

Divorce Risks Assessment Questionnaire

You can do this assessment if you are married, divorced, widowed, dating, engaged or otherwise committed. Simply put a check mark beside all of the risk factors below that apply to you or your significant other in your current or recent relationship:

1. I/we don't communicate feelings/needs & wants clearly___
2. I/we don't resolve differences in a timely & fair manner___
3. I/we married as teenagers___
4. I/we got married because of a pregnancy___
5. I/we lived together (cohabited) before marriage___
6. I/we have little in common___
7. I/we have little education beyond high school___
8. I/we have a low paying job___
9. I/we don't spend a lot of time with each other___
10. I/we married someone of another religion___
11. I/we married someone of another race or ethnic group___
12. I/we had a very short courtship(less than 3 months)___
13. I/we had a very long courtship(more than 3 years)___
14. I/we have been married before___
15. I/we have a problem with alcohol/drugs___
16. I /we have a seriously ill child___
17. I/we don't care much for religious involvement___
18. I/we think about getting a divorce often___
19. I/we talk about getting a divorce often___
20. I/we have been living apart because of work or other circumstances___
21. I/we have had problems with extramarital sex (adultery or affairs)___
22. I/we have struggled with unemployment___
23. I/we have significant differences in our education levels___
24. I/we have parents who divorced___
25. I/we have or want no children___
26. I/we have or want more than five children___
27. I/we have been married less than five years___
28. I/we live in or near a city___
29. I/we have other partners available___
30. I/we have no sons___
31. I/we have recently been in combat___
32. I/we have lost the feeling of love___
33. I/we have significant financial problems___
34. I/we have a great deal of consumer debt___
35. I/we have serious problems with in-laws___
36. I/we have problems with cruelty, physical, or emotional abuse___
37. I/we have problems with compatibility in sexual matters___
38. I/we don't like my partner___
39. I/we spend more time with friends than each other___
40. I/we feel that divorce is an appropriate way to solve marital problems___
41. I/we had a troubled childhood___
42. I/we married to get away from our family of origin___
43. I/we eloped when we married___
44. I/we met and married shortly after a major life crisis___
45. I/we depend on family or friends for financial, physical, or emotional support___
46. I/we have poor relationships with siblings___
47. I/we live a considerable distance from family of origin___

- 48. I/we live considerably close to family of origin___
- 49. I/we often look at others as a potential future spouse___
- 50. I/we have lots of friends who are divorced___
- 51. I/we have serious disagreements on how to raise the children___
- 52. I/we have grown apart___
- 53. I/we have different interests and values now___
- 54. I/we spend too much time at work___
- 55. I/we have gone to friends or family seeking information on how to divorce___

Making Sense of the Risk Factors: Keep in mind that these are correlates of divorce and not causes. If they are present in your life experience that does not imply that your marriage is doomed. It does imply that you may have to exert more energy in order to deal with them and to avoid their potentially destructive influence in your marriage. Research into why these factors are correlated with divorce will help you to better understand them and how they effect you marriage. Consider each factor you placed a check mark beside using the following questions:

How does this risk factor apply to my marriage?

Is this factor something I can have control over?

If I can have some control over this factor, what specifically am I willing to do about it (IE: counseling, therapy, change life style, etc...)?

If I really cannot control this factor, how am I going to adjust my marriage relationship in order to cope successfully with it?

Select which factor you will focus on first by assessing its degree of importance to you in terms of marital success. Start by writing the number of each factor in the boxes below:

VERY CRITICAL	SOMEWHAT CRITICAL	NOT SURE	NOT VERY CRITICAL

Now that you have divided your risk factors by their relative importance, choose the most important factor in the AVERY CRITICAL@ category and create a plan for how you & your spouse will exert your personal energies to control or cope with it. Knowing which risk to look out for is the first step in taking charge of your marriage=s destiny.