

Assignment #2

How Healthy is Your LDR?

If you think of a relationship other than yours, I'm sure you could spot a few problems right off the bat – big problems even – but would the people in that relationship realize those problems? Maybe they would not deny the problems entirely, but they may play them off as “not that big of deal.” In other words, most people tend to look at their relationship through rose-colored glasses – the good things get magnified and the bad things are overlooked. Some people stay in unhealthy relationships that they think are healthy when in reality they are far from living “happily ever after” with the person they are currently with.

So let's take off those rose-colored glasses and examine your relationship. How healthy is it?

Select “True” or “False” for the following statements:	True	False
Your partner tells you that you should love them more.		
You're waiting for your partner to change.		
Your partner is waiting for YOU to change.		
There's always tension between the two of you.		
You're always wondering whether or not you should really be with this person.		
Your relationship feels insecure. (eg. You or your partner experience lots of jealousy.)		
You're always arguing.		
It's your job to fix your partner's life.		
You or your partner feels like crying often.		
You experience your own worst qualities more often than your best qualities.		
You and your partner are not interested in seeking the highest good for each other.		
You're no longer getting what you want or need from the relationship.		
You can no longer communicate effectively with your partner.		
You no longer look forward to spending time alone with your partner (whether in person or on the phone or online)		
You criticize or micro-manage your partner.		
Your partner criticizes or micro-manages you.		
You compare your partner to others.		
Your partner compares you to others.		
You don't laugh anymore.		
Your partner doesn't laugh anymore.		
You're doing all the giving (or all the getting).		
You no longer feel good about yourself.		
You or your partner has cheated.		