



Fixing A Broken Marriage Worksheet

This worksheet is designed to help you start on the process of rebuilding a broken marriage. Think through the questions and discussion items listed and make notes regarding the things you want to discuss with your spouse. Ask your spouse to read the article and then spend some time thinking through this worksheet. Once there is agreement to discuss these ideas, it is important to determine when and where you will begin to discuss your thoughts and answers.

We recommend that you take the time to write out your answers to these questions. Take your time and make notes about everything that comes to your mind. Once you start thinking things through – other thoughts will likely come to the surface. Let's start at the beginning.

1. Can you remember what your marriage was like when you first started out? What was it like for you? What did you really like about your marriage? What were some of the early expectations and dreams you had about how your marriage would be?
2. When did things begin to change in your marriage? What do you remember that happened that began the shift from the marriage you wanted to one that wasn't working so well? How long has it seemed "broken" to you? How do you think your spouse would describe your marriage?
3. What things have the two of you done to fix your marriage over the years? What has helped you hang in there during these "broken" years?
4. What have you done that has contributed to the brokenness of your marriage? What would it be like to ask your spouse to forgive you for your part in this?

Addressing this type of change in your relationship is hard, and we applaud you for wanting to tackle it. You may have good intentions about these changes in your relationship, but be prepared that it is very hard work. Your current patterns of interaction may be longstanding which makes these changes difficult, but not impossible. If you know that change needs to happen but feel overwhelmed by the process, it is time to seek help.

We have helped couples work through this issue for years, and we can help you too. Call us at 331-308-0113 for a 15 to 20 minute free consult to begin the process of fixing your marriage.

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