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you ' re in a relationship that seems both

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too good to leave and too bad to stay in, you ' re in a state called relationship ambivalence. When you feel ambivalent about your partner you take distance from them. You spend less time together.

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Mira Kirshenbaum is an individual and family psychotherapist in private practice and the clinical director of the Chestnut Hill Institute in Massachusetts. She is the author of four books, including the phenomenally successful *Too Good to Leave, Too Bad to Stay* (available from

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