

## The Couples Questionnaire

Think of this like a cake...

Don't try to eat it all in one sitting or you'll feel heavy, sick and miserable.

Even the most positive conversations about subjects like marriage can get overwhelming if you let them go on too long.

My advice, take it in chunks, little bit at a time and out of order even. Answer the questions you feel drawn to and let your partner do the same. If one of you is super excited to talk about these things and the other isn't so much...that itself may bring up some interesting conversations.

Whatever you do, listen, encourage and be open minded.

This marriage is a thing you two are creating together and communication is key. No ones feelings have to get hurt. Focus on how much, you love each other and are growing together!

### **Moral, Political, Religious, Values, and Beliefs (lets get the big'uns outa the way first, ay?)**

What do you believe the role of a wife/husband is?

What are your views on marriage, politics, birth control?

Who will make the decisions in the household?

What would you do if someone was verbally or physically abusive to me?

What are your views on infidelity?

### **Handling Finances**

**(you've heard it before, money is the #2 cause of all fights...its important to discuss)**

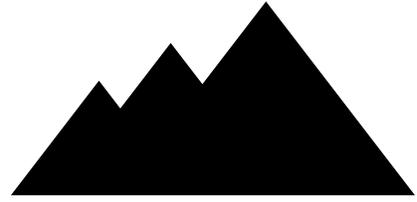
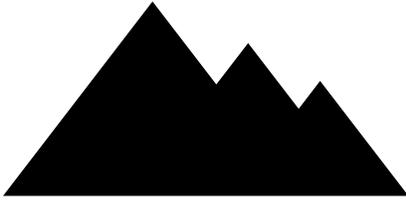
How do you feel about debt?

Would you share all money with me or split the money into different accounts?

What are your views on saving money?

What are your views on spending money?

How will we manage the financial matters of the household?



### **Entertainment**

**(Pshew, okay lets take a break and have fun!)**

Where have you always wanted to go?

How often would you like to travel?

How important is spending time alone to you?

How would you feel about me going on a trip with the girls (boys) for a couple of weeks?

How important is spending time with friends to you?

What would be the perfect weekday evening to you?

What would we do if we both had a break from work,  
but each of us had different ideas on how to spend it?

### **Extended Family**

**(yup, the in-laws)**

How often would you want to visit your family? How often would we visit mine?

Visit them or have them visit us?

What if one of your family members said he/she disliked me?

How would you handle disputes between families? Holidays, etc.

### **Medical Information**

**(one of those things people don't think to ask. while it will not change or affect your love, it can bring on stressors later in the marriage. if you talk about it now, no one is shocked when it comes up)**

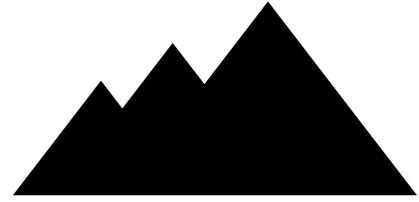
Does anyone in your family suffer from alcoholism? Drug addiction? Mental illness?

Would you be opposed to mental health treatment?

If I had to change my diet or lifestyle because of medical concerns, how would your adjust/  
would you be willing to change yours?

Are you willing to exercise with me to improve our health?

Would you mind moving if I had to relocate with my job?



### **About the “You” in the “Us”**

**(remember, no matter how alike you are, and I’m sure you are :) you and your partner have totally different stories and thus, perspectives. Here are some more topics to discuss now, so no one is surprised when they come up later)**

What are your career aspirations?

Where do you want to live?

What would you like to be doing five years from now?

What do you think is the best way to keep the love alive in a marriage?

How do you think life will change when we get married?

How important are anniversaries to you?

How would you like to spend special days?

What is your biggest fear about marriage?

What excites you about getting married?

What do wedding rings mean to you?

### **How We Function Best**

**(the deep sh\*t, the real sh\*t, don’t worry, you got this)**

Are you afraid to talk to me about anything?

What do you think would improve our relationship?

What would be one thing you would change about our relationship?

Would you be willing to go to counseling if we were having marital problems?

Would you rather discuss issues as they arise or wait until you have a few problems?

How would you communicate you aren't satisfied sexually?

What is the best way to handle disagreements in a marriage?

How can I be better at communicating with you?