



How to Stay Stuck in Your Relationship

Circle the numbers that apply to you and your strategy for remaining stuck:

1. Wait for the other person to change. Tell yourself and others how hard it has been that they have not changed.
2. Build a case in your mind and heart against them, review this case often, reflect on the injustice of this situation often, find a person/friend who will take your side and affirm your hurt and offended feelings to them often.
3. Prayer, but mostly for God to give you the strength to endure your partners sin. Do not ask God to show you your own sin or shortcomings.
4. Find people who appear to have more support, comfort, resource and affirmation from their partner and friend group. Compare your situation to theirs, do this often throughout the day until it becomes a habit that runs all the time in your mind and heart.
5. Do something kind, gracious or supportive towards your partner. Watch closely to observe how appreciative, responsive and aware they are of your costly gesture. Be ready to withdraw if it goes unnoticed.
6. Be careful not to be too responsive if your partner makes a kind gesture. This could be a temporary effort, a short term change intended to make you hopeful and vulnerable.
7. Focus on your partner's past and how they have always been angry, sad, weak, afraid, etc "as long as you have known them". Also helpful to point out how "they learned it from their mom, dad, family".
8. Diagnose your partner with some Mental/Emotional condition that you found through the Internet. Print off the relevant pages, highlight the unhealthy characteristics with a yellow marker. For additional support, review this diagnosis with some friends to confirm your findings.
9. Focus exclusively on your personal happiness. Use words like "strong", "brave", "self-care" and "my truth". Disconnect from anything that feels like pressure, tension, or discomfort. Phrases like, "It's my time and my turn to be happy" and "I deserve to be happy" will keep you focused on and committed to you!
10. Just Quit. Quit trying, quit believing, quit trusting, quit waiting, quit hoping. Quitting helps us feel numb. Feeling nothing turns down all the pain and that feels pretty good. Unfortunately, it turns down all the joy as well, but the numb feeling will eventually become your new normal
12. Find a guru, spiritual guide, energy crystal, or enlightened community that can give you permission, connection and insight about a new and powerful way to live, love and learn. Shed old ideas, relationships and restrictions. Say "yes" to the universe, the spiritual world and to your wise man or inner goddess.



13. Stay very religious and very serious. Being stuck in a relationship is very painful and pain can be redeemed by those who make idols of their sacrifice. A home grown martyr needs a reliable source of unyielding pain. Let your pain and misery affirm your deep and costly service to God. You will never have to worry about changing or healing.

14. Focus on something out of reach, that could absolutely heal and restore you. Concentrate on the designated object, remind yourself that no one is really available to help you, feel hopeless and defeated that you are without power or hope to ever be restored. This method can keep you paralyzed for decades.

15. Pretend to be better, when you are not. Say “it’s okay” and “I’m okay.” when you are not. Avoid all conflict avoid most feelings, particularly unpleasant feelings. Say “yes” because you do not want to disappoint someone or anyone, or leave any need unmet, or run the risk of being or feeling selfish or mean. Tell yourself that being “nice” is the same as being healthy.

16. Be a real jerk, consistently. Blow-up when things don’t go your way, make others pay a high price for disappointing you; act like your needs matter more than other people’s and believe it. Win all your arguments, one way or another. You will never change, never get better and never be satisfied.

17. Meltdown, collapse, fall apart when you are confronted with any wrong doing. Others will have to rescue you from your dramatic unraveling. The issue will quickly shift to “how bad you feel”, “how overwhelmed you are”, the guilt and responsibility experienced by the person who said “something” to you. “V” is for victory and victim, you can win as long as you stay helpless and fragile. You will never have to or get to change.

18. Medicate or distract yourself when you feel any stress or tension coming on. Find your drug, drink or activity of choice. Whatever makes you feel different and better, quickly, will do. Getting better or doing better seem less important when feeling better is only moments away. Soon it will be all you want to do and all you can do. If staying stuck is your goal, bad medicine works 100% of the time.

19. Assume the worst, always. Rehearse imaginary future catastrophes. Whenever possible. Let your imagine run wild and free with all the possible combinations of failure, humiliation, abandonment, rejection and betrayal. Soak in all the dread and loneliness of your coming calamity. You will not change, grow or engage in any new or productive activities.

20. Do not make Commitments or Decisions. Reflect often on your uncertainty and limitations. Think of your past failures and mistakes. Always try to defer responsibility and influence to others more qualified. Keep your head down, your opinion to yourself, follow the herd and hope not to get noticed.

21. If you have been reading this list and thinking about “other” people who do these things, you never have to worry about changing. You won’t.