



YOUR RELATIONSHIP CLARITY PLAN

Sort Your Mixed Feelings

When two things are true at once. A free plan matched to your Relationship Clarity Scorecard.

BEFORE YOU BEGIN

Your relationship clarity plan: Sort Your Mixed Feelings



Did you know feeling torn is one of the most common things people bring to me? One day it feels like “it’s not that bad.” The next, “I can’t keep doing this.”

Many of us learned that if we feel two things, one of them must be wrong. So we argue with ourselves, or we wait for a sign. The longer it goes on, the less we trust our own read.

What if I told you both feelings can be true? There’s something here you care about, and something you need that’s missing. This workbook helps you sort them out, slowly, before you decide anything.

*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

Both things are true

Let both sides speak. Write what pulls you toward staying, and what pulls you away. Don't argue with either side. Just let it be written.

What keeps me here

What I love, value or hope for

What pulls me away

What's missing, hurting or not working

Which side was easier to write? What do I notice in my body as I read each one?

EXERCISE 2

Fear or knowing?

Some feelings come from fear: of being alone, of hurting someone, of starting over, of what people will think. Others come from what you know about yourself. Both are information. Sort a few of yours.

THE FEELING OR THOUGHT	FEAR OR KNOWING?	WHAT IT'S TELLING ME

If fear weren't in the room, what would I want?

EXERCISE 3

What would need to change

Be specific. What would need to be different for you to feel at home in this relationship? Then be honest about whether you've asked for it.

WHAT WOULD NEED TO CHANGE	HAVE I ASKED FOR IT?	HOW DID MY PARTNER RESPOND?

What's my part, and what do I choose now?

You don't have to choose today. Clarity often comes from asking clearly and watching what happens. Your *Ask for What You Need* and *Name What You Need* plans can help.

BEFORE YOU CLOSE THIS

Both things can be true

Mixed feelings don't mean you're lost. They mean you're paying attention.

Notice. Sort. Choose.

If you'd like help sorting this out, book a free 30-minute consultation. No agenda, no pressure either way. And tell me: what would you need to know to feel settled, either way?

- 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

619-518-8818
danapeterscoaching.com