

10 Questions For Making Decisions A Little Easier

Scenario #1 – Should I get divorced?

You feel miserable! All the life your marriage once had, has been sucked dry and you want out, but you know divorce is hard on everyone, and, it doesn't fit with your values. Still, you feel suffocated so you are asking yourself, "Should I get divorced?"

1. How will making this decision make my life better?

Making the decision will help me know how to proceed. I can either move forward with filing or I can decide to take steps to improve my own well-being. I can't change her, but I can change me. I want to make the decision so that it stops gnawing at me and my buddies quit asking me when I'm going to file.

2. What if I just don't decide or postpone making the decision?

I will keep asking the question which means I will keep fretting about it – or at best wondering what the right decision is. The question seems like it's the worst part.

3. What specifically, is making this decision difficult?

Statistics vs. what friends say.

4. What false beliefs am I hanging onto?

For some reason, I think I wouldn't be a statistic. No one can honestly be sure that they would not be a statistic. I really don't want to be that guy who has 3 ex-wives at his funeral. I'd rather not have one! The best scenario would be to leave an adoring wife behind – ha – I better not die tomorrow!

5. What is the ultimate outcome that I want and what will it take to get it?

What I want

- *I want to be happy*
- *I want the best for my kids.*
- *This seems like it would take a miracle, but I'd like to be friends and lovers again.*

What It Would Take

- *To be happy? I'd have to believe that real joy and peace do not hinge on relationships or circumstances.*
- *To give my kids the best?..... I know statistics prove happy homes are the best for kids development, academically, emotionally and relationally.*
- *To have a good relationship with my wife? I know that you can't have a happy home with unhappy people –I guess the best thing I can do is work on me –personal transformation – because I can't blame all my crappy thinking on her – that would be unfair – she just makes it worse!*
- *HOPE, and prayers for a miracle.*

6. How could it benefit me to include others in this decision making process?

- *If I want affirmation for getting a divorce, I can keep talking to all my unhappy buddies.*
- *If I want affirmation for working it out, I can talk to people who are happily married and have been together a long time.*
- *If I listen to both I will stay confused.*

7. If I believed that whatever I chose would be good, what would I choose?

In times of frustration or anger, I'd say, 'get divorced' because it would relieve the immediate pain. When I'm more rational, of course I'd say, 'stay together' – it's better in the long run.... if we can actually turn things around and make a happy home. We'd undoubtedly be modeling perseverance to our kids and friends – and perseverance is a virtue.

8. What will it take to feel good about making the decision?

To give it a time frame. I've been trying to make "US" better, but as I write this I'm thinking....maybe if I just focus on changes I can make, and I'm diligent, I will feel more confident making the decision later. I'd want to be totally sure of my decision because it is a life altering choice – not just for me, but for my kids, my wife and our families and friends. Divorce will affect all of our loved ones, but so does our nasty relationship!

9. What is the best timing for deciding and how can I make that happen?

They say that when you're dating you should live through all 4 seasons before you decide if they are the right person for you. I will begin working on me immediately – and revisit this question in 1 year. My decision is – this isn't the right time to make this decision. Even though I've been miserable, this is one thing off my plate that was really making me miserable! I've been consumed thinking about it.

10. What is my next step?

Read Boundaries in Marriage, talk to my Aunt and Uncle who have been through hard times, but seem to be really happy now, and contact Suzette for 'Lone Ranger Relationship Coaching.'

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