



Episode 89: Should I Stay or Should I Go?

with Corrina Gordon-Barnes

Joining us in this episode is Corrina Gordon-Barnes, a coach and trainer who focuses on improving relationships between individuals. One of the issues she helps her clients with is the classic 'stay-or-leave' dilemma many people face in their relationships or their jobs.

In the podcast, Corrina guides us through her process of listening with compassion, creating lists and taking control of what's within our power. Through courage and acceptance, you can find peace and love in your relationships.

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Quote to remember:

'In our zone of power, the things that we need to do are things which involve courage. The things which are other people's [actions] involve acceptance.'

What You Will Learn

Humans aren't meant to be alone. We all look for a sense of belonging, which we find in our relationships with others. But these relationships can sometimes be messy and complicated.

One of the most challenging dilemmas you can face is whether to stay in a relationship or a job, or whether you should leave.

This workbook guides you through Corrina's three steps to help you face this dilemma with a clear mind. These include having compassion, writing lists, and questioning the thoughts that may cloud your thinking. With a clear mind, you can more easily harness the courage to take control of and act on your decisions and learn to accept what you cannot change. By understanding that you always have a choice, you live in a more empowered state.

Activity: You Have the Choice

Q1. It's not unusual to have thoughts of leaving a relationship. With this comes the dilemma of whether the answer is 'Yes, it's time to leave,' or 'No, I should stay.'

This situation might be something you are experiencing right now. **Are you struggling with any of your current relationships or roles?**



Q2. After identifying your struggle, face it with compassion. Acknowledge that it is completely normal and valid to be in this situation. It's OK to admit that you're having a hard time.

It's time to start making a choice. With this in mind, try making the lists below.

List 1: Criticisms, judgements, and complaints: Why is it so hard for you to wholeheartedly stay?

Your criticism or judgement	Evidence that this is true:	Evidence that this is false:	True or false?

List 2: What are your fears about leaving?

Your fears about leaving	Evidence that this is true:	Evidence that this is false:	True or false?

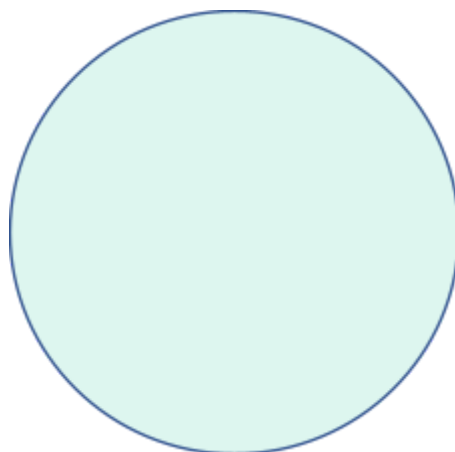


Acknowledge these judgements and fears. These are the thoughts that cloud your mind and keep you from making a decision. But these thoughts are not infallible — they can be questioned.

Go back to the tables and lists of thoughts. Reflect on them and determine which ones are merely opinions and assumptions and which are facts.

Q3. Now, it's time to change your way of thinking. Accept reality, and work on what you can change.

Think about what is in your zone of power (in your control). Write these things in the circle below. Write down the things that you can't control outside the circle.





These things inside your circle or your Zone of Power give you choices. They are what you can control and choose to do with courage. The things outside the circle are out of your control. They are the things you need to accept.

Q4. Fill in the following table with your thoughts about something that caused you stress. Then, see how you can respond differently in the future. This response may be in the form of a courageous conversation or action. You can use the problems you wrote down outside your zone of control and reframe them into something you can change.

'I should.../I ought.../they should...'	'I can...'

Q5. Now that you've addressed some of your thoughts, you may have notice that there is more going on than what you initially thought.

What are your insights about the dilemmas you are facing now?



Q6. What option are you leaning towards now?

In any dilemma that you may have, you have the power to take action with courage and the ability to accept the actions of others with love and peace. Whether you should stay or leave will always be a difficult decision, but you have the choice. May this workbook give you clarity on the best course of action for you.

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