?
(Or at least, do it with as much fervor as you did when you first met?)

(You may find my article on [how to save your relationship](#) helpful.)

If so, what will you *commit* to doing about it?

2. Have you fallen into the trap of constantly nagging your partner,
and complaining about stuff (regardless of the rights or wrongs)?

See my article: [Constant arguing in a relationship](#).

If so, what will you *commit* to doing about it?

3. Do you no longer make the effort to show an interest in your partner's well-being, work, friends or hobbies?

Discover what is required to [build a healthy relationship](#).

If so, what will you *commit* to doing about it?

4. Have you been too demanding or needy? If you're really honest with yourself, has it been just a little too much 'all about you'?

(You may find the article under no 3 helpful too.)

If so, what will you *commit* to doing about it?

5. Maybe you have a personal problem that your partner knew about and accepted. But perhaps you haven't been entirely honest about it.

You promised you'd work on it, or it would get better by itself - but in truth, you've given up on it?

(Take a look at [this list of articles](#) to discover how you can deal with your particular problem.)

What will you *commit* to doing about it?

6. Did you stay in the relationship despite your partner being 'unavailable'?

(You may find my article on [dealing with infidelity](#) helpful.)

If so, what will you *commit* to doing about it?

7. Have you ever really taken the time to understand what's really needed to keep a relationship going?

(You may find my article on the [secrets of a happy relationship](#) helpful).

What will you *commit* to doing about it?

8. Have you lost interest in life in general? Are you just living from day to day, perhaps feeling low, deflated and maybe depressed?

Read my article on [treating depression without medication](#).

What will you *commit* to doing about it?

9. Are you suffering from an addiction that's sucking up all of your energy and attention, leaving you unable to be a loving partner?

(You may find any of the following articles on addiction helpful: [alcohol](#), [porn](#) or [shopping](#).)

What will you *commit* to doing about it and when precisely?

10. Have you closed yourself off because you're worried you could love too much and risk getting hurt (again)?

(You may find my article on [how to deal with rejection](#) helpful.)

What will you *commit* to doing about it?

11. Have you lost touch with yourself in the process of doing everything you can to please your partner?

You can't fulfill all your partner's needs (and neither can he meet all yours for that matter).

If so, what will you *commit* to doing about it?

12. Do you suffer from unexplained mood swings?

(You may find helpful to explore [Dr Kelly Brogan's website](#).)

If so, what will you *commit* to doing about it?

