

Relationship Pros and Cons Worksheet

CLIENT INFORMATION

Full Name: _____ Date of Birth: _____ dd / mm / yyyy

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 wellbeing 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

What are some benefits of staying in this relationship?

What are some positive aspects of your partner?

What do you enjoy about spending time with your partner?

What are some shared values and interests between you and your partner?

What are some positive aspects of the relationship itself?

How would your life change if you were to end the relationship?

Cons

What are some drawbacks of staying in this relationship?

What are some negative aspects of your partner?

What do you dislike about spending time with your partner?

What are some areas where you and your partner disagree or have conflict?

What are some negative aspects of 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.