

Relationship Pros and Cons Worksheet

Patient Information

Full Name: _____

Date of Birth (MM/DD/YY): _____ Gender: _____

Contact Number: _____ Email Address: _____

Emergency Contact Name: _____

Emergency Contact Number: _____

Relationship to Emergency Contact: _____

Introduction

Making the decision to end a relationship is never easy, but sometimes it's necessary for our well-being and happiness. The Relationship Pros and Cons worksheet is a tool designed to help you weigh the advantages and disadvantages of staying in a relationship, allowing you to make an informed decision about your future.

Relationship Pros and Cons

Pros	Cons
What are some benefits of staying in this relationship?	What are some drawbacks of staying in this relationship?
What are some positive aspects of your partner?	What are some negative aspects of your partner?
What do you enjoy about spending time with your partner?	What do you dislike about spending time with your partner?
What are some shared values and interests between you and your partner?	What are some areas where you and your partner disagree or have conflict?
What are some positive aspects of the relationship itself (e.g., support, stability, companionship)?	What are some negative aspects of the relationship (e.g., lack of trust, lack of communication, feeling trapped)?
How would your life change if you were to end the relationship?	What are some fears or concerns you have about ending the relationship?

Exploring Your Decision

After completing the pros and cons list, take some time to reflect on your answers. Ask yourself the following questions:

How do I feel about my list of pros and cons?

Do the benefits of staying in the relationship outweigh the costs?

Am I willing to work on the negative aspects of the relationship or is it time to move on?

What steps can I take to address the negative aspects of the relationship, if I choose to stay?

What steps can I take to prepare for ending the relationship, if I choose to do so?

Moving Forward

After reflecting on your answers and considering your options, it's time to make a decision. Remember that there is no right or wrong answer, and ultimately, the decision should be based on what is best for you and your well-being.