

SHOULD YOU STAY OR SHOULD YOU GO?



QUESTION 1:

HOW MUCH OF YOUR UNHAPPINESS IS CAUSED BY
A SPECIFIC PERSON / JOB / SITUATION / ETC.?

QUESTION 2:

ARE YOU CONTRIBUTING NEGATIVELY TO THE SITUATION?
WOULD CHANGING YOURSELF CHANGE THINGS?

QUESTION 3:

WHAT ABOUT YOUR SITUATION DON'T YOU LIKE?
WOULD YOU FIND THESE THINGS ELSEWHERE?

QUESTION 4:

WHAT DO YOU LIKE ABOUT YOUR SITUATION?
WOULD THESE GOOD THINGS BE AVAILABLE ELSEWHERE?

QUESTION 5:

HOW CAN YOU COMMUNICATE YOUR FEELINGS?
WHAT REACTION DO YOU RECEIVE WHEN YOU DO?