Getting Married?

Eight Conversations You Should Have Before The Wedding!

From

MarriagePrep.com

©2008 Humanitas Inc. All Rights Reserved

Instructions

The following subjects are arranged in random order. They each contain a series of questions for you to 'run by' each other.

First, agree on what order of topics you want to deal with as you will not have time to do all of them.

Take turns asking each other each questions. One word answers are insufficient. Try to answer as fully as you can. Some questions are about your partner and you as individuals, some are about your relationship together. The purpose is to gather information rather than have a debate or come to agreements. So answer the question, clarify your answer as needed and then move on.

At the bottom of the page there is room for notes you may wish to make as a result of your dialogue and use in follow up conversations.

The last page is for your Mission Statement

Twenty five years from now, what would you like to be able to say about what you have accomplished as a couple and how you have been as a family?

No dessert until the Mission Statement is complete!

Have fun and do not get indigestion doing this exercise.

Topics	Rank Order
Our Finances	
Our Work and Career	
Our Home	
Our Communication	
Sex	
Personal Style	
Religion	
Family of Origin	

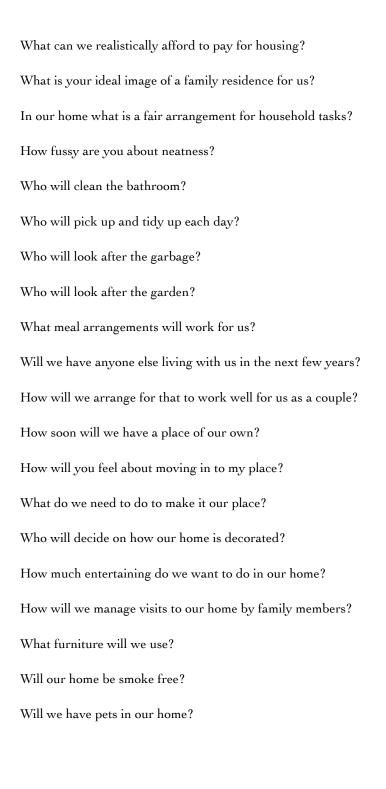
Our Finances



Our Work and Careers

How important is your work in your life? How well do you like your job? How do you deal with work stress? What is your expectation about your working life? How many hours a week do you expect to be working? How much of your work will you be bringing home? Will your work require us to be moving in the next five years? What further training will you need to do for your career? How secure is your current employment? Who are your closest friends at work? What will you need of me in developing your career? Will we be a two career couple? What changes will we make when we have children? Whose career will we consider to be primary if we have to decide? What will be the best way to manage our work schedules in the next few years? What plan do we have in case one of us is unexpectedly unemployed? Are you a 'live to work' or a' work to live' kind of person?

Our Home



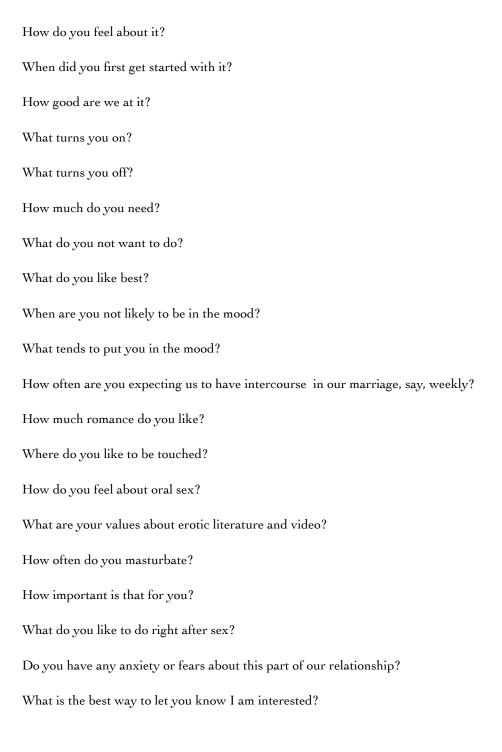
Our Communication

How much time will we spend together, daily and weekly? What will we do together when we have couple time? Do we have a sufficient range of interests, activities, hobbies and mutual interests to sustain us as a couple? When I need to talk with you, what would be the best way to let you know? What will be our standard when one of us needs attention from the other? How will we protect our relationship from external stressors such as work, etc.? What issues are likely to be hot topics for you? When you are really emotionally upset with me, what is the best way for me to respond? What forms of emotional regulation (soothing, comforting, supporting) work best for you? What would cause you to feel lonely or abandoned in this marriage? What are our chronic conflicts? How well do you see me responding to you when you need my attention? When have you experienced me being emotionally in synch with you? When have you felt me being emotionally out of tune with you? How did each of these make you feel about us? How important will friends be for us? How much of our free time will we spend with friends and family members? What routines or rituals will help to keep us emotionally connected with each other?

What will we do to fix it when we screw up our communication?

What is one thing about you that you have never told me?

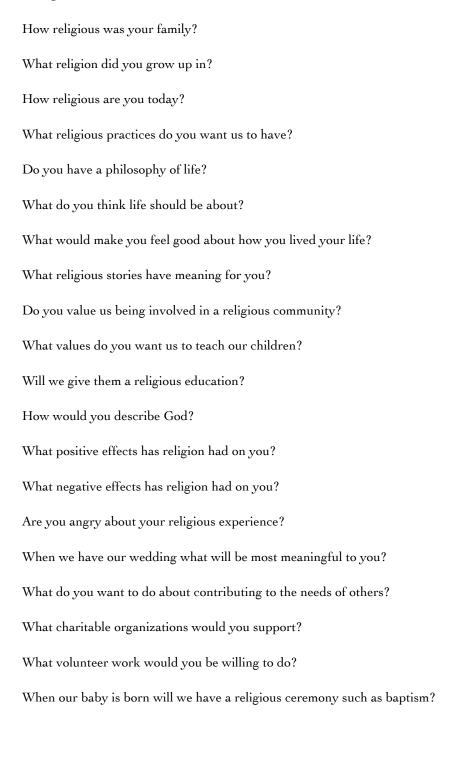
Sex



Style



Religion



Family of Origin



Problem Solving and Conflict Resolution



Our Marital Mission Statement*

Twenty five years accomplished as a	es from now, w couple and how	vhat would j vyou have bed	you like to en as a fami	be able to ily?	o say abou	it what y	ou bave

^{*} Subject to periodic revision as circumstances dictate