

QUESTIONNAIRE
Healthy Remarriages

1. What initially attracted you to your former spouse?

2. Did the traits that initially attracted you become irritants for you during your marriage?

3. Name five things you liked about your former spouse?

4. Name 5 things you disliked about your former spouse.

5. Why do you think your marriage ended? What did you contribute to the marital problems?

6. List the major topics you and your former spouse routinely (at least once a month) argued about.

7. How did you feel when you were with your former spouses family? Did you feel good about yourself when you were with them?

8. How did your former spouse treat you when you were both with his/her family? Did you feel that s/he was more attentive to her/his family than to you?

9. What qualities were you looking for in another spouse before you remarried? What did your “fantasy new spouse” look like?

10. What was your fantasy of what marriage could and would be?

11. When you think about how your former marriage ended, what saddens you the most?

12. What was your deepest hurt? What was your greatest loss?

13. How have you tried to mourn, what you lost in your former marriage?

14. Given how your former marriage ended, how could that history now contribute to troubles in your current marriage? (E.g. if you and your current partner both met while you were still married to former spouses, then dated, and then your marriage ended, you might have feelings of mistrust that your current partner may have an affair with someone.)
