

Six Patterns That End Marriages

Part 1: Self Reflection Questions

This episode walks through six patterns that therapists and coaches notice in couples who don't make it. The patterns are about how couples fight, not about the size of their problems. These questions are here to help you notice which patterns are most present in your own marriage, and what might help you move in a different direction.

1. Which of these patterns do you see most clearly in your own marriage right now?

2. When you think about how you show up in conversations with your spouse, are you trying to fix things, understand them, or both? What's the difference you notice between those two approaches?

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3. Can you point to a moment when you felt unheard and started withdrawing? What would it have taken for you to stay engaged instead?

4. What positive things do you still access about your spouse, even when you're frustrated with them? If you're struggling to find anything, that's worth paying attention to.

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Part 2: Couple Discussion Questions

Work through these together. Some in one sitting, some spread across the week. The goal is not to solve anything. The goal is to talk about what usually goes unsaid.

1. Think back to the early days of your relationship. How did the two of you handle disagreements differently then? What changed?

2. When one of you tries to bring up something difficult, what happens next? Does the other person feel safe enough to stay present?

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3. Have you noticed times when one of you is still trying and the other one has gone quiet? What's that like to observe?

4. If both of you could commit to one thing this week—one repair attempt, one moment of listening, one thing you appreciate about the other—what would it be?

5. What would it look like if you were teammates again instead of opponents?