

PRINTABLE WORKSHEET

Should we try counselling? Your next step

For couples where one or both partners are unsure about the relationship. Each partner can fill in a copy.

1. Where do you stand right now?

- | | |
|---|---|
| ☐ Leaning in — I want to work on this | ☐ Unsure — I honestly don't know |
| ☐ Leaning out — I'm thinking about ending it | ☐ Decided — I've made up my mind to end it |

2. Where do you think your partner stands?

- | | |
|---|----------------------------------|
| ☐ Leaning in | ☐ Unsure |
| ☐ Leaning out | ☐ Decided |
| ☐ I genuinely don't know | |

3. Is there a recent or ongoing affair?

- | | |
|---|--|
| ☐ No | ☐ Yes, but it has ended |
| ☐ Yes, and it is ongoing | ☐ I suspect so |

4. Do you ever feel afraid of your partner, or controlled by them?

- | | |
|-----------------------------|--|
| ☐ No | ☐ Yes, sometimes or often |
|-----------------------------|--|

Reading your answers

Afraid or controlled: start with your safety, not couples work. VictimLinkBC (24/7): call or text 1-800-563-0808.
Emergency: 9-1-1.

Both leaning in: couples therapy.

One leaning in, one leaning out or unsure (a "mixed agenda"): discernment counselling — 1 to 5 sessions ending in a decision: keep things as they are for now, move toward separation, or a six-month all-in effort at couples therapy.

One decided, the other not: discernment counselling if the decided partner is willing; otherwise individual counselling.

Both leaning out or decided: separating well — separation counselling and independent legal advice.

Both unsure: discernment counselling, or a set number of couples sessions with an agreed check-in point.

Ongoing affair: most therapists won't start couples therapy until it ends.

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-discernment-next-step.html