

# Exercises for Chapter 3

## 3.1: Thinking About Your Reasons for a Possible Divorce.

**A. Below are some** of the more common reasons people give for divorce. Consider what role each of these reasons plays in your situation. Circle whether each reason is a major problem, a minor problem, or not a problem in your marriage and may have you thinking about a divorce. (If something is a problem for your spouse but not for you, go ahead and circle what you think your spouse would say.) Then for each reason you checked, take a minute to think about how willing you and your spouse would be to work to make improvements in this area. (Chapter 2 discussed different ways to work to make improvements in your relationship.)

Reason for Divorce/ Problem in Marriage	Is this a major reason, a minor reason, or not a reason for thinking about a divorce? (circle one)	How willing would you be to work on making improvements in this area? How willing do you think your spouse would be? 1=Not at all willing 2=A little willing 3=Somewhat willing 4=Very willing n/a=Not applicable in your situation (circle one)
Lack of commitment	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Too much arguing	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Infidelity (unfaithful)	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Unrealistic expectations	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Lack of equality	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Pushing, slapping, yelling, etc.	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Abuse	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Didn't prepare well for marriage	major / minor / not	(Not applicable)
Married too young	major / minor / not	(Not applicable)
Other: _____	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a
Other: _____	major / minor / not	You: 1 2 3 4 n/a Spouse: 1 2 3 4 n/a