

The Center Check

Where are you in all of this?

10 questions • About 2 minutes

Maybe you have read the chapter and thought, Okay, I get it. But where am I? You know you care about him. You just are not sure whether the relationship is one part of your life or whether it has quietly become the center of everything. I made this little check to help you see that more clearly.



Answer based on your normal right now.

Think about how your relationship feels most of the time right now, not your best days or your worst fight ever. Choose the answer that feels closest. There are no right or wrong answers, and you can go back and change an answer before you finish.

This is a personal reflection tool, not a clinical test or a verdict on your relationship.



What you will see at the end:

where your answers place you on a simple 0 to 10 scale, from centered to pulled in to lost in it.



CENTERED

I love him, but I am still me.



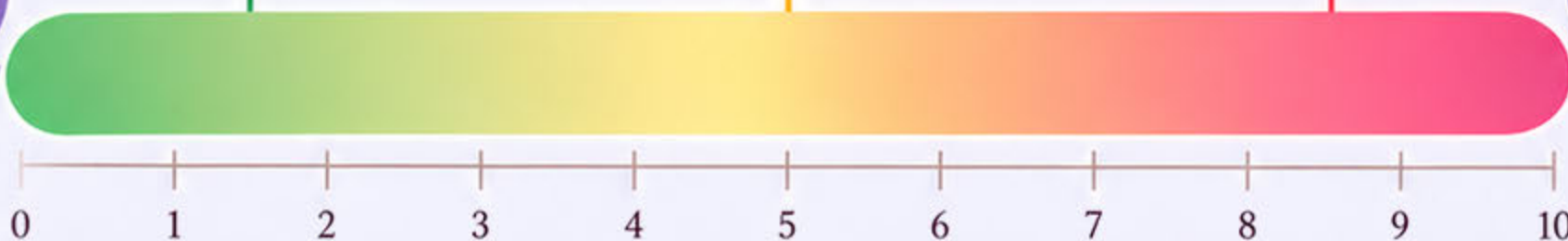
PULLED IN

The relationship is taking up too much space.



LOST IN IT

His mood is running my life.



Start my Center Check →

This is not about how much you love him. It is about how much room is still left for you.

