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

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

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