



## Dr. Patty Ann's Relationship Mindset Quiz:

The mindset you possess about the relationship you have is one of the most powerful influences on the relationship you create and live.

Let's take a look at some common mindset traps to see where your relationship stands.

1. Are you or your partner negative and down on your relationship?

Yes  No

2. Do you or your partner feel like you cannot be bothered anymore or "what's the point"?

Yes  No

3. Do you or your partner have negative thoughts that influence everything you think, say and believe about your relationship?

Yes  No

4. Do you believe there is nothing your partner can do or say that is right?

Yes  No

5. Do you find yourself focusing on the "what ifs" instead of the "what is"?

Yes  No

If you or your partner answered yes to any of these questions it's clear that we need to improve your mindset. Often your thoughts affect your relationship more than you know.

**If you can relate to the feelings outlined in the questions above you need to change your mindset NOW.**

Even small adjustments in the way you think about your relationship and approach interactions with your partner can make a big difference.

**Dr. Patty Ann's Relationship Toolbox™ has techniques to help you change your mindset -- even if you partner isn't ready to make the effort.**

If you answered yes to three or more of these questions, you may want to consider working directly with Dr. Patty Ann in one of her exclusive relationship programs. The good news is you now have options to help get your relationship back on track.