

## 2.4: Thinking about Reconciliation.

It's not uncommon for couples who are separated or heading for divorce to try and reconcile and keep trying to work things out. Sometimes reconciliation is successful but other times it is not. This brief exercise is designed to help you think about the possibility of reconciliation and how helpful it might be.

**A. Priorities.** Reconciliation is more likely to be successful when both spouses make strengthening the marriage a high priority. How committed would you be? How committed do you think your spouse would be? (Circle your answer.)

	Not at all Committed	Maybe a little Committed	Somewhat Committed	Very Committed
You	√	√	√	√
Your Spouse	√	√	√	√

If you decided to reconcile, what specific things could you do to make strengthening your marriage a high priority? Think about “big” things like going together to a marriage education class or marriage counseling. Also think about some “small” things like a regular time each day to talk and reconnect, praying together daily, a weekly date, dropping some demands on your time, developing some shared interests, etc. Brainstorm some ideas and write them down:

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

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**C. 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? When couples are going through hard times, it is common to focus on the bad and not remember the good times and good features of the relationship. But if you can recall those good times and good aspects of the relationship, then you have a better chance of being able to work through your challenges and keep your marriage together. A marriage that was built on friendship and fondness sometimes can be revived, despite the challenges you are facing now. This exercise is designed to help you try to remember the good times and good parts of your relationship.

• What do you remember about dating your spouse? What attracted her/him to you? What did you enjoy doing together? Write down some of your thoughts here:

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• Why did you choose to marry your spouse? What influenced you to make such a big decision to decide to spend your life together with this person? Write down your thoughts here:

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• What do you remember about your engagement? Your wedding? What are some of the positive memories from these times? Write down your thoughts here:

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• Despite your current problems, what positive things do you still see in your marriage? What good characteristics do you still see in your spouse? Write down your thoughts here:

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• Have you gone through some tough times together before? What kept you going through those times? Write down your thoughts here:

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• If you have been able to remember some of the good features of your marriage and your spouse, it helps you to see the possibility of a better future. What have you learned by trying to remember the good times? Write down your thoughts here:

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