



Building A Healthy Relationship After Divorce

A resource for men at www.menmovingforward.org

Purpose

If you went through divorce and are back on your feet and considering or in another relationship, you may understand how difficult it can often feel to know how to “do it right” this time.

The purpose of this worksheet is to examine and explore areas of a man’s heart that may create disconnection and connection in intimate relationships. The aim is to become a man who connects deeply through curiosity, gratitude, humility, love, trust, and safety. You can be that man!

Self Examination

For each of the 12 categories explored here, consider:

- **How has this shown up in my current and past relationships?**
- **What fear, desire, or belief may be driving it?**
- **What would a healthy connection look like instead?**

There are other categories you may recognize that within yourself that can be added. Explore those with curiosity!

Invitation

This is an invitation for you to dive into who you are, what has shaped you and your past relationship(s), and how you want to be shaped for your new relationship. Take your time to unpack and work through this. Questions? Reach out at: www.menmovingforward.org

Exploring Fear & Anxiety

May look like:

- Avoiding difficult conversations
- Emotional withdrawal
- Overthinking
- Seeking reassurance
- Living from worry instead of trust

Healthy connection looks like:

- Trust and Openness
- Courage
- Presence
- Peace

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Pride & Arrogance

May look like:

- Needing to be right
- Defensiveness or Difficulty apologizing
- Rejecting correction
- Protecting my image

Healthy connection looks like:

- Humility
- Teachability and Repentance
- Listening
- Servanthood

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Impatience & Control

May look like:

- Micromanaging
- Pressuring
- Frustration
- Trying to control outcomes
- Difficulty waiting

Healthy connection looks like:

- Patience
- Trust
- Flexibility
- Gentleness

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Selfishness & Self-Centeredness

May look like:

- Prioritizing my needs
- Seeking comfort
- Wanting my way
- Expecting to be served

Healthy connection looks like:

- Sacrifice
- Service
- Generosity
- Considering her first

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Stubbornness

May look like:

- Refusing to change
- Holding onto resentment
- Becoming unteachable
- Digging in

Healthy connection looks like:

- Humility
- Growth
- Softness
- Willingness to change

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Withholding Affection

May look like:

- Emotional distance
- Physical withdrawal
- Coldness or silence
- Pulling away

Healthy connection looks like:

- Warmth
- Presence
- Pursuing reconciliation
- Appropriate affection

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Neglecting Communication

May look like:

- Assuming or Expecting her to know
- Avoiding conversations or Bottling emotions
- Unspoken Expectations

Healthy connection looks like:

- Honest communication
- Curiosity
- Listening and seeking Clarity

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Unilateral Decisions

May look like:

- Acting independently or Making major decisions alone
- Not seeking her perspective

Healthy connection looks like:

- Partnership
- Collaboration
- Unity

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Unthoughtfulness

May look like:

- Missing opportunities to serve
- Taking her for granted
- Lack of attentiveness

Healthy connection looks like:

- Intentionality
- Thoughtfulness
- Appreciation

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Insecurity / Inadequacy

May look like:

- Comparison
- Defensiveness
- Jealousy
- Needing validation

Healthy connection looks like:

- Confidence
- Security
- Contentment

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Emotional Manipulation

May look like:

- Guilting
- Unspoken expectations
- Using affection to get what I want
- Making her responsible for my emotions

Healthy connection looks like:

- Honesty
- Freedom
- Respect
- Emotional responsibility

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Exploring Subtly Applying Pressure

May look like:

- Repeated hints
- Passive-aggressive comments or Making "no" difficult
- Creating obligation

Healthy connection looks like:

- Freedom
- Patience
- Respect and Trust

Notes:

Reflection

What kind of man do I hope to become in this area?

Where is this pattern creating disconnection in my relationship?

What are practical steps I can take towards healthy connection?

Additional Areas Worth Exploring

- Curiosity vs. Assumptions
 - Emotional Availability
 - Gratitude
 - Repair After Conflict
 - Integrity
 - Boundaries
 - Emotional Safety
 - Spiritual Leadership
 - Trustworthiness
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Reflection Questions for Each Area

What kind of partner do I hope to become?

Which of these patterns most commonly creates disconnection?

Which healthy qualities am I invited to grow in?

What is one practical step I can take this week?
