

APPENDIX A: FACTORS THAT COULD POTENTIALLY LEAD TO MARITAL STRUGGLES

Below is a list of factors that, if unaddressed or unresolved, can lead to marital distress. Go through these items with a support person and discuss how any of these factors have affected you in the past or may affect you currently. If you have questions or concerns about whether any of the items below might affect you in marriage, seek counsel from your elder, mentor, or trusted professional counselor.

- **History of abuse or trauma.** This may include issues such as physical, emotional or sexual abuse, rape, serious accidents, etc.
- **History or strong potential for alcohol or drug (illegal or prescription) addiction/abuse.**
- **History of growing up in a dysfunctional family.** This may include having a disconnected, chaotic, overly involved, rigid, or abusive family of origin.
- **Serious history or present concern with pornography, compulsive masturbation, or other sexually addictive behavior.** One should not assume that marriage alone will remedy problems with out-of-control sexual behavior.
- **History or present concern with same-sex attraction or gender confusion.**
- **History of being hurt in close relationship leading to difficulty trusting, fearing commitment, or fearing abandonment by others.** This could include growing up in a home where divorce took place, being taken advantage of by someone you trusted, abuse, etc.
- **History or strong potential for mental health issues or personality disorders.** This may include situations where ongoing need for counseling and/or medication will likely be needed.
- **History or strong potential for being controlling or emotionally abusive.**
- **History or strong potential for disabilities or medical conditions that could impact the relationship.**
- **History of poor financial management decisions with serious outstanding debt.**