**Should I Pick Up the Pieces or Throw in the Towel – Part 1 –** [Shirley Glass](https://amzn.to/3AnCgyH)

As long as you’re ambivalent, there is still hope, because you haven’t yet made a definite decision. At this stage each of you has to decide whether you’re capable of going through the process of rebuilding intimacy & trust. *Early* decision making revolves around whether to stick with efforts to work through the situation. *Later* decision making involves whether to leave the relationship once & for all. *The first decision you need to make is whether you can commit to working on the relationship.*

It is important that you make an active rather than a passive decision to stay & work on the relationship. Engaging in some head work as well as some heart work is helpful for those mired in ambivalence. It’s helpful to use the ***head-heart-gut-groin test*** to figure out where you are.

* The *head* is the rational part that tells whether you like your partner. It also does an intellectual balance sheet of pros & cons.
* The *heart* tells you how much fondness & emotional attachment you have.
* The *gut* is your instinctive sense of what feels right or wrong.
* The *groin* is an erogenous zone that is influenced by passion & irrational desire.

Today your head, heart & gut may be leaning toward staying, while your split heart & groin pull you in another direction. The strongest pull will end up being whichever force you hold most dear.

*The worst resolution is a stable triangle*. When involved partners stay on an eternal fence, ultimatums given by your partner or lover move you from one side to the other. You will cajole, seduce & deceive both partners in order to have your cake & eat it too. Your partner & your lover help to maintain the stable triangle by making compromises & accepting whatever crumbs are thrown their way. Children are inevitably harmed by this collusion, because it results in underlying tension & open conflict in the home.