

# Middle Tennessee Counseling

## Marriage Recovery: Step 8

### Taking the Step

I recommend going through the below worksheet and questions 3 times. First, read through the entire list. Second, go through the list and begin answering the questions and writing prompts. If you get stuck or don't have much to say, go to the next one. Third, go through again and edit/add to your answers and writing. In step 9 you will be writing a letter to your spouse and will use much of what you've written below as a guide to your letter.

### Wedding Vows

(If you can, find your marriage vows that you used at your wedding)

What did you promise to your spouse?

In what ways have you upheld those vows?

In what ways have you neglected those vows?

How have you withheld love, care, respect, honor, dignity, and affection from your spouse?



- Self-Pity
- Apathy
- Loneliness
- Jealousy

### **Issues**

How have you handled the following issues and challenges in your marriage?

- Screens / Technology
- Money
- Sex
- In Laws / Family
- Kids
- Work

- Other Relationships
  
- Alcohol / Substances

**Is there anything you have kept a secret from your spouse?** (If so, write it out here and finish this worksheet. When you have finished, call a friend, pastor, counselor, or trusted confidant that you can tell this secret to. It's important to process this secret(s) and why you've kept it/them until now. Do not share with your spouse until you've first shared with someone who can advise and walk with you in this disclosure process.)

### **Behaviors**

Name specific examples of how you have used or done any of the following:

- Control
  
- Manipulation
  
- Criticism
  
- Blame

- Defensiveness
- Justification
- Spiritual abuse / mistreatment
- Name calling
- Derogatory remarks
- Using the truth to cut down
- Stonewalling
- Avoiding or Ignoring
- Lying
- Cheating
- Stealing

- Use of Global Terms (always, never, every time, etc)

### Other questions

What justifications have you made for not seeking help before now?

How did you "turn a blind eye" to your problems?

In what ways have you avoided addressing issues or challenges in your marriage?

Which character flaws or shortcomings have had the biggest impact on your marriage? Be specific how this took place.

Is there anything not listed above that you would like to own or take responsibility for?