



THE INSTITUTE FOR HEALTHY FAMILIES OF NORTH TEXAS

"helping achieve small miracles!"

IHF Newsletter, Vol. 1, No. 9

August 15, 2009

Readiness for Marriage: Addressing Mistakes and Regaining Trust

By Sandra W. Froese, Ed.D, LPC-S; © 2009

Directions: Check an answer in each triad that describes your ability to--

Acknowledge Present and/or Past Mistakes

- I have difficulty admitting that I made a mistake.
- I tend to blame others for mistakes that I made.
- I admit to my mistake(s) and I am truly sorry.

Asking for Forgiveness

- I have difficulty deserving and asking for forgiveness when I make a mistake.
- I wait until my partner is willing to forgive before I admit to my mistake.
- I earnestly ask my partner for forgiveness when I make a mistake.

Granting Forgiveness

- I have difficulty forgiving my partner for his/her mistakes.
- I wait for my partner to ask for forgiveness for his/her mistakes.
- I am willing to forgive my partner for his/her mistakes before he/she asks.

Ability to Forget the Past

- I have difficulty forgetting my past mistakes and failures or my partner's mistakes.
- My past mistakes and failures (or those of my partner) sometimes haunt me.
- I am willing to put my past mistakes and failures and/or my partner's mistakes behind me.

Ability to Move On After Experiencing a Mistake

- I have difficulty being able to move on after making a mistake.
- Sometimes I think I am ready to move on after making a mistake.
- After apologizing and seeking forgiveness for a mistake, I am ready to move on.

Ability to Trust

- I have difficulty being able to trust once someone has betrayed me.
- I have to be sure that I won't face betrayal in the future before I can trust again.
- I am willing to trust again in spite of past betrayals.

Ability to Listen, Understand and Communicate Feelings

- I have difficulty listening, understanding and communicating my feelings to my partner.
- I am uncomfortable listening and understanding my partner's feelings.
- I am ready to listen, understand and communicate with my partner.

Ability to Heal the Broken Heart

- I can't get past a broken heart or a broken promise.
- I need an apology from the partner who broke my heart or broke a promise before I can forgive.
- I am able to forgive the partner who broke my heart or broke a promise even if an apology is not offered.

Self-Assessment: If you checked any of the eight first choices, you may not be ready for the demands of marriage. If you checked none of the first choices, but any of the eight second choices, you could benefit from marriage counseling before you decide to marry. If you checked all eight of the third choices, your chances of having a satisfying marriage are much greater if your partner is also in the same place as you.

If you or anyone in your family needs marriage and family counseling or personal counseling to address changes in your life, check out our web site at www.texasicounselors.com. Our rates are affordable.