

Episode 6

Stay or Go? How to Know if YOUR Marriage is the Right One for YOU

Marriage Evaluation Process

1) Define What You Want and Need

1. What feelings/values are important to you? (Happiness, peace, security, freedom, adventure, love, intimacy, passion, security, etc)

2. Describe in one sentence what you really want to achieve in your life. When you are on your deathbed, what do you want people to say about you?

3. Name 3 things that you do (or could do) that make you happy

4. What is your ideal lifestyle?

2) Define Your Ideal Marriage

1. What will you and your spouse be doing together?

2. What feelings would you and your ideal wife or husband be giving each other?

3) Partner Match

1. What feelings/values are important to your spouse?

2. What is your spouse's ideal lifestyle?

3. Compare with yours: how much of an overlap is there?

4. Are there any 'red flags' you can see where your needs are too different that you won't be able to accommodate each other easily?

5. Are you happy to meet your spouse's needs?

6. Do you think your spouse can meet your needs?

4) Identify What Got You and Your Spouse Together in the First Place

1. Describe the story of the time you first met until the time you got married. In other words, why did you really get married in the first place?

6) Identify Why You Are In Your Marriage Right Now

1. Positive reasons:

2. Negative reasons:

My thoughts/conclusions about my marriage:

Download the Free Report: “The Five Keys to Saving Your Marriage Right Now”

Available at

www.growinginloveforlife.com

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