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 your 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:

<table>
<thead>
<tr>
<th>VERY CRITICAL</th>
<th>SOMEWHAT CRITICAL</th>
<th>NOT SURE</th>
<th>NOT VERY CRITICAL</th>
</tr>
</thead>
</table>

Now that you have divided your risk factors by their relative importance, choose the most important factor in the VERY 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.

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