

The Million-Dollar Question

Am I suffering from relationship anxiety or is my doubt/ambivalence a sign that I'm with the wrong person?

Check all boxes that apply:

My Personality Type:

I'm a perfectionist.

I'm an over-thinker and often over-analyze things.

I've had difficulty making decisions in my life, both large and small.

I've been a worrier my whole life.

I come from a long line of worriers.

I've been called "overly sensitive" and/or "too sensitive."

I've had anxiety before.

I've struggled with transitions (separation anxiety as a kid, leaving home for college, graduating from college, getting married, losing a loved one, etc.).

I'm scared of change.

I worry a lot about losing the people I love.

I'm scared of death and worried about death when I was a child.

I've been told I have OCD, Pure-O, R-OCD, or H-OCD.

My Partner (or if you're single see last line):

My partner is good, honest, loving, caring, available, committed and kind.

He or she is everything on paper I've ever wanted (except for... see intrusive thoughts section below). We basically share the same values.

We have no red-flag issues (ongoing addiction, ongoing trust issues, personality disorder (narcissism, excessive control issues, severely out-of-alignment with core values, i.e., I want kids and he doesn't).

Even though I've had doubt, there's something keeping me in. My fear-based self wants to tell me that I'm only staying because I'm scared to leave, but some part of me knows that I'm staying for healthy reasons.

I'm single and run from every healthy relationship.

My doubt started:

On the first date.

Within the first week.

At about two months.

After I got engaged.

After we got married.

Years into our marriage.

I was infatuated in the beginning but then it faded. Does that mean I fell out of love?

We never had a honeymoon stage. Does that mean I'm with the wrong person?

My love for my partner comes and goes.

My attraction for my partner comes in waves.

I used to feel anxious but now I feel numb and empty. Doesn't that mean it's over?

My intrusive thoughts sound like:

I don't love my partner enough or at all.

I love my partner but I'm not "in love."

I'm not attracted to my partner.

I have no sex drive, or my desire is very different from my partner's desire.

He/she isn't intellectual enough.

He/she isn't witty enough.

He/she is too short/tall (or any other physical feature that you're fixated on).

He/she is too young/old (age difference).

I feel irritated and annoyed a lot of the time.

What if there's someone more suited for me out there?

What if I'm settling?

I'm just trying to convince myself to stay.

We don't share the same religion; isn't that a red flag?

I feel like a fake or an imposter, just pretending that I'm into this relationship.

I feel like I'm lying when I say "I love you."

What if I'm too young to be in a serious relationship?

If we met young, are we doomed to fail?

What if I'm gay?

What if my partner is gay?

What if we don't talk enough?

What if I'm not following God's Will?

What if I'm making a mistake?

What if I'm still in love with my ex?

I'm only staying because I'm too scared to leave (to be alone or to hurt my partner).

I can't stop thinking about my ex.

I don't "know" deep down that my partner is "the one" for me.

Something is missing.

We don't have enough connection.

We don't have enough spark.

My story is different than everyone else's on this site.

I'm not anxious; I just feel numb, empty and indifferent, like I don't care.

What if I feel like this forever?

He/she would make a great partner... for someone.

What if we're meant to just be friends?

My beliefs about love are:

It shouldn't be this hard.

If I have to work this hard, it means there's something wrong.

Plenty of people say they "just know." Maybe I should leave and find someone where I "just know."

If we never had an infatuation stage there's something wrong.

Results