

exercise

Unpack Old Marital Baggage

Old grudges, resentments, unfulfilled dreams, and still-tender hurts often resurface during the Reunion stage. It's time to jettison the stuff that's been getting in the way. You also want to keep the *good* stuff—everything you love and appreciate about your spouse and your marriage. Use this worksheet (or a separate sheet of paper) to help you decide what to keep, what to toss. (Tip: When thinking about positives and negatives, consider these realms of marriage: emotional, intellectual, physical, social, and spiritual.)

Keep

Positive things about me, my spouse, and our marriage

Toss

Negative thoughts about me, my spouse, and our marriage that I am better off without
