



Thinking About Reconciliation?

Overall, how much support would you have for reconciliation? Write down your thoughts here:

Remembering the good times. When you think back on your relationship, both before you got married and after, can you think of good, positive times?

What do you remember about dating your partner? What attracted her or him to you? What did you enjoy doing together?

Why did you choose to stay with your partner? What influenced you to make the big decision to decide to spend your life together with this person?

Despite your current problems, what positive things do you still see in your marriage? What good characteristics do you still see in your partner?

Have you gone through some tough times together before? What kept you going through those times?

If you have been able to remember some of the good features of your marriage and your partner, it helps you to see the possibility of a better future. What have you learned by trying to remember the good times?