



Relationship Clarity

Listen to what your experience is telling you

Relationships can hold love and distress at the same time. These questions help you step back, notice patterns and clarify what you need. They are not a test and do not decide for you.

PAUSE AND CARE

If there is fear, coercion, abuse or danger, prioritise specialist support and safety planning rather than joint relationship work.

Do our values, priorities and hopes fit well enough?

Can I be honest and still feel emotionally and physically safe?

How do we listen, repair and handle conflict?

Do care and effort feel mutual over time?

How do family, friends, parenting and daily life affect us?

What happens to my sense of self in this relationship?

What am I leaning towards, and what makes that hard?

What support would help me choose my next step?
