

CLINICAL RELATIONSHIP PROTOCOL



UnderstandYourPartner

Stay or Go Decision Matrix

Objective assessment for critical relationship choices.

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Should I Stay or Should I Go?

The Clinical Decision Matrix (No More Guessing)

Introduction: You're Stuck in the Worst Place

Not bad enough to leave. Not good enough to stay.

You're in **limbo**—the most painful relationship state.

Why limbo is torture: Because you can't plan. You can't move forward. You can't grieve. You're frozen.

This guide will get you UNSTUCK. Not by telling you what to do—but by giving you a **FRAMEWORK** to make the decision yourself.

Part 1: Why You Can't Decide

Reason #1: Sunk Cost Fallacy

"I've already invested 5/10/15 years. I can't throw that away."

Why it's a trap: Past investment is IRRELEVANT to future happiness. Time already spent doesn't justify MORE time wasted.

Reframe: "If I met them TODAY, knowing what I know now, would I choose this relationship?" If the answer is NO, the years already invested don't matter.

Reason #2: Fear of Being Alone

"What if I never find someone else? What if I die alone?"

The truth: Being ALONE is better than being LONELY in a relationship. Most find new partners within 2 years. Even those who don't report being HAPPIER alone.

Reason #3: Hope They'll Change

"If I just give them more time... If I just love them harder..."

Test: How long have you been hoping they'll change?

- 6 months? Keep trying.
- 1 year? Set a deadline.
- 2+ years? They're not changing.

Reason #4: Guilt

"They need me. They'll be devastated. What about the kids?"

Why it's a trap: You're not responsible for their happiness. Kids are better with separated happy parents than together miserable ones.

Part 2: The 4 Relationship States

Every relationship falls into one of these categories. **Figure out which one you're in.**

State 1: HEALTHY

(Stay + Enjoy)

- Conflict exists but is resolved
- Trust is intact
- You feel supported and loved
- Shared future

Decision: STAY.

State 2: FIXABLE

(Stay + Work)

- Serious issues present BUT:
- Both partners acknowledge them
- **BOTH** are willing to work
- Love still exists

Decision: STAY + WORK.

State 3: STAGNANT

(The Limbo Zone)

- Not terrible, not good
- Roommate syndrome
- Going through motions
- Comfortable but dead

Decision: 90-DAY TEST.

State 4: TOXIC

(Leave)

- Abuse (emotional/physical)
- Active affairs (no remorse)
- Addiction (untreated)
- Contempt

Decision: LEAVE.

Part 3: The Decision Matrix

Instructions: Answer each question honestly. Score your points.

Category 1: Safety & Abuse

Q1: Do you feel physically or emotionally SAFE? ☐ Yes, always (0 pts) ☐ Mostly (1 pt) ☐ No, walking on eggshells (3 pts) ☐ No, fearful (5 pts - LEAVE NOW)

Q2: Has your partner ever: ☐ Belittled you (1 pt) ☐ Destroyed property (2 pts) ☐ Threatened/Hit you (5 pts - LEAVE NOW)

Category 2: Effort & Willingness

Q3: Are BOTH of you willing to work? ☐ Yes, both actively trying (0 pts) ☐ I'm trying, they're somewhat trying (1 pt) ☐ I'm trying, they're not (3 pts) ☐ Neither is trying (5 pts)

Q4: When you bring up concerns: ☐ They listen and change (0 pts) ☐ They listen but no change (2 pts) ☐ They get defensive/blame (4 pts)

Category 3: Connection & Intimacy

Q5: Do you feel connected? ☐ Yes, deeply (0 pts) ☐ Fading (2 pts) ☐

Roommates (4 pts) ☐ Strangers (5 pts)

Q6: Sex life is: ☐ Satisfying (0 pts) ☐ Workable (1 pt) ☐ Dead bedroom (3 pts) ☐ Dead & don't care (5 pts)

Category 4: Trust & Betrayal

Q7: Do you trust them? ☐ Yes (0 pts) ☐ Mostly (2 pts) ☐ No, past lies (4 pts) ☐ No, current lies (5 pts)

Category 5: Future & Compatibility

Q9: Do you want the same future? ☐ Yes (0 pts) ☐ Negotiable (1 pt) ☐ No (5 pts)

Q10: Imagining life in 5 years with them: ☐ Excited (0 pts) ☐ Neutral (2 pts) ☐ Dread/Trapped (4 pts)

TOTAL SCORE INTERPRETATION

0-10 Points: STATE 1 (HEALTHY)

Your relationship is solid. **Decision: STAY.**

11-25 Points: STATE 2 (FIXABLE)

Serious issues but salvageable IF both willing. **Decision: STAY + WORK (6-12 month timeline).**

26-40 Points: STATE 3 (STAGNANT)

You're in limbo. **Decision: 90-DAY TEST.**

41+ Points: STATE 4 (TOXIC)

This relationship is harming you. **Decision: LEAVE.**

Part 4: The 90-Day Test (For State 3)

Commit to 90 days of GENUINE effort. At the end: Either progress is visible (State 2) or nothing changed (State 4). No more limbo.

Week 1-2: State Your Needs Clearly

Most people in stagnant relationships have NEVER clearly stated their needs. They've hinted. **Sit down and say:**

*"I need to be honest. I'm not happy. I want to give us 90 days to fix this.
Here's what I need from you: [List 3-5 Specific Needs]"*

Week 3-8: Execute & Document

1. Follow the protocols (communication, intimacy).
2. Document progress daily.
3. Weekly check-ins.

Week 9-12: Reassess

Sit down at Day 90 and ask:

1. Did they honor your needs?
2. Do you feel DIFFERENT?
3. Can you see a FUTURE?

Decision Time: If PROGRESS: **STAY** and continue working. If NO CHANGE: **LEAVE**. You have your answer.

BEING "DONE" IS A REASON

You don't need a "good enough" reason to leave. "I don't want this anymore" is a complete sentence.
Sometimes leaving is the brave choice.