



# Should I Stay or "Leave" My Marriage?

## A Reflection Worksheet for Your Marriage

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# Introduction

Sometimes it's hard to know if you should stay or leave your marriage.

With a huge decision such as this one, it really behooves you to think of all of the details and parties involved that will be affected.

These worksheets are designed to help start you on the path of clarity and are in no way a replacement for effective therapy.

Our heart goes out to you and we are here if you'd like to gain more clarity by speaking with us over the [phone here](#).

Wishing you success in all of your relationships,

**Rabbi Shlomo Slatkin MS, LCPC**  
**The Marriage Restoration Project**

# Should I Save My Marriage?

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Making the decision to save or end a marriage is one of the most significant choices you may face in life. It's a deeply personal decision that requires careful consideration and introspection. This worksheet is designed to help you explore your thoughts, feelings, and circumstances as you contemplate whether to salvage your marriage or pursue a different path.

## REFLECTING ON YOUR RELATIONSHIP

- Take a moment to reflect on the history of your relationship with your spouse. Consider the moments of joy, challenges, and significant milestones you've shared together.

## ASSESSING THE ISSUES

- Identify the specific issues or challenges that are impacting your marriage. These may include communication problems, financial struggles, trust issues, or conflicts over parenting styles, among others.

## EXPLORING YOUR FEELINGS

- Take time to explore your own emotions regarding the prospect of saving your marriage. Are you still deeply invested in the relationship and willing to put in the work to rebuild it? Or do you feel emotionally drained and unsure if the relationship is worth salvaging?

## CONSIDERING EXTERNAL FACTORS

- Think about any external factors that may be influencing your decision, such as societal expectations, cultural norms, religious beliefs, or the opinions of friends and family members.

## SEEKING PROFESSIONAL GUIDANCE

- If you're struggling to navigate these questions on your own, consider seeking guidance from a licensed therapist or counselor who specializes in couples therapy.

### 5 things to keep in mind when deciding, “Should I save my marriage?”

1. Make sure your choice is conscious and not reactive.
2. Don't leave blaming your spouse.
3. Get in touch with your inner truth.
4. Put yourself aside for the greater good.
5. The grass isn't always greener on the other side

# Reflection on Your Marriage

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Answer the following questions honestly to evaluate your feelings and circumstances regarding your marriage. Consider both the positives and negatives of staying or leaving the relationship.

Remember, this worksheet is designed to help you reflect on your situation and make an informed decision about your future.

## RELATIONSHIP SATISFACTION

1 I feel emotionally fulfilled in my relationship.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

2 My spouse and I communicate effectively with each other.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

3 I feel respected and valued by my spouse.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

4 We handle conflicts in a constructive and respectful manner.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

5 I feel supported in pursuing my personal goals and aspirations.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

6 We share similar values and beliefs.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

7 I enjoy spending quality time with my spouse.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

8 I feel a deep sense of intimacy and connection with my spouse.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

9 We have mutual trust and understanding in our relationship.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

# Reflection on Your Marriage

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## RELATIONSHIP SATISFACTION

**10** I am satisfied with the level of affection and romance in our marriage.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**11** We are able to make important decisions together as a team.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**12** I feel secure and safe in my relationship.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**13** We actively work on improving our relationship and resolving issues.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**14** I am proud to be in a relationship with my spouse.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**15** Our relationship brings joy and fulfillment into my life.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**16** We have fun and enjoy each other's company.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**17** I feel appreciated and valued for who I am in our relationship.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**18** We support each other during difficult times and challenges.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**19** I am confident in the future of our relationship.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

**20** Overall, I am satisfied with the state of our marriage.

☐ Strongly Disagree ☐ Disagree ☐ Neutral ☐ Agree ☐ Strongly Agree

# Reflection on Your Marriage

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## RELATIONSHIP SATISFACTION

Are there any specific areas where you feel particularly satisfied or dissatisfied?

What factors contribute to your feelings of satisfaction or dissatisfaction in your relationship?

## COMMUNICATION AND CONFLICT RESOLUTION

Please rate each statement below on a scale from 1 to 5, with 1 being Poor and 5 being Excellent. Use this scale to evaluate the effectiveness of communication and conflict resolution in your marriage.

Reflect on each statement and indicate how well it aligns with your experiences in your relationship.

**1** We listen to each other's perspectives without interrupting.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**2** We express our thoughts and feelings clearly and respectfully.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**3** Our communication is open and honest.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

# Reflection on Your Marriage

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## COMMUNICATION AND CONFLICT RESOLUTION

- 4 When conflicts arise, we address them calmly and rationally.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 5 We are able to find solutions that satisfy both of us during disagreements.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 6 We are willing to compromise and make concessions when necessary.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 7 We give each other space and time to cool off during heated discussions.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 8 We apologize and forgive each other after conflicts.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 9 We actively seek to understand each other's emotions and motivations.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent
- 10 We communicate regularly about our needs, desires, and concerns.
- ☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

Are there any specific areas where you feel communication could be improved?

How do you and your spouse typically approach conflicts?

# Reflection on Your Marriage

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## EMOTIONAL CONNECTION AND INTIMACY

Please rate each statement below on a scale from 1 to 5, with 1 being Poor and 5 being Excellent. Use this scale to evaluate the level of emotional connection and intimacy in your marriage.

Reflect on each statement and indicate how well it resonates with your experiences in your relationship.

**1** We share our deepest thoughts and feelings with each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**2** I feel emotionally supported by my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**3** We regularly express affection towards each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**4** I feel understood and accepted by my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**5** We make time to connect on an emotional level.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**6** Physical intimacy is an important aspect of our relationship.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**7** We prioritize spending quality time together.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**8** We enjoy engaging in meaningful conversations with each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**9** I feel a strong sense of closeness and bond with my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**10** We are attuned to each other's emotional needs and cues.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**11** Our relationship is characterized by trust and vulnerability.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

# Reflection on Your Marriage

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## EMOTIONAL CONNECTION AND INTIMACY

**12** We are comfortable sharing our hopes and dreams with each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**13** I feel secure in expressing my vulnerabilities to my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**14** We actively work on deepening our emotional connection.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**15** We express appreciation and gratitude towards each other regularly.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**16** I feel valued and cherished by my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**17** We create opportunities for intimacy and connection in our daily lives.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**18** We support each other through both joyful and challenging moments.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**19** I feel a deep sense of love and connection with my spouse.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**Are there any specific areas where you feel your emotional connection could be deepened?**

**How do you and your spouse nurture intimacy in your relationship?**

# Reflection on Your Marriage

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## PHYSICAL INTIMACY

Please rate each statement below on a scale from 1 to 5, with 1 being Poor and 5 being Excellent. Use this scale to evaluate the level of physical intimacy in your relationship.

Reflect on each statement and indicate how well it resonates with your experiences in your relationship. Consider factors such as frequency, quality, and satisfaction with physical intimacy.

- 1 We regularly engage in physical affection, such as hugging, kissing, and cuddling.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 2 Our physical intimacy brings us closer together emotionally.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 3 We prioritize intimacy and make time for it in our busy schedules.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 4 Our sexual relationship is fulfilling and satisfying for both of us.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 5 We openly communicate about our desires and preferences in the bedroom.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 6 We feel comfortable expressing our needs and boundaries regarding physical intimacy.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 7 Physical intimacy is an essential part of our relationship satisfaction.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 8 Our physical connection deepens our emotional bond and strengthens our relationship.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

- 9 We enjoy exploring new ways to connect physically with each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

# Reflection on Your Marriage

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## PHYSICAL INTIMACY

**10** Our physical relationship is characterized by mutual respect and consent.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**11** We are attentive to each other's physical needs and desires.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**12** Physical intimacy is an enjoyable and pleasurable aspect of our relationship.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**13** We feel emotionally safe and secure when being intimate with each other.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**14** Our physical connection enhances our overall sense of well-being and happiness.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**15** We make efforts to keep our physical relationship exciting and fulfilling.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**16** We are open to trying new things and experimenting in the bedroom.

☐ Poor ☐ Fair ☐ Average ☐ Good ☐ Excellent

**Are there any specific factors contributing to or hindering physical intimacy?**

**What barriers, if any, exist in your physical relationship, and how can they be addressed?**

# Compatibility Assessment

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Assess the compatibility between you and your partner in terms of lifestyle, values, and long-term goals. Reflect on areas of alignment and potential conflicts.

Evaluate the compatibility between you and your partner by considering various aspects of your relationship, including lifestyle choices, core values, and future aspirations. Reflect on areas where you align well and potential areas of conflict. Write down your thoughts and reflections in the spaces provided.

## 1 Lifestyle Compatibility

**How do your daily routines and habits align with your partner's?**

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**Are there any significant differences in your spending habits and financial management styles?**

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**What leisure activities or interests do you and your partner share, and how do you engage in them together?**

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**Do you have compatible career aspirations and similar views on work-life balance?**

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**How do you navigate differences in lifestyle preferences within your relationship?**

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# Compatibility Assessment

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## 2 Values Compatibility

What core values do you and your partner prioritize in your lives?

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How do your religious or spiritual beliefs influence your relationship dynamics?

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Are there any areas of moral or ethical alignment or conflict within your relationship?

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How do you and your partner approach family relationships and societal expectations?

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Have you discussed your political views and how they may impact your relationship?

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# Compatibility Assessment

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## 3 Long-Term Goals Compatibility

What are your individual life goals and aspirations, and how do they align with your partner's?

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Have you discussed your plans for the future, including career, family, and travel goals?

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How do you and your partner prioritize financial stability and savings for the future?

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Do you have similar preferences regarding housing and living arrangements?

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Have you explored potential compromises or adjustments to accommodate each other's long-term goals?

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## Future Considerations

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### CHILD WELL BEING (IF APPLICABLE)

Reflect on how divorce might impact your children emotionally, socially, and academically. Consider their needs and how co-parenting arrangements could support their well-being.

Think about the potential effects of divorce on your children and how you, as parents, can prioritize their well-being during this challenging time. Consider each question carefully and jot down your thoughts and reflections.

## EMOTIONAL IMPACT:

### HOW MIGHT DIVORCE AFFECT YOUR CHILDREN'S EMOTIONAL WELL-BEING?

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**What emotions do you think your children may experience during and after the divorce process?**

- 1 

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- 2 

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- 3 

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### HOW CAN YOU SUPPORT YOUR CHILDREN EMOTIONALLY DURING THIS TRANSITION?

# Future Considerations

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## CHILD WELL BEING (IF APPLICABLE)

Reflect on how divorce might impact your children emotionally, socially, and academically. Consider their needs and how co-parenting arrangements could support their well-being.

Think about the potential effects of divorce on your children and how you, as parents, can prioritize their well-being during this challenging time. Consider each question carefully and jot down your thoughts and reflections.

## S O C I A L   I M P A C T

ARE THERE ANY POTENTIAL CHANGES IN THEIR SOCIAL  
CIRCLE OR SUPPORT SYSTEM?

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How might divorce influence your children's social interactions and relationships?

1

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2

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3

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WHAT STEPS CAN YOU TAKE TO HELP  
YOUR CHILDREN MAINTAIN HEALTHY  
SOCIAL CONNECTIONS?

# Future Considerations

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## CHILD WELL BEING (IF APPLICABLE)

Reflect on how divorce might impact your children emotionally, socially, and academically. Consider their needs and how co-parenting arrangements could support their well-being.

Think about the potential effects of divorce on your children and how you, as parents, can prioritize their well-being during this challenging time. Consider each question carefully and jot down your thoughts and reflections.

## ACADEMIC IMPACT

ARE THERE ANY ADDITIONAL STRESSORS OR CHALLENGES THEY MAY FACE IN SCHOOL?

How might divorce impact your children's academic performance and motivation?

1

2

3

HOW CAN YOU SUPPORT YOUR CHILDREN'S ACADEMIC NEEDS AND ENCOURAGE THEIR SUCCESS?

## Future Considerations

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### CHILD WELL BEING (IF APPLICABLE)

Reflect on how divorce might impact your children emotionally, socially, and academically. Consider their needs and how co-parenting arrangements could support their well-being.

Think about the potential effects of divorce on your children and how you, as parents, can prioritize their well-being during this challenging time. Consider each question carefully and jot down your thoughts and reflections.

## CO - P A R E N T I N G   A R R A N G E M E N T S

### HOW DO YOU ENVISION CO-PARENTING ARRANGEMENTS THAT PRIORITIZE YOUR CHILDREN'S WELL-BEING?

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**What communication strategies can you implement with your co-parent to ensure consistency and stability for your children?**

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- 2 

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- 3 

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### HOW CAN YOU AND YOUR CO-PARENT COLLABORATE TO ADDRESS ANY CONCERNS OR ISSUES THAT MAY ARISE REGARDING YOUR CHILDREN'S WELL-BEING?

## Future Considerations

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### CHILD WELL BEING (IF APPLICABLE)

Reflect on how divorce might impact your children emotionally, socially, and academically. Consider their needs and how co-parenting arrangements could support their well-being.

Think about the potential effects of divorce on your children and how you, as parents, can prioritize their well-being during this challenging time. Consider each question carefully and jot down your thoughts and reflections.

### CHILD - CENTERED DECISION - MAKING

**ARE THERE ANY SPECIFIC DECISIONS OR ARRANGEMENTS YOU NEED TO MAKE WITH YOUR CHILDREN'S BEST INTERESTS IN MIND?**

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**What resources or support systems can you access to help navigate the challenges of co-parenting and supporting your children's well-being?**

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- 2 

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- 3 

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**HOW CAN YOU INVOLVE YOUR CHILDREN IN  
DECISION-MAKING PROCESSES THAT  
AFFECT THEIR LIVES?**

# Decision Making

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## PROS AND CONS

List the potential advantages and disadvantages of staying in the relationship versus divorcing. Consider short-term and long-term implications for both options. Reflect on the advantages and disadvantages of each option and jot down your thoughts in the spaces provided.

### 1 Staying in the Relationship

#### ADVANTAGES

#### DISADVANTAGES

# Decision Making

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## PROS AND CONS

List the potential advantages and disadvantages of staying in the relationship versus divorcing. Consider short-term and long-term implications for both options. Reflect on the advantages and disadvantages of each option and jot down your thoughts in the spaces provided.

### 1 Divorcing

#### ADVANTAGES

#### DISADVANTAGES

# Decision Making

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## PROS AND CONS

Reflection questions:

**How do the potential advantages and disadvantages of staying in the relationship versus divorcing align with your personal values and priorities?**

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**Which option seems to offer the most benefits for your overall well-being and happiness, both in the short-term and long-term?**

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**Are there any specific factors or considerations that heavily influence your decision-making process?**

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**How might your decision impact other aspects of your life, such as your children, finances, and social support network?**

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**What steps can you take to address any concerns or challenges associated with your chosen path forward?**

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# Decision Making

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## PROS AND CONS

Envision what your ideal future looks like, both within and outside the current relationship. Reflect on how each scenario aligns with your values and aspirations.

**Instructions:** Imagine two potential futures for yourself: one within your current relationship and one outside of it. Consider what your ideal life would look like in each scenario and how it aligns with your values, goals, and aspirations. Write down your reflections in the spaces provided.

### **1 Future Within the Current Relationship:**

*Describe your ideal future within your current relationship. Consider aspects such as:*

- *Your relationship dynamics*
- *Family life*
- *Career and personal goals*
- *Overall happiness and fulfillment*

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### **2 Future Outside of the Current Relationship:**

*Envision your ideal future if you were to pursue divorce and move forward on your own. Consider aspects such as:*

- *Personal growth and development*
- *Independence and autonomy*
- *Social connections and support network*
- *Career and life goals*

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### 3 Relationship Stages

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Are you and your spouse struggling to see eye-to-eye, hoping to revive your relationship?

Relationships occur in stages, and the ups and downs we experience are normal. However unpleasant these points of contention serve a higher purpose; making a marriage change for the better. Understanding relationship cycles and stage helps couples normalize their situation and provide hope that their marriage can thrive once again.

#### STAGE 1: ROMANTIC LOVE

The **Romantic Love** stage begins when you first fall in love with your spouse. You may feel a sense of oneness or completion. Most couples in this relationship stage are convinced that it will last forever.

##### CHARACTERISTICS:

- Intense attraction and passion.
- Little conflict, as differences are often overlooked or minimized.
- Strong emotional connection and mutual admiration.

##### **The Honeymoon is Over & Relationship Problems Begin**

The luster of the romantic stage has worn off and we have forgotten why we truly picked each other in the first place. After the romantic stage comes the inevitable power struggle stage.

#### STAGE 2: THE POWER STRUGGLE

The **Power Struggle** begins after commitment. There is an intense feeling of disillusionment in this stage, almost as if we were duped into marrying the wrong partner.

In order to get back to the connection we experienced in the beginning of our relationship and give it permanence, we must work on our relationship. Marriage is the perfect opportunity for self-growth. More than just a positive spin on dealing with conflict, it is the reason the two of you were brought together. The very challenges and frustrations you experience in your relationship are necessary to elicit growth.

##### CHARACTERISTICS:

- Increased tension and disagreements.
- Communication breakdowns and misunderstandings become more frequent.
- Feelings of frustration, disappointment, and resentment may emerge.

## 3 Relationship Stages

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### STAGE 3: REAL LOVE OR THE CONSCIOUS MARRIAGE

Most couples in the Power struggle are not aware of what they are experiencing. They wind up getting divorced or living as roommates instead of soulmates. Couples that wake up and become conscious begin the journey to the third stage of relationships which is called **Real Love or the Conscious Marriage**.

In this stage, you and your partner may find yourselves questioning the viability of the relationship. You're faced with important decisions about the future and whether to stay together or pursue separation.

#### **CHARACTERISTICS:**

- Intense introspection and soul-searching regarding the relationship's future.
- Evaluating the pros and cons of staying together versus separating.
- Seeking clarity and guidance from trusted friends, family, or professionals.

In order to get back to the connection we experienced in the beginning of our relationship and give it permanence, we must work on our relationship. Marriage is the perfect opportunity for *self-growth*. More than just a positive spin on dealing with conflict, it is the reason the two of you were brought together. The very challenges and frustrations you experience in your relationship are necessary to elicit growth.

## Keep Your Eyes on the Prize: The Real Loving Phase is Waiting

In order to get back to the connection we experienced in the beginning of our relationship and give it permanence, we must work on our relationship. Marriage is the perfect opportunity for *self-growth*. More than just a positive spin on dealing with conflict, it is the reason the two of you were brought together. The very challenges and frustrations you experience in your relationship are necessary to elicit growth.

## Contact Us

*Speak to a Marriage Counselor at  
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*Book a time to talk*

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