



Unlucky at Love? A Quick Quiz and 4 Turn-Around Tips

Do you seem to have bad karma when it comes to relationships? Valentine's Day, or any day, is a great time to consider what you can do make your relationships healthier and more fulfilling. Take this quick quiz to test your relationship karma, and to see what you can do about it!

Before taking the quiz, think about your relationships. In what ways are they healthy and fulfilling and in what ways are they not? Now, take a look at these four statements. Place a checkmark next to each one that applies to you.

If you checked *any* of these items, you've likely hit some sort of ceiling, a way of seeing things that's getting in the way of having the kind of relationships you want to have. An "aha" moment—a sudden flash of clarity about the reality of the situation—could make all the difference. Give these 4 relationship turn-around tips a try.

Do I have bad karma when it comes to relationships?

- I see the same patterns repeated over and over in my relationships, patterns I'd prefer to avoid.
- I recognize that I play a role in creating the relationships that don't work for me. I am, after all, the common denominator.
- I'm puzzled that I haven't been able to do what I know I need to do to make my relationships healthier and more fulfilling.
- The people closest to me are getting tired of hearing the same reasons and excuses about why I haven't taken the steps I need to take to improve my relationships.



Become a keen observer of yourself. When it comes to your relationships, notice what you're doing, be aware of what you're thinking, and tune in to what you're feeling. You're likely to be surprised by what you discover, *and* you just might spark a pivotal "aha" moment.



Wonder about your situation. Ask questions about what you notice about yourself and your relationships. Be curious about what you find. Your questions will lay the foundation for a sudden change of perspective, and your curiosity will coax it along.



Think, but don't overdo it. You've probably already thought a lot about the rough spots in your relationships. Go ahead and analyze a little more. But don't dwell on it, because thinking won't likely lead you directly to an insight. An AHA! will arrive out of the blue and break your line of reasoning.



Be willing to let go. A pivotal AHA! will bring a new perspective. It will reveal to you something that you hadn't seen before. Sometimes embracing a new perspective requires letting go of something that you thought was indisputable.



Quiz creator Donna Hartney, Ph.D., is a performance consultant and the author of *The AHA! Handbook: How to spark the insights that will transform your life and career*—the first research-based self-help book that teaches readers how to spark pivotal realizations.

Learn more at www.DonnaHartney.com.

