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The Collaborative Divorce Center

1. **True or False:** ____ In the last six months, my partner has changed their exercise, dress and grooming regime to look younger or fitter.
2. **True or False:** ____ I have not had sex with my partner in over one month and there are no medical issues preventing me or my partner from having sex.
3. **True or False:** ____ I suspect that my partner is cheating.
4. **True or False:** ____ I can't remember the last time sex was good.
5. **True or False:** ____ I can't remember why I married my partner in the first place.
6. **True or False:** ____ I don't have access to the marital accounts, or the access that I have is very limited.
7. **True or False:** ____ I am currently involved in a romantic relationship with someone other than my partner.
8. **True or False:** ____ My partner has been diagnosed (by someone other than me and google) with a mental disorder/disease and fails to seek counseling or medical treatment.
9. **True or False:** ____ My partner has an addiction to drugs, alcohol, porn, gambling, shopping, etc. but fails to seek treatment to address the addiction.
10. **True or False:** ____ We fight more than we laugh.

If you answered **TRUE** to 1 or 2 questions, you are probably in need of some marital counseling or a good, old-fashioned date night with your spouse that includes a heart-to-heart conversation.

If you answered **TRUE** to 2-5 questions, your marriage is salvageable but will take a lot of work. You need to ask yourself, "Does my desire to fix this marriage outweigh my exhaustion at trying to do so?" If so, then you should explore marital counseling. It is also advisable to consult with a lawyer just to understand the law and your rights and responsibilities.

If you answered **TRUE** to more than 5 questions, you may want to consult a collaborative family law attorney.