

# The Excuses Worksheet

By Peggy L. Ferguson, Ph.D.

A. Identify your excuses for not spending more time with your spouse. Write them down. Identify how you and your spouse are complicit in maintaining the status quo.

## Categories of Excuses:

Time: “We just don’t have the time because...”:

Kids: “We have kids. We can’t have alone time because...”:

Money: “We can’t afford to have special time together because...”:

Individual awkwardness: “I am uncomfortable spending time with you because...”:

*Examples: “We don’t have anything in common”; “I don’t want to spend time with someone who will be criticizing me.”; “We don’t have anything to talk about.”; “I’m afraid if we spend more time together we will discover that we don’t want to be together and will get a divorce.”*

Additional Miscellaneous category: “We can’t carve out more time together because...”

B. Identify how you and your spouse are complicit in maintaining the status quo. Go back through your lists above and identify the ones that your partner reinforces in some way. They may be the same excuses used by your partner or they may be excuses that your partner believes to be “real reasons” why it is difficult to carve out time together. Put a checkmark by those on your lists above.


C. Now go back and identify the items that are actual roadblocks or problems to be solved. At this point it does not matter whether you believe that you can solve it. Just identify the circumstances/conditions/items that are really in the way of being able to spend more time together.

D. Take this worksheet back to your counselor for assistance with problem solving on those barriers. A basic Problem Solving Model (See [Fair Fight Tactics](#) ) can be used to eliminate the impediments to spending more time together.

Helpful Hint: Couple's Communication Exercises like The Honey Jar can help you get started.



*"The Honey Jar" is a conversation starter for couples. It consists of 250 sentence stems, each one serving as an open-ended prompt to generate discussion. The Honey Jar is more than a jar of sentence stems. The Honey Jar was field tested by real couples for therapeutic value. It can assist couples in restoring a sense of self-confidence in re-establishing their connection and commitment. As couples use their time, attention and willingness to take risks with each other, a close, loving connection can re-emerge.*

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