

Your Misplaced Marriage/Relationship Checklist

Have you neglected or “misplaced” your marriage or committed relationship?
So many people do without realizing it. It’s like neglecting our health – it catches up with us.

Here are **10 behaviors or patterns to look for** that indicate your marriage needs attention. Use this checklist to do a quick scan and see what shape your marriage/partnership is in.

- 1. Does Defensiveness, Contempt, Criticism, or Building Walls exist in your relationship? (These are the “four predictors of marital decline” from the Gottman Institute)
- 2. Is Anger and/or irritability your predominant mood when you are around your spouse/partner?
- 3. Is there little to no laughter in your interaction?
- 4. Is there little to no sexual interest or interaction?
- 5. Are “Games” rather than authentic interaction the norm? Examples are: sarcasm; ridicule; blaming; getting the kids on your side.
- 6. Do you/your spouse stay at work later than is necessary to avoid being at home around each other?
- 7. Do you have difficulty remembering when things were good and you felt loved and had loving feelings for your spouse/partner?
- 8. Do you feel like no matter what you do, your spouse/partner is never happy with you?
- 9. Are you hopeless about your future with your spouse/partner?
- 10. Are you lonely in your marriage, often filling the void with: alcohol, drugs, TV, gaming, risky internet behavior, risky outside relationships that threaten your commitment?

Score Your Misplaced Marriage/Relationship

1 - 2 checks - Low neglect – Be sure you schedule weekly date nights, return to activities that brought joy in the beginning, add some romance and nurture to daily routines.

3 - 5 checks – Moderate neglect – Do the above, add more positive interactions to your day, like gratitude, apologies, appreciation, validation of your spouse’s contributions to your life. If no improvements in 2 months, seek marital therapy.

5 – 10 checks – High neglect – Make an appointment with a marriage therapist now. Don’t wait because things will get worse over time.

CALL TODAY 706-565-6062 for a free consultation. Let’s discuss how to Retrieve your marriage/relationship.