

EXERCISE: The ACODP QUESTIONNAIRE

Answer each of these questions as thoroughly as possible and share the answers with your spouse.

1. How old were you when your parents divorced?
2. Did you have any idea that this was going to happen?
3. Did they tell you that they were going to divorce?
4. If they told you, what did they say?
5. How did it feel when you first heard?
6. What about your life changed at that time?
7. How has their divorce affected your life?
8. Do you ever fear that your marriage will end in divorce?
9. In your marriage, do you struggle with the following issues?

Trust Issues

Are you concerned that your marriage will not last or that your partner will be unfaithful?

Fear Issues

Do you fear doom, that bad things will happen when you least expect it?

Do you have a fear of abandonment?

Do you have a fear of failure?

Insecurity Issues

Do you try to control every thing?

Do you have to always be right?

Do you have trouble taking blame or responsibility for the part you play in conflict?

Are you too dependent and just want to be taken care of?

Communication Issues

Do you have difficulty expressing yourself?

Do you have trouble being a good listener?

Do you have trouble resolving conflict?

Life Issues

Do you feel lost, like you don't know the ropes in marriage?

Do you and your spouse have difficulties with in-laws?

Do you crave mentors for marriage to show you the way?

Addressing these questions and facing the pain associated with answering them will lead you to a deeper awareness of the effects of divorce on your life. And that awareness will lead you to healing the wounds of those effects.