

# Are you emotionally divorced?

**You shouldn't have more than four "yes" answers.**

Little or no eye contact

Lack of sharing on a personal level- surface conversation only

Lack of checking in with each other on a daily basis

Conversations begin harshly

Conversations begin with criticism

Lack of humor in daily interactions

Lack of interest in each others interests

Living separate lives in the same house (sleeping, eating)

Lack of awareness of each others dreams, hopes or personal goals

Apathy about the other persons emotional state

Daydreaming about separate lives

Making decisions about major purchases on your own

No fun in downtimes; Fun times are separate from each other

Have a hard time thinking positively about spouse

Very few positive recent memories with spouse

Shutdown at the sound of spouse's voice

Past memories of spouse seem more like manipulation now

Body has a visible reaction when in spouse's space

Struggle feeling safe having sex with spouse

I can't imagine forgiving my spouse. I want my spouse to pay for what they've done