

## **GUIDE SHEET FOR PERSONAL HISTORY**

Please answer all questions in as much detail as possible, providing as many concrete examples from as early in the relationship as possible. **Please type your answers in a separate document and print on one side only.** When you finish, sign your personal history and mail it with your other paperwork to:

**Metropolitan Tribunal  
Archdiocese of Saint Paul and Minneapolis  
777 Forest Street  
Saint Paul, MN 55106**

### **1. Describe your upbringing and family life, including:**

- Briefly describe your family of origin (e.g., family make up, living situation) and the example of marriage you witnessed in your parents or caregivers.
- Is there any history of mental health issues in you or your family of origin (e.g., depression, anxiety, mood disorders)? If so, please explain with concrete examples.
- Is there any history of addictions or addictive type behavior in you or your family of origin (e.g., alcohol, drugs, gambling, food, shopping, pornography, etc.)? If so, please explain with concrete examples.
- Is there any history of abuse in your background (e.g., verbal, emotional, physical, sexual)? If so, please explain with concrete examples.
- Briefly describe how your family relationships and the significant events of your childhood affected you as a child, adolescent, and young adult.

### **2. Describe your spouse's upbringing and family life, including:**

- Briefly describe your family of origin (e.g., family make up, living situation) and the example of marriage you witnessed in your parents or caregivers.
- Is there any history of mental health issues in you or your family of origin (e.g., depression, anxiety, mood disorders)? If so, please explain with concrete examples.
- Is there any history of addictions or addictive type behavior in you or your family of origin (e.g., alcohol, drugs, gambling, food, shopping, pornography, etc.)? If so, please explain with concrete examples.
- Is there any history of abuse in your background (e.g., verbal, emotional, physical, sexual)? If so, please explain with concrete examples.
- Briefly describe how your family relationships and the significant events of your childhood affected you as a child, adolescent, and young adult.

### **3. Describe how your relationship developed, including:**

- How did the two of you meet and how did the relationship develop? What was your initial attraction to and impression of your spouse?
- How did you treat each other? How did you show respect to one another?
- Were the two of you able to talk openly with one another? Were you able to make decisions together and resolve conflicts? Please explain with concrete examples.
- Were there any major breakups during the time of dating and/or engagement period? Please explain with concrete reasons.

### **4. Describe your decision to marry, including:**

- Why did you want to marry your spouse? Were either of you under any pressure or obligation to marry? Please explain with concrete reasons.

- What were the reactions of parents, family, and friends to your decision to get married?

**5. Describe your understanding of and intentions for marriage at the time of the wedding, including:**

- Did the two of you talk about what marriage would be like? What was discussed?
- Did the two of you talk about marriage being a lifelong, partnership for the whole of life? What was discussed? In your mind at the time, what, if anything, could break the permanent marriage bond? What did your spouse think?
- Did the two of you talk about faithfulness (exclusiveness) as an essential element of marriage? What was discussed? Did you both go in to marriage intending to be faithful to each other? Please explain with concrete reasons.
- Did you talk about children as an important aspect of marriage? What was discussed? At the time of the wedding, were you both open to having children in your marriage? Why or why not?

**6. Describe your marriage, including:**

- Did either spouse's personality change significantly shortly after the wedding and, if so, how?
- How important was religion or spirituality in your relationship? Please explain with concrete reasons.
- Was there equality in areas such as employment and financial matters, household chores, and parental responsibilities? Please explain with concrete examples.
- How did you treat each other? How did you show respect and trust in each other? Did this change during the marriage? Please explain with concrete examples.
- During the marriage, were the two of you able to talk openly with one another? Were you able to make decisions together and resolve conflicts? Please explain with concrete examples.
- Did either of you experience any mental health issues during the marriage (e.g., depression, anxiety, mood disorders)? Please explain with as many concrete examples as possible.
- Did either of you experience any addictions or addictive type behavior during the marriage (e.g., alcohol, drugs, gambling, food, shopping, pornography, etc.)? Please explain with concrete examples.
- Was there any verbal, emotional, physical, or sexual abuse during or before the marriage? If so, when did it begin?
- Did you seek any counseling to try to save the marriage and how did it help?
- When was the first talk of divorce? What finally led to the breakdown of the marriage?

**7. Describe your life since the separation and divorce, including:**

- How is each spouse fulfilling his/her parental responsibilities to the children of this marriage?
- Why are you seeking a declaration of nullity at this time?

**8. Were you involved in a previous or subsequent marriage? Was your former spouse?**

**9. Do you have any further insights or comments that you would like to add?**