

PRE Marital Counseling - GENERAL QUESTIONS :

1. When you're upset or angry about something your partner does or fails to do, do you find it easy to tell her/him about it?
2. Can you reveal your weaknesses and worries to your partner without fear of embarrassment, criticism or judgment?
3. Do you check with each other about money concerns that affect both of you? When it comes to finances, do you usually agree on what to spend your money on?
4. Who will pay the bills and keep the checkbook?
5. What are your convictions about the use of credit cards?
6. What are your convictions about other debts (car loans, mortgages, etc.)?
7. Do you believe that your partner understands the importance of the work that you do and respects the time you need to do it?
8. How will you make decisions once you are married?
9. Do you discuss important decisions and the impact they will have on both of you?
10. Are your needs for intimacy being met?
11. Do you find that agreements you've made can be altered without huge upset?
12. Where do you want to live?
13. In what setting would you want to live (i.e. city, suburb, small town, rural, plains, mountains, desert, coastal, etc.)?
14. What do you expect your standard of living to look like after five years of marriage?
15. Who will prepare each meal? What types of food will you eat?
How often do you want to eat out?
16. How clean do you want your home to be? What does "clean" mean to you?
17. Who will do each of the following?
 - Laundry & ironing -Purchasing groceries -Automobile maintenance
 - Home repairs and yard work -General household cleaning
 - Cleaning bathrooms -Making the bed
18. Do you want a pet in the home? If so, what type?
19. Do you want to have children? If so, how many and when do you want to start?
20. What would you do if you cannot conceive children of your own?
What is your view on adoption? What is your view on birth control?
21. If you do have children, who will be the primary nurturer/caregiver of your children?

22. How will you discipline your children?
23. How often do you want to invite people to your home?
24. What kind of entertaining do you expect to do (formal, informal, lavish or simple)?
25. What will be the role of television in your lives and what guidelines will you have?
26. What about movies?
27. How will your personal friendships change after marriage?
28. How will you relate to opposite-sex friends?
29. What hobbies or recreational pursuits will you pursue individually? Together? How often will you pursue them?
30. How do you feel about having alcoholic beverages in your home?
31. Where will you spend major holidays? How will you decide?
32. What expectations do you have for celebrating holidays?
33. What expectations do you have for religion in your life?
34. What will you do during your vacations?
35. How will you celebrate birthdays and anniversaries?
36. How much will you spend on gifts for family, friends and each other?
37. How will you spend your weekends?
38. How do you think your relationship to your parent(s) will change after you are married?
39. How much time do you anticipate spending with your parents and in-laws?
40. What other relatives do you expect to be involved in your life? How?
41. How involved do you want your parents and in-laws to be in your children's lives? How will you accomplish this?

5 LOVE Languages:

check which one is most important to you: (what I want my partner to give me)

- 1. words of affirmation
 - 2. quality time
 - 3. receiving gifts
 - 4. acts of service
 - 5. physical touch
-

How do I want them to apologize?

- 1. expressing regret
- 2. accepting responsibility
- 3. making restitution
- 4. genuine repentance / willing to change
- 5. requesting forgiveness / desire for restoration

check which areas are most important to me:

- Affection
 - Sexual Fulfillment
 - Conversation
 - Recreational Companionship
 - Honesty and Openness
-

- Physical Attractiveness
- Financial Support
- Domestic Support
- Family Commitment
- Admiration

Once you have identified each other's most important emotional needs, your next step is to learn how to meet them. I've written several Q&A columns to help you achieve that objective. Listed below are some of those columns.

Affection

How to Meet the Need for Affection

Sexual Fulfillment

How to Meet the Need for Sexual Fulfillment

Changing a Willingness to Make Love into a Desire to Make Love

How to Overcome Pain During Intercourse?

How to Overcome Sexual Aversion?

What to Do When Your Spouse Has an Addiction to Pornography