

Exercises for Chapter 4

4.1: Imagining A Happy Ending.

A. As we discussed in this chapter, most people who are unhappy in their marriage, if they hang on for a few years, report that they are happy again. Try imagining that in three years both you and your spouse will be happy again in your marriage. What could happen that would explain this change for the better? Imagine a series of events, changes in circumstances, shifted attitudes, new behaviors or actions, etc., that could result in a happy marriage down the road in a few years. Write down your thoughts here. If you can't imagine this scenario at all, then write down why this is the case.

B. Now think what steps you and your spouse could take and changes in circumstances that could potentially turn your imaginings into reality. Write down your thoughts about this:
