

your kick-ass life®

★ *Because life's too short for it to not kick ass* ★

Digging deeper on the topic of your relationships

Do you tolerate relationships that aren't serving you? What conversations and boundaries do you need to set in these relationships? What will it take for you to do this?

How do you feel about yourself? Do you think you attract the same kind of partners over and over? Why or why not?

Do you think you have behaviors that might point towards love addiction? If so, what are you willing to do to get help?

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When you're in a relationship, do you trust yourself in it? And do you trust your partner? If not, what do you think you need to do to start trusting yourself and your partners?

Do you find yourself sabotaging your relationships? Why do you think you do this?

Do you know how to communicate in a healthy way, or do you tend to lean towards drama? Do you think you thrive on it?

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Do you find yourself looking for the “perfect” relationship? Do you have too-high expectations of Mr Right?