

Getting Married ?



Eight Conversations
You Should Have
Before The
Wedding!

From

MarriagePrep.com

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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	<input type="checkbox"/>
Our Work and Career	<input type="checkbox"/>
Our Home	<input type="checkbox"/>
Our Communication	<input type="checkbox"/>
Sex	<input type="checkbox"/>
Personal Style	<input type="checkbox"/>
Religion	<input type="checkbox"/>
Family of Origin	<input type="checkbox"/>

Our Finances

What is your take home pay?

How much do you have in your bank accounts at this point?

Is your cash flow stable or irregular?

What are your debts?

What other assets do you own?

What other liabilities do you face?

After paying your bills, how much discretionary money is left over each month?

What is your credit rating like?

What credit cards do you have and how much is on them?

In the past five years, how much have you saved or gone into debt?

What will be your financial plan for the next five years?

What values and attitudes do you have about saving, building financial security, spending money?

How effective would you say you are as a money manager?

What will our household budget be?

Who will manage our finances?

Will we have separate bank accounts or a joint account or something in between?

How will we decide on major purchases?

What will we buy and what will we lease?

What will be our plan for saving?

How will we invest our money?

Do we need to have a formal pre-nuptial agreement? What should be in it?

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

What can we realistically afford to pay for housing?

What is your ideal image of a family residence for us?

In our home what is a fair arrangement for household tasks?

How fussy are you about neatness?

Who will clean the bathroom?

Who will pick up and tidy up each day?

Who will look after the garbage?

Who will look after the garden?

What meal arrangements will work for us?

Will we have anyone else living with us in the next few years?

How will we arrange for that to work well for us as a couple?

How soon will we have a place of our own?

How will you feel about moving in to my place?

What do we need to do to make it our place?

Who will decide on how our home is decorated?

How much entertaining do we want to do in our home?

How will we manage visits to our home by family members?

What furniture will we use?

Will our home be smoke free?

Will we have pets in 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

How do you feel about it?

When did you first get started with it?

How good are we at it?

What turns you on?

What turns you off?

How much do you need?

What do you not want to do?

What do you like best?

When are you not likely to be in the mood?

What tends to put you in the mood?

How often are you expecting us to have intercourse in our marriage, say, weekly?

How much romance do you like?

Where do you like to be touched?

How do you feel about oral sex?

What are your values about erotic literature and video?

How often do you masturbate?

How important is that for you?

What do you like to do right after sex?

Do you have any anxiety or fears about this part of our relationship?

What is the best way to let you know I am interested?

Style

How important is being organized to you?

How neat do you need things to be?

Who are your closest friends?

How often do you need to be with them?

How much space do you need?

How much time alone?

How do you feel when I go off by myself?

How decisive are you when a problem needs to be solved?

How important is it for you to be able to think things through before being ready to talk?

How important is it for you to talk things through before being able to decide?

How are you with being spontaneous?

How good are you at play?

How important is it for you to plan things out?

Do you like to be in control?

In working together what is more important to you, getting the job done, or having a good time with each other?

How fearful are you of being left alone?

How sensitive are you to feeling smothered in this relationship?

When you are unhappy, how do you behave?

When you are feeling stressed, unsafe or frightened what do you do for comfort?

How well do you handle situations that are not clear?

Religion

How religious was your family?

What religion did you grow up in?

How religious are you today?

What religious practices do you want us to have?

Do you have a philosophy of life?

What do you think life should be about?

What would make you feel good about how you lived your life?

What religious stories have meaning for you?

Do you value us being involved in a religious community?

What values do you want us to teach our children?

Will we give them a religious education?

How would you describe God?

What positive effects has religion had on you?

What negative effects has religion had on you?

Are you angry about your religious experience?

When we have our wedding what will be most meaningful to you?

What do you want to do about contributing to the needs of others?

What charitable organizations would you support?

What volunteer work would you be willing to do?

When our baby is born will we have a religious ceremony such as baptism?

Family of Origin

Who did you actually grow up with?

Who were you close to?

Who were you distant from?

Use three words to describe your family.

Use three words to describe your Mother

Use three words to describe your Father.

How safe did you feel growing up in your family?

Did you ever experience any abuse growing up?

If so, what effect does that still have on you today?

Growing up in that family, what did you come to learn about ... yourself • relationships • life • survival ?

How was conflict dealt with in your family?

How were kids parented?

Were there any strong values taught in your family?

Who are you most like?

Who are you most unlike?

What were the major critical incidents you experienced growing up?

What family routines, rituals, values remain important to you today.?

What emotional sensitivities or wounds are left over from your childhood?

How strongly attached were family members to each other?

What in your family of origin do you want to leave behind ?

What do you want to preserve?

Problem Solving and Conflict Resolution

How would you describe the way we go about solving problems?

When you need to raise an issue, how do you feel?

Do you see me as a person who raises issues softly?

When we have conflict do we do it calmly?

How could we be more relaxed when we are in the process of sorting things out?

Do we avoid criticism of each other?

Do either of us get defensive in responding to issues?

Are there any signs of contempt when we are working on influencing each other?

Does either of us stonewall the other?

When you are feeling upset what could I do to help you feel better?

How much of our conflict do we avoid?

Do we know how to tell the difference between problems that can be solved and those we will have to live with?

How unsafe does our conflict feel to you?

Do we recognize each other's strengths and use them well in our problem solving work?

How much resentment does our conflict style generate in you?

When I am upset, I need you to

When you are upset, I need you to ...

What are the really hot topics for us at this point?

What routines could we agree to in order to be better at problem solving and conflict management?

When we just don't agree, how well do we respect each other's position?

