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### What to Ask Yourself Before Asking Your Spouse for a Divorce

**1. Have you tried to save your marriage?** Starting a marriage improvement project and having it fail is the only foolproof way to know if your marriage is truly doomed. No quiz from a magazine or advice from a friend will let you know for sure.

**2. Do you remember why you got married in the first place?** Chances are you were like most couples and you married for love (and not for money, convenience, or because you were coerced). Remembering why you once fell in love will help you to determine if that quality is still present.

**3. Are you picturing divorce accurately?** Many people imagine themselves with a full social life, one filled with lots of romantic dates, post divorce. In reality, most divorcees spend many weeks, months, years and even the rest of their lifetimes alone. Make sure you are okay with being alone before asking for a divorce.

**4. Have you worked on your stuff?** It takes two people to have a bad marriage. Improve your communication, assertiveness, conflict resolution, problem solving and anger management skills now. Even if doing so doesn't save this marriage, it will help you in life and in future relationships.

**5. Are you doing this out of spite?** If you ask for a divorce, you probably won't be able to take back the words. Make sure you really mean them before you voice them.



*Alisa Bowman is the author of [Project: Happily Ever After](#), the story of how she saved her marriage. She is the creator of [ProjectHappilyEverAfter.com](http://ProjectHappilyEverAfter.com).*