

“ Life is a journey where we can choose to discover and practice the personal tools that can build a foundation from which we can live the best of life has to offer. ”

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Warning Signs of a Relationship in Trouble

You are critical of your partner.

You feel a drive to do things without your partner, a craving for your own space.

You find yourself looking at or being attracted to other members of the opposite sex.

You avoid having sex or intimacy with your partner.

You find yourself unable to forgive certain things your partner has done in the course of the relationship, and still feel angry or upset when you think of these things.

You stay home a lot with your partner because neither of you makes plans for social activities out together.

You spend most of your free time with friends or activities that do not involve your partner.

You do not share your feelings or observations with your partner because you feel he or she won't understand or appreciate your thoughts or feelings.

You have some form of addiction that causes you to become numb to your feelings: drinking alcohol, using drugs or tranquilizers, overeating, etc.