

Before you begin, remind yourself that you do not have to make a decision right now about the future of your relationship. Cultivate curiosity as though you are an interviewer trying to understand your situation better. Individually ask yourself these questions — ideally when you are distraction-free.

1. What are all of my reasons for staying? For separation or divorce?

2. How much do our children influence whether I stay or go?

3. What are the hardest parts of my relationship?

4. Which of my contributions impacted our relationship challenges?

5. How willing am I to work on my contributions?

6. What are the external stressors that challenge our relationship?

7. What wiggle room do I have to change some of those stressors?

8. Are there any reasons that would make staying together unwise?

9. What have we tried to strengthen your relationship?

10. How willing am I to work with a licensed couples therapist?