



CHECKLIST

Have You Tried Everything To Save Your Marriage?

The decision to end a marriage is one of the most difficult ones a person will make. With the divorce rate where it is, it's clear that not all marriages can be saved. But many can. Whether you're choosing to end the relationship or that choice is being made for you, knowing that you've tried everything to save it first is so important.

If your marriage has gotten to the point that you are seriously considering ending it, it would take two people working very hard to repair it. You can't control what your spouse will or will not do, but you can always control your own actions and reactions. The focus of this exercise, therefore, is about you and your own efforts. Part of that does include asking your spouse to try too.

Review the checklist below and mark off all efforts you have made to save your marriage. If you are still in progress with any of them, check the "still in progress" box instead. That may signal that you are not done trying.

1. I have attended marriage counseling with my spouse and followed the counselor's suggestions to the best of my ability.

Yes Still in progress

2. I have exhausted my efforts to get my spouse to participate in marriage counseling and/or an intensive marriage retreat. (This effort is if your spouse has been unwilling to attend. Remember, you can only control your own actions.)

Yes Still in progress

3. I have attended individual counseling in order to work on myself both personally and as a spouse, and followed the counselor's suggestions to the best of my ability.

Yes Still in progress

4. I have been open and honest with my spouse about the issues I have with our marriage, in an effort to improve them.

Yes Still in progress

5. I have listened willingly to the issues my spouse has in our marriage and made an effort to improve them.

Yes Still in progress

6. I have analyzed the source of difficulties in our marriage to figure out if they are truly coming from our relationship or external sources (such as work or other outside stressors).

Yes Still in progress

7. I have made our relationship a priority and asked my spouse to do the same.

Yes Still in progress

8. I have attempted to rekindle the romance in my marriage.

Yes Still in progress

9. I have sought to forgive my spouse and/or to not let past issues or grievances prevent our reconciliation.

Yes Still in progress

10. I have exhausted my efforts to help my spouse through whatever issues he or she is personally facing (addiction, mental health issues, etc.). I feel that making further efforts would be futile or to my own detriment.

Yes Still in progress

11. I have sought counsel and advice from others I trust (e.g. my faith leader, elders in my community, family members).

Yes Still in progress

12. I have asked my spouse to reconsider separating and let him or her know this is not what I want. (This effort is if your spouse wants a separation and you don't).

Yes Still in progress

13. If I have become involved with someone else, I have backed off that relationship so that I can evaluate my marriage without the influence of another person. (This is a hard one, but any marriage counselor will tell you that it is a must. Being romantically involved with another person will cloud your vision and can make it impossible to truly focus on saving your marriage first.)

Yes Still in progress

14. I have weighed alternatives to separation, such as living in separate bedrooms, staying together until the children graduate, etc., and do not feel they are possible for me.

Yes Still in progress

15. I have made other efforts to save my marriage, including:

Yes Still in progress

16. I have allowed myself enough time to weigh the decision to separate. (The amount of time you need to invest in this decision is personal, but you should feel you have given yourself sufficient time to really consider all options.)

Yes Still in progress

17. I have fully weighed the pros and cons of staying together and of separating, and feel that separating is the best or necessary choice.

Yes Still in progress