# How did I contribute to the problems in the relationship?

-April Chapel, MA, ALC

1. I tolerated bad behavior.
2. I ignored my own needs.
3. I settled for less than I deserved.
4. I wanted to keep peace so I did not set healthy boundaries.
5. I rushed into the relationship too quickly.
6. I was selfish, unkind, or abusive.
7. I shied away from authentic connection.
8. I stayed silent when I should have spoken up.
9. I prioritized the children, my job, hobbies, etc. over my partner.
10. I ignored red flags and did not listen to what my heart was saying.
11. I always expected he/she would change.
12. I valued my partner, but did not spend enough time with them.
13. I believed vulnerability was dangerous.
14. I never thought I was good enough.
15. I did not contribute to the spiritual needs of my partner.
16. I behaved in ways that broke trust or hindered connection.
17. I was not vocal about my feelings.
18. I could not tolerate his/her disapproval, so I always gave in.
19. I never learned how to resolve conflict.
20. I made poor choices.
21. I gave myself away until there was nothing left.
22. I became sexually involved too soon.
23. I did not have a model for healthy relationships.