

UNIT 3

Divorce

Coach:

To understand divorce one has to understand marriage. Living, loving, having an intimate relationship is more than just a physical happening. Intimate relationships take people to the deepest sense of who they are. It is not only physical, emotional, mental, and spiritual; it is also chemical. A good marriage promotes longevity, while a bad marriage shortens life.

1. The more you bond with someone, the more they can hurt you. T or F?
2. **Jenny and Jason** surrendered themselves to a **synergistic, interdependent relationship** with complete trust and confidence in each other. This willingness is the **glue** that holds marriages together. Why do you think so many marriages fail? _____
3. There is no **obstacle** that cannot be **overcome** in a dissolving marriage if both partners are **dedicated, committed, and true** to each other. T or F?
4. There is so much to do before the **twilight** of life overtakes us, so many new **pleasant memories** to make, so many **opportunities** to explore. T or F?
5. Analyze your thoughts, emotions, and behaviors in the last 12 months. Have you been **self-deceived**? ____ Have you had **distorted thinking**? ____ Have you participated in **self-defeating** thoughts, emotions, and behaviors? ____ Do you want to **change**? ____ Do you want to **leave behind** the saddened past? ____ As of this moment, are you committed to nourishing your responsive self? ____ If so, then you will **change** because you want to. Welcome to your **brighter** world. What is in a **brighter** world? _____

WHAT MAKES A GOOD MARRIAGE?

The most important ingredient, as we have already discussed, is two responsive partners with loving hearts. The quickest way to divorce is marrying critical, resistant people with hardened hearts. This doesn't mean that there aren't differences or even arguments — no marriage is 100% perfect. What it does mean is that people who see responsively look past the negative and focus on the positive.

6. Below is a list of **traits** that experts say promote **lasting marriages** with responsive partners. Rate your marriage during the last two years. What kind of **couple** were you?

During the last two years of our marriage, we . . .

	5	4	3	2	1
	YES!	yes	sometimes	no	NO!
<input type="checkbox"/>					
didn't have warring-hearts, but rather forgiving ones.					
<input type="checkbox"/>					
were best friends; always looking out for one another.					
<input type="checkbox"/>					
learned to be kindred spirits, experiencing life together, and had joy in each other's accomplishments.					
<input type="checkbox"/>					
committed to each other deeply and remained faithful.					
<input type="checkbox"/>					
adapted to changes that come up in life-long relationships.					
<input type="checkbox"/>					
argued and had differences, but did it fairly; didn't resort to pushing deep, hurt buttons.					
<input type="checkbox"/>					
communicated on a deep and trusting level; expressed our feelings openly on emotional issues.					
<input type="checkbox"/>					
kept materialistic urges in check and avoided heavy debt.					
<input type="checkbox"/>					
didn't try to change the other, but walked with each other emotionally, choosing to listen and validate.					
<input type="checkbox"/>					
listened deeply before responding, making sure that what was being said was clearly understood.					
<input type="checkbox"/>					
had a sense of humor; were optimistic. We saw the flask half full, and roses instead of the thorns.					
<input type="checkbox"/>					
demonstrated love and commitment through positive actions.					
<input type="checkbox"/>					
Total					

What was your marriage like for the last two years? _____