

The New Marriage Blueprint

Building Something Stronger Than What Was Lost

PURPOSE

The old marriage is gone. This tool helps both partners define, design, and commit to the new one — with explicit agreements, honest reflection, and the shared conviction that what is built after the hardest work can be stronger than anything that existed before.

INSTRUCTIONS

Complete Parts 1 and 2 privately. Complete Parts 3 through 5 together — ideally in a counseling session. Take your time. This document is the architecture of what comes next.

PART 1 — WHAT I HAVE LEARNED (Complete Privately)

The most important thing this process has taught me about myself:

The most important thing this process has taught me about my spouse:

What I am most grateful for — in spite of everything:

The pattern from our old marriage I am most committed to not repeating:

PART 2 — MEASURING THE GROWTH (Complete Privately)

Rate each statement from 1 (not yet true) to 5 (genuinely true):

Statement	Rating
I know myself and my patterns better than I did before this	___
I communicate more honestly with my spouse than before	___
I understand what this marriage needs to stay healthy	___
I have a clearer sense of my own values and non-negotiables	___
I believe genuine restoration is happening in this marriage	___
I have done my own personal healing work — not just marital work	___
I feel more intentional about this marriage than I did before	___
I can see a future with my spouse that I genuinely want	___

My Total: ___ / 40

The area where I have grown the most:

The area that still needs the most intentional work:

PART 3 — THE NEW AGREEMENTS (Complete Together)

The three values that will define our new marriage:

1.

2.

3.

The behaviors we are both committing to never allow into this marriage again:

The regular practice we will maintain to keep this marriage healthy:

The couple we will call when this marriage needs outside support:

The counselor or resource we will return to if we begin to drift:

PART 4 — THE FINAL DECLARATION (Read Aloud Together)

Read this aloud — together — before you sign.

"We did not quit. We could have — and no one would have blamed us. But we chose to stay, to work, to be honest, and to build something neither of us knew was possible from inside the worst of it. The marriage we had before is gone. What we are building now carries the marks of what it survived — and it is stronger for them. We are not promising perfection. We are promising faithfulness — to each other, to this work, and to the marriage that what we walked through together made possible."

Partner A: _____

Date: _____

Partner B: _____

Date: _____

Witnessed by: _____

Date: _____

You did something extraordinary. Now go live it.