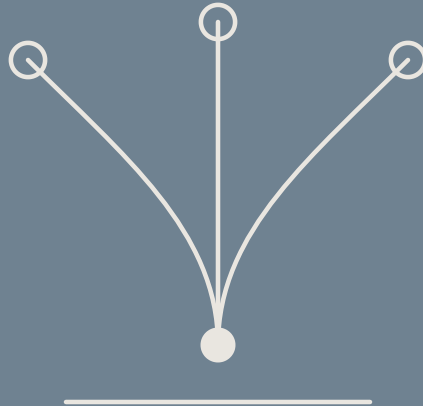




YOUR RELATIONSHIP CLARITY PLAN

Decide with Clarity

A decision you can stand behind. A free plan matched to your Relationship Clarity Scorecard.

Your relationship clarity plan: Decide with Clarity



Thinking about leaving doesn't make you a bad partner or a bad person. Often it means you've been carrying something heavy for a long time.

Many of us were taught to either stick it out at all costs, or to walk away the moment it gets hard. Neither leaves much room to decide well.

What if I told you there are more than two paths? This workbook helps you look at each one honestly, so whatever you choose, you choose it with a clear head and an open heart. The decision is yours. You don't have to rush it.

*With you in it,
Dana*

A NOTE ON YOUR RESULT

Your scorecard result isn't a verdict. It's a starting point. Mixed feelings, doubts and hopes are all information. The decision stays yours.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Before you start, notice: "I'm arriving feeling ____, and I notice it in my ____."

EXERCISE 1

Three paths, looked at honestly

Most people see two choices: stay or go. There's often a third: give it your all for a set time, then decide. Write what each path would look like for you.

Keep things as they are

What a year would look like

Give it my all, for a set time

What I'd try, and for how long

Begin to step away

What the first steps would be

Which path did I write about most easily? Which one did I avoid?

EXERCISE 2

What each path asks of me

Every path asks something of you, and every path needs support. Be honest about both.

PATH	WHAT IT WOULD ASK OF ME	THE SUPPORT I'D NEED

Who are the people I trust to support me, whatever I choose?

If you ever feel afraid of your partner, or feel controlled or hurt, please reach out to the National Domestic Violence Hotline at 1-800-799-7233 or thehotline.org before taking any of these steps.

EXERCISE 3

How I want to decide

You can't control every outcome. You can choose how you decide. Write the values you want to guide you, whatever you choose.

A year from now, I want to be able to say I decided by... (for example: "I listened to myself. I said what I needed. I didn't rush.")

What I already know, deep down:

My next small step, and when:

BEFORE YOU CLOSE THIS

The decision is yours

Whatever you choose, you deserve to choose it with a clear head, an open heart and people in your corner.

Pause. Look. Choose.

You don't have to sort this out alone. Book a free 30-minute consultation to talk it through, with no agenda and no pressure either way. And tell me: what do you already know that you haven't said out loud?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps that fit your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

COACHING

Individuals and couples, in person in
Lafayette, CA and online

CONTACT

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