

Marriage

Revisit One Marriage Agreement

Couples | 10 to 15 minutes

An agreement that once worked may no longer fit work, health, caregiving, or personal priorities. Choose one everyday arrangement, such as evening tasks or time to rest. The goal is to understand what has changed and consider a new agreement, not to decide who is the better partner.

Reflect separately first if helpful. Share by choice and consider one arrangement that both people can freely accept.

Describe the old arrangement

Name what was explicitly agreed and what was only assumed. Notice whose planning, time, or access needs are less visible. Include what still works so the discussion does not require starting everything over.

Try a specific revision

Describe who will do what, what support is needed, and when to revisit the arrangement. Avoid promises that depend on unavailable resources. A trial agreement can be revised; either person can say it does not feel workable.

1. What agreement or assumption are we reviewing?**2. What has changed, and what impact does each person notice?****3. What revised arrangement could we freely try?****4. What support and review date would make the agreement realistic?****Clinical use and adaptation**

Screen privately for fear, coercion, and violence before joint work. Do not apply mutual responsibility language to abuse or require compromise of autonomy. Respect relationship diversity and the choice not to continue a marriage. This is not legal, financial, or custody advice.