

Dr. Alexandra H. Solomon

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## Should I Stay or Should I Go? Relational Ambivalence

Prompts & Reflections

To accompany *Reimagining Love* [Episode 37](#)

Prompt	Detail
Three <b>Relational Self-Awareness Questions</b> to explore how Relational Ambivalence is affecting your relationship dynamic	<ol style="list-style-type: none"><li>1. What am I avoiding talking about with my partner because I am unsure about staying versus going?</li><li>2. If I felt fully invested in this relationship, what would I be doing differently?</li><li>3. If someone asked my partner about my level of commitment, how would my partner respond? What would be the cue or the clues or the tells that my partner might be using to assess my level of commitment?</li></ol>
<b>Perhaps the opposite of ambivalence is not certainty, but patience.</b> Patience is a grace I want	<ul style="list-style-type: none"><li>• Notice what happens inside of you when you consider this reframe? What do you feel in your body? Where do you feel it?</li></ul>

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to invite you to offer yourself, one that is important for either ultimate outcome and one that is important whether you're leaning towards staying or towards going.

- Check in with yourself: What stories do you attach to patience? Where do those stories come from?
- Complete this sentence: People who are patient are...
- If you complete that sentence in a critical way (People who are patient are weak or self-abandoning or suckers) check in. Whose voice is that?
- Try writing a letter to yourself that begins: "Dear Self, I am staying in this relationship for now because...". In writing this letter you might find it helpful to do something I call "Widening the Lens of Progress." Reflect on where your relationship stands now versus 6 months ago. Now versus a year ago. What do you notice about the bigger picture?

Try these five **journaling prompts** when you're feeling unsure

1. What would I choose if I had an unshakable faith in my ability to choose?
2. What do I fear or feel that the choice to stay says about me?
3. What do I fear or feel that the choice to leave says about me?
4. If I choose to stay, what I want to remember is...
5. If I choose to leave, what I want to remember is...
6. What I know to be true about myself is...

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## How Do You Make Decisions?

Understanding what your decision-making style has historically been can be helpful when making decisions today

. Which of these do you most identify with? (Thinker, Feeler, or Sensor)

Personal Epistemology	Description	Benefits	Risks
<b>Thinkers</b>	<ul style="list-style-type: none"><li>-You value logic and linearity</li><li>-You feel comforted by making a pro/con list</li><li>-You make if/then statements or assess the risks and benefits of each option.</li></ul>	<ul style="list-style-type: none"><li>-You can feel comforted that your decision "makes sense."</li></ul>	<ul style="list-style-type: none"><li>-You're missing important data from your body.</li></ul>
<b>Feelers</b>	<ul style="list-style-type: none"><li>-You like to follow your heart.</li><li>-You are guided toward what makes you happy and away from what makes you sad or scared.</li></ul>	<ul style="list-style-type: none"><li>-Emotions are data, so you're following something that is arising from your experience of the relationship.</li></ul>	<ul style="list-style-type: none"><li>-Emotions can reflect the stress of the situation rather than some capital T truth.</li><li>-Strong emotions require containment but can lead to impulsive decision-making.</li></ul>

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<b>Sensors</b>	<ul style="list-style-type: none"><li>-You imagine a path forward and notice what shifts inside of your body.</li><li>-You move away from constriction and toward ease.</li><li>-You like to follow your gut.</li></ul>	<ul style="list-style-type: none"><li>-You are tapping into your inner wisdom, a place that is, we hope, steadier than the discomfort of the present moment.</li><li>-Your ability to be guided by what you sense in your body reflects and affirms trust in yourself.</li></ul>	<ul style="list-style-type: none"><li>- Unless you have practices that help you quiet down and tune in, it can be hard to tease apart what is anxiety and what is a felt sense</li></ul>
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