
BAN Session 4 - Should I Stay or Should I Go?

Don't make the decision while you're in the _____ of the _____.

The most important thing is to come to a place in the future with _____.

If divorce is the right option for you, you want to know that you know that you know that divorce is the right option for you.

You don't want to find yourself in the future haunted with "What-if's"

- What if I'd tried a little harder?
- What if we'd gone for counseling?
- What if we'd gone to a seminar?
- What if _____?

There is no right or wrong decision – the important thing is that you make your own decision.

DECISION THINKING CRITERIA

1. We may be making a decision between two not so great options. We wish there was a good option, but there might not be a good option. Acknowledging this is helpful. – It's important to see yourself as a person who has _____.

2. What do you really want in your life? When you are 65 or older, what would need to have happened in your life in order for you to feel good about yourself?

As long as we make it about our spouse we stay stuck.

What is your purpose in life?

What do people say about you?

Write your own eulogy from 4 different perspectives: one of your children? A close friend? Co-worker? Pastor? Boss?

3. Make more than one _____.... More than two _____.

4. What are the potential positive outcomes of each option?

5. What are possible negative outcomes of each option?

6. Which option brings me closest to my "what I really want in life" in the future?

IS STAYING IN THE MARRIAGE A SIGN OF WEAKNESS?

“Healing a marriage after an affair is not a journey for wimps. It is a journey of the _____.” – Michelle Weiner Davis

*“Forgiveness is not an attribute of the weak. Forgiveness is an attribute of the strong.”
– Ghandi*

It takes courage and strength to stay. It takes courage and strength to divorce.

“Until the pain of staying the same, becomes greater than the pain of change, we are most likely to remain the same.” – Gayle Ruud

CONTROLLED SEPARATION

“Should I Stay or Should I Go? – How controlled separation can save your marriage” by Lee Raffel

- ✚ Until something forces a change a change is not likely to occur.
- ✚ Controlled separation is a step toward _____, most likely.
- ✚ A controlled separation has a plan in place.
- ✚ Controlled separation considers practical matters that are otherwise usually not considered, that if not considered become things that couples argue further about.
- ✚ Controlled separation makes a plan for how to address healing.
- ✚ Controlled separation creates the needed safe place for reconciliation.
- ✚ Betrayed spouses need a way to restore _____,
- ✚ a sense of _____, and _____.
- ✚ Self-respect and independence can be restored in other ways too. You don't have to have a controlled separation.

How many affairs are too many?

When is it time to give up?

How long is enough time to work on the marriage?

Consider



What do you want for the quality of the years you have left?