



## SYMPTOMS OF SPIRITUAL DIVORCE

Marriage Encounter Online

INSTRUCTIONS: PR = Personal Reflection CD = Couple Dialogue

Read through the Symptoms and underline those that you are experiencing in your marriage.

Write your PR as a love letter on those underlined, answering the question "***How do I contribute to this symptom of spiritual divorce in our marriage?***"

When you exchange your notebooks, read through the entire letter once, then reread them starting on the ones you have both answered, and dialogue on one before going on to another.

1. Prolonged unhappiness or sadness in our marriage.
2. Mutual coldness or indifference.
3. Frequent tension, fearfulness, bad temper, arguments.
4. Insults, rudeness, holding (each) other up for ridicule.
5. Teasing beyond my/your tolerance for humor.
6. No intimate communication; fear of being open and honest.
7. A feeling of being alone, insecure, misunderstood, or avoided.
8. Atmosphere of insincerity, and distrust.
9. More confidence in a third person than in your spouse.
10. Avoiding situations that need attention. Failure to plan together.
11. Lack of concern for the other's interests or problems.
12. Continuous escapes - such as liquor, drugs, work, sports, shopping, TV, etc.
13. Personal activities that cause conflict (nights out, sports, use of internet, etc.)
14. Attitude of selfishness; self-centered demands on our marriage.
15. Avoiding or refusing sexual relations.
16. Lack of enthusiasm, faith and hope in our love and in our marriage.
17. Lack of spiritual life, or keeping it private from the other.
18. Lack of appreciation for my/your contribution to our marriage.
19. Lack of tenderness, courtesies, gentleness, or respect.
20. Drive for material wealth.

