

Worksheet of Roadmap to Divorce

The roadmap is based on research that predicts divorce with 93% accuracy. If you see that you've already reached some milestones it's an indicator that time is ticking! You'll need to take action immediately to fix your marriage.

- *Are you and your partner showing contempt in your marriage?*

- In your marriage, are "You" statements used more often than "I" statements?
- In your marriage are you using universal statements like always, never, every time...?"?
- Does your marriage contain communication problems where personal attacks overtake solutions to the problems?

(if you checked two or more questions move to another one)

- *Are your marriage deprived of respect?*

- Do you feel unrespected by your partner?
- Are you turning down most of your partner's ideas or does your partner usually turn down your ideas?
- Are you or your partner sharing negative things about each other with your family, friends, or co-workers?

(if you checked two or more questions move to another one)

- *Are you using a turning away approach?*

- Does your spouse mostly ignore you when you say something that's not a necessity, for example, "The weather is beautiful" or "I think I will go take a walk" or "I was thinking about cleaning the house"?
- Do you feel that your partner doesn't fulfill your emotional needs?
- Do you usually feel unheard in your marriage?

(if you checked two or more questions move to another one)

- *Are you feel increased distance and isolation between you and your spouse?*

- Do you or your partner (or both) avoid speaking because of possible conflict?
- Are you feeling that you can not be honest in your marriage?
- Are you feeling like you're living with a roommate rather than a spouse?

(if you checked two or more questions move to another one)

- *Are you feeling the decay of the marital friendship?*

- Are you feeling that your spouse is more of an enemy to you rather than a friend?
- Are you not feeling close to your partner?
- Are you thinking about ending your marriage to find someone who "truly" loves you?

(if you checked two or more questions move to another one)

- *Are you feel completely alienated?*

- Are you thinking about ending your marriage to find someone who “truly” loves you?

The longer you let this chain reaction go on, the harder it will be to get off this path.

Let LionHeart marriage coaching help you to get off completely out of this roadmap and have a marriage that you deserve to have.

It's more than marriage it's your life, improve it.

Schedule a free complimentary call with a certified marriage coach