

Questions to ask yourself to discern if the relationship that you are in is a healthy one for you:

Do you feel safe in the relationship?

Do you feel seen and heard by this person?

After spending time with the person, do you feel good about yourself or find yourself feeling anxious, depressed, self-critical or angry?

Is it safe to share with the other what is not working for you in the relationship and feel that this can be discussed and worked through together, or do you feel that bringing up these issues will trigger conflict, reactivity or distancing with the other person?

Are you able to feel safe taking time away from the relationship or do you feel anxious if there is any separation between you?

Do you feel that the relationship is mutual or do you feel that there are power struggles or imbalances in giving and receiving from each other?

Do you feel drained or energized after being with this person?

Does this relationship trigger painful memories from the past or reactivate old painful patterns from past relationships?

Do you feel enlivened, supported and expanded after being with this person?

How do you feel in your body after spending time with the person?

When you tune into your heart, allow your heart to tell you if this relationship is right for you. Trust your inner knowing.

Heather Ensworth, Ph.D. and Kristina Lea