

Relationship Test

*Stay or Go*



FREE CHAPTERS

ELLY PRIOR

# RELATIONSHIP TEST

*Stay or Go...*

**YES or NO?**

*Uncover the definitive answer in 90 minutes*

*By Elly Prior*

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## Introduction

The [goodnewsnetwork.org](http://goodnewsnetwork.org) is one of my all-time favourite websites. I frequently share its stories with my counselling clients and visitors to my website.

I'm delighted now to be able to offer you these free chapters of my relationship test right here. Please do share them with your friends and family. After reading these chapters you'll know exactly who might be able to benefit – perhaps even you yourself.

### *You would be doing the right thing!*

If you're unhappy, you may have been considering ending your relationship or marriage. I suspect, though, that the very thought of it fills you with dread.

You may, for example, be anxious about...

... the reactions of everyone around you

... your potential losses (the love of your life, your children, time, money and energy)

... the consequences for your immediate and long-term future

... feeling lost and lonely by yourself

... not finding someone else and forever being 'on the shelf'

... the impact on the people you most care about. But perhaps most of all...

... making the wrong decision and forever regretting it

And if by any chance your partner is aware that all is not well, you may feel even more pressured right now - on top of everything else.

However, once you've worked through my relationship test you'll find the decision you have to make will be the most informed it can be. You'll have the very best knowledge, awareness and understanding of why you have reached that decision.

### *Why did I design this test?*

I am a couple counsellor with 24 years of experience. I qualified with the UK's most respected couple counselling agency, RELATE. I am the founder and author of the relationship website [Your Relationship Matters](http://YourRelationshipMatters.com)... and I too have been in your position.

Despite my training and experience, it took me years of struggling before I could make the decision to end my marriage. I agonised endlessly about what to do, but I finally realised I'd exhausted every way of trying to improve my marriage, and it was time to move on.

Had I a simple but thorough step-by-step questionnaire to take me through every aspect of my relationship, it would have aided me in uncovering the underlying problems. And let me give you a hint - they had much to do with the role I played.

If I had some foresight into those underlying problems I may have been able to address them before it was too late. It would have also helped me make the right decisions sooner.

I have included a section at the end of this test to help you discover what you can still do to rescue your relationship if that drive is still there. There's likely to be much *you* can change, even if your partner doesn't appear to make much effort.

By researching years of counselling notes and recalling past experiences, both in my personal and professional life, I've taken the previous version of my test (one which has already helped the thousands who bought it from my website) and further enhanced it.

This relationship test will save you time, money, energy and quite possibly a whole lot of heart-ache.

# Chapter 1 - What is your motivation?

Fear often leads you to want to avoid, deny and defend. To get the most out of this test I really need you to be as brave and as honest with yourself as you can, because there are the right reasons for doing this and then there are - let's say – the *troublesome* reasons.

## Here are some really positive reasons for going through this relationship quiz:

**you** want to know what you can do yourself to improve your relationship or marriage

**you** want to be absolutely certain that you've tried all you can to prevent the final demise of your relationship or marriage

**you** want to be able to honestly say to your children that you've tried all you can to save the relationship or marriage

**you** have absolutely no idea where to start and what to do to solve the problems you're experiencing, but you are genuinely ready to try

## Here are some worrying reasons for taking the quiz:

**you** have 'more-or-less' decided to end the relationship for your own reasons and are looking to justify your decision to yourself and/or to others

**you** want to be able to confront your partner with 'evidence' as to why they should change, or why you would leave

**you** want to be able to show your children the wrongdoings of their mother or father and therefore your reason for breaking up the family

If you happened to have any of these three points in mind, I suspect you're finding the very act of 'being in a relationship' really difficult. I so hope, then, that you too are going to find the quizzes really helpful in discovering ways of making a relationship more rewarding.

Now read on to discover how to best prepare yourself for each quiz and to make some really smart decisions.

## *No judging here!*

During my years of counselling I've seen or heard just about everything, so rest assured, I certainly won't judge you. I am here to help you make the best possible decisions.

I know how difficult it can be to decide whether to leave or stay in a relationship or marriage. However, relationships often need to end. You may still be on the journey of discovering what you need in a life-partner or you may have simply outgrown each other.

When you first meet someone, you're both likely to work hard to show yourself in the best possible light. Whilst you are so in love you both see each other as 'the princess and the

knight in shining armour'. Over time though, you'll discover that there are aspects of your partner's character you may not have noticed initially, or perhaps your ability to willfully ignore these aspects will wane. You've lost your rose-tinted glasses and adjusted your eyes. There are couples, though, who manage to hang on to that early 'totally smitten' stage, according to biological anthropologist Prof. Helen Fisher.

If you're ultimately able to get through that voyage of discovery and accept each other for who you really are – 'warts and all' - you can land in a much more stable and happy stage in your relationship.

If you've worked hard to get through tough times together it can help cement your relationship and survive further storms. And storms there will be - no doubt generated by yourselves, but also those caused by other people and circumstances - *life*.

There's no 'perfect' relationship (beyond what appears to be so in a very early stage), however much you and I wish there was. The challenge is always to accept your partner the way he or she is, loving them for who they are and what they bring to the relationship, without wanting to change them. How difficult can that be?!

And - just in case - trading one partner in for another may mean taking on a different set of problems. You may even find that your new partner has many of the characteristics that your previous partner had, and yet again you might find your relationship falling into a very familiar pattern. This is most likely to happen if you haven't learned from a previous experience, haven't taken personal responsibility, haven't gained in self-awareness and have continued to blame your partner for all your troubles.

So, you see - you have nothing to lose and everything to gain from taking my relationship quiz!

## Chapter 2 - The secret to making the best possible decision

Whilst doing this test keep the following 4 points in mind:

### *1. There is no 'best' of anything.*

The *value* each person places on each item in my relationship test depends on their individual circumstances.

To use an example away from the test, do you remember seeing images of people during floods huddled around the one source of electricity available to charge their phones? Electricity supplies were cut off everywhere else. Compare that with being in your own home and having a multitude of sockets to choose from. How big a difference in the value of a plug socket would there be between your situation and theirs do you think?

In a similar fashion, the worth of your partner or relationship depends on your personal circumstances. For example - your struggles over having your partner take 50% responsibility for the household chores may not have any meaning to someone who has major trust issues, or whose partner has suddenly become financially dependent on them. That doesn't necessarily make the struggles any less worthy of consideration!

There is no 'best' partner or 'best' relationship. What you see as perhaps 'questionable' in your partner may be someone else's dream come true. Your dream come true is likely to be someone else's worst nightmare.

That means that no one else's advice, expert or not, can ever replace your own judgement. No one can look into your heart, or know what truly goes on behind your front door, or has any idea of your partner's true motivations (perhaps neither do you!).

That means although other people's advice can give guidance and comfort, expert or not, your own judgement is key.

### *2. Know what you want from a relationship.*

If *you* don't know what you want, how will your partner? He or she will be like a boat lost at sea, not knowing where the harbour is. That's fine when the sea is calm, but potentially disastrous during a storm.

The test will help you to become clearer about what it is you want from a relationship.

My questions relate to your partner's thoughts, feelings and behaviour, as well as providing an opportunity for you to reflect on how *you* are in this relationship (and possibly previous ones). Imagine your partner being asked the same questions about you, and I'm convinced that you'll uncover opportunities for self-development.

### *3. Ensure you're fully aware of the alternatives*

If you're thinking of ending your relationship or marriage, can you actually visualise yourself happily ...

... on your own?

... dating all over again?

... in a similar situation even though with a different partner?

... at home with someone else's stropky toddlers or moody teenagers?

I don't know your situation of course, but I just want to alert you to the need to create as full and realistic a picture of what the future may hold if you were to break up this relationship. You are potentially trading one problem for another - for which you'll need the very same problem solving skills. It just becomes a matter of geography - same or similar problem, different location!

If you have no viable alternative to your present situation, your thoughts are likely to be clouded by fears, blue-sky thinking or both.

### *4. Take your time*

It is entirely possible for you to take the whole test in 90 minutes.

*However*, you're about to make some important decisions and that deserves your time, due consideration and energy. What is a few hours in the context of the next 10, 20, 30 years or more of your life, of your happiness and that of those you love?

**End of free part.**

Ready to learn more?

Read on....



# Escape from the “What should I do now” conundrum

Escape from the “What should I do?!” conundrum - and start making progress today.

My compatibility test is entirely focused on helping you to decide if this relationship is actually right for you and whether or not it's time to end it. It is the product of years of training, experience (both personal and professional), research and deep thought, so not just your average find-everywhere gimmick!

My clients and I frequently discovered that what they saw as being the main problem was in fact a red herring. Once we were able to get to the root of their difficulties, they were often able to transform their relationship.

Often we found that they were missing all of the good things they were doing already - those which could still form a solid base for rebuilding the relationship.

There were those couples too, for whom we could no longer find any common ground and their relationship really did need to end.

I sincerely hope and trust that, after working through this test, you too will become clear about the direction which you should take with your relationship.

## *My promise*

I promise to be your guide and move you on to better times, whatever that may mean to you personally and whatever your reason for buying my test.

### **By taking my relationship quiz you will...**

**stop** any woolly thinking by being aided to focus only on what really matters to you

**reduce** your stress levels by being helped to calmly and effectively reach a decision about where to direct your attention and energy - to stay or walk away

**prevent** yourself going over issues in the forefront of your mind whilst missing vital - but buried - information central to your relationship problems

**create** a much a deeper insight into your relationship, your partner and yourself than you ever thought possible - you'll never look at any relationship in the same way again

**help** yourself to feel secure in knowing that you've done all you can to reach the best possible decision

**help** yourself in ultimately deciding whether to stay, knowing where exactly to direct your attention; or to walk away, knowing exactly why

**and... increase** your emotional intelligence to boot!

## My relationship test and related content...

**includes essential** but often overlooked information on what really prevents you (and others) from being able to make any decisions at all

**has the vital** extra step needed whenever making *any* important decision in your life

**contains clear-cut** information on what most definitely constitutes an unhealthy relationship



**reveals the mistakes** that significantly reduce your chances of being happy in any relationship

**has must-have** information, personal to your circumstances, that could potentially save and transform your relationship

**guides you through** a simple but impactful step-by-step process with only YES or NO answers

**and much, much more...**

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