

Premarital Discussion Guide

For Christian Couples

Dr. Melinda Reinicke, Psychologist

www.rcacounseling.com

You believe God has brought you together and you're in love. You want to spend the rest of your lives serving Him as a couple. This discussion guide will deepen your understanding of each other and your ability to nurture each other. Please fill out questionnaires separately before sharing your answers. Then it's best to take turns discussing questions rather than exchanging questionnaires to read. You may wish to reserve some difficult questions for when you meet with your counselor or pastor.

1. We have known each other for _____ (length of time).
2. We talk, text, email or see each other:
 Every day 5-6 days a week 3-4 days 1-2 days
 Less than once a week More than once a day
(Circle One) I'm happy with this. Would like more time. Less would be o.k.
3. When I first met my fiancé I remember thinking:
4. I'm attracted to these qualities in my fiancé:
(examples – intelligence, passion for God, sense of humor, eyes, kindness, athletic ability, etc)
5. My closest friends have the following opinions about this relationship:
6. Interests and activities my fiancé and I have in common:
7. Interests and activities we enjoy alone or with friends but not with each other:

8. My fiancé is fine with me having certain activities on my own _____ yes _____no

9. I'm fine with my fiancé having certain activities on their own _____ yes _____no

10. When planning something together, does your fiancé usually:

Ask for your opinion and share their own

Agree with whatever you want

Tell you what they want and expect you to agree

Pout if they don't get what they want (this is not sexist, men pout also).

11. How would you rate your partner on saying:

Thank you: Good Fair Poor

I'm sorry : Good Fair Poor

12. How would you rate yourself on saying:

Thank you: Good Fair Poor

I'm sorry: Good Fair Poor

13. Describe a situation where you felt angry at your fiancé. How did the two of you work out the disagreement?

14. My career goals:

15. My fiance's career goals:

16. Who will handle the bank statements?

Who will pay the bills?

What is your plan
for budgeting?

for saving money?

17. My fiancé and I have disclosed to each other all current financial holdings and debts.

Yes No

18. How do you intend to divide the household responsibilities?

19. What has really irritated you about past roommates?

20. What have you appreciated about past roommates?

21. I have the following expectations of my fiancé as a roommate:

22. My fiancé has the following expectations of me as a roommate:

23. Do you plan to relocate out-of-town in the future? Where?
What pets would you like to own in the future?
What hobbies/sports/activities would you like to enjoy some day?

24. How many children would you like to have?

25. How long would you like to wait before having children?

26. My choices about birth control are:

27. My feelings about adding children to our family by adoption are:

28. How much should a husband participate in the care of a baby?

in the care of school age children?

29. Describe the changes you will try to make from the way your parents raised you:

30. Describe what you like about how your parents raised you:

31. Please list family members and their ages. Indicate any deaths or divorces.

32. My family members have the following opinions about this relationship and my plans to marry:

33. I would describe my childhood as:

Painful troubled middle-of-the-road usually happy really good

34. In the space below, draw a picture of the family you grew up in. Have them interacting in a typical way. Drawing ability is *not* important. "Stick" people are o.k. Write the name of each person under your drawing of him or her. Then write briefly what they are doing, thinking, and feeling.

35. My current relationship with my parents

Mom:	good	ok	conflicted
Dad:	good	ok	conflicted

36. My current relationship with my partner's parents

Mom:	good	ok	conflicted
Dad:	good	ok	conflicted

37. Positive things in my parents' marriage which I want in my own.

38. Problems in my parents' marriage which I want to avoid.

39. Church I grew up in:
40. The church I now attend:
41. The church I would like to attend when married and raising children:
42. I enjoy my individual times of prayer and studying God's word.
Yes.
I used to, but it seems dry right now.
I would like to feel God's presence more in my life.
43. As a couple we have regular times of prayer together. Yes No
I like praying with my partner
I'm not comfortable praying with my partner
My partner prays too long
My partner doesn't like to pray out loud
44. A ministry I would enjoy being involved in at church:
45. My view on tithing:
46. Which of these words do you most often associate with God?
Kind Loving Friend Distant Strict Hard-to-please Punishing
47. Describe two of the most significant religious experiences you've had.
48. How do you view Ephesians 5 regarding roles of men and women in marriage?
49. My present feelings about sex are: ___ intrigued ___ expectant ___ anxious ___ fearful
___ neutral
50. When we're married I would like to have sex:
every day
twice a week
once a month
other _____

51. I have the following questions about sexual matters:

52. I consider myself to be experienced sexually. Yes No

This is only with my fiancé. We would like help with waiting until we're married. Yes No

I've had other partners in the past. My fiance knows about this. Yes No

53. Have you experienced any unpleasant sexual incidents as a child, adolescent or adult?
no indecent exposure molested raped incest other

I have had counseling for this. I would like further healing in this area.

54. List past serious relationships

How long were you together?

How did it end?

If previously married, please see that page for further discussion questions

55. My view on divorce is:

56. List 4 instances when your partner demonstrated real love toward you during the last month.

57. List 4 situations when you intentionally or unintentionally were hurtful to your partner in the last month.

58. How are you and your partner alike and different?

59. There is something I've been reluctant to discuss with my partner but wish to now:

60. I've struggled in the past with:
Alcohol Drugs Eating Disorder Depression Self-cutting Suicidal Thoughts
Pornography Gambling Stealing Overspending Sleeplessness Worrying
Hitting someone or breaking things when I'm angry Arrested for _____
Spending too much time gaming or surfing on the net Other problem _____

I don't believe this will be a problem again because:

61. List 4 things your partner does which make it **difficult** to share yourself with him (her)

62. List 4 things your partner does which make it **easy** to share yourself with him (her)

63. When I'm irritated or bothered, my tendency is to:

- ___ express myself strongly
___ present my side calmly
___ withdraw & be quietly irritated

64. When my partner yells at me I will:

65. When I find that my partner is not as affectionate as I would like, I will:

66. What is the greatest strength you bring to the marriage?

67. Satisfaction with who you are

Not happy with myself 1 2 3 4 5 Feel good about who I am

68. Things I would like to change about myself

69. List 5 of the **worst** things that ever happened to you.

70. List 5 of the **best** things that ever happened to you (besides meeting your partner)

71. How I imagine my life will be 10 years from now:

If there was a previous marriage, please complete the next page for discussion as well.

Previous Marriage

1. Your age at time of previous marriage _____

Spouse's age _____

2. Length of marriage _____ Names & birthdates of children

3. What do you feel went wrong in that marriage?

4. What do you wish you had done differently in that marriage?

5. How will this new marriage be better?

6. How do your children feel about your fiancé?

7. How does your fiancé feel about your children?

8. How often will the children be with you?

9. Potential problems you foresee with your ex over parenting issues: