

# Week 6 Assignment – Marriage as a Path of Meaning

*This assignment draws on enduring psychological, spiritual, and religious wisdom about meaning, responsibility, and becoming. It is not therapy, advice, or direction. It is an invitation to clarity.*

## **Purpose**

This is not a worksheet to complete quickly. This is a document you may return to for years. Give yourself time. Write honestly. No one else needs to see this.

## **PART 1 – What This Marriage Has Asked of Me**

Without blaming yourself or your partner, answer:

**This marriage has consistently asked me to:**

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**PART 2 – What Has Been Exposed in Me**

Close relationships reveal what is unfinished, avoided, or underdeveloped in us. This is not a flaw — it is information.

**In this marriage, I have been confronted with:**

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**PART 3 – The Shadow and the Call**

Every meaningful commitment brings both resistance and calling. Answer both parts honestly.

**The parts of me I have resisted or avoided are:**

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**The kind of person this marriage has been calling me to become is:**



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**PART 5 – Choosing with Integrity**

Integrity means choosing without abandoning yourself, your values, or reality.

**To choose with integrity now would require me to:**

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**PART 6 – A Personal Vow (Not a Decision)**

This is not a promise about staying or leaving. It is a vow about how you will live.

**From this point forward, I commit to living with:**

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With gratitude for the psychological and spiritual traditions that understand marriage as a formative path of meaning.

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