



FOR COUPLES TO CONSIDER TOGETHER

∞ LIFESTYLE & VALUES

1. What is your dream/vision of your life? (Include family contact, home in detail, work, experiences you want to have, retirement & travel).
2. Appropriate gift giving by your standards are...
3. Who does what around the house? Where is there free reign w/o consult?
4. What do you prefer re: music, movies, books, TV (also: frequency of use)?
5. What are your favorite foods?
6. Pets or no pets? What kinds?
7. Weapons in household ok or not okay & under what circumstances?
8. Mealtimes early or late? Who cooks?
9. Furniture style – what do you want? do you have a preference?
10. Smoking yes or no? (Deal breaker or flex?)
11. Drinking or no drinking (flex or no?)
12. Drugs yes or no? What is okay and what is not?
13. Religious beliefs – Do you two match, blend or clash w/ one another? How do you want this to apply to children if applies in the present or potentially in the future?
14. Holidays spent where & how? (@ home? With his/her family?)
15. What annual days are important to you & what would you want or need around this from your partner?
16. How would you like vacations spent? Together? Separate? With kids? High luxury or down to earth or rugged? How active?
17. Who works & who stays home (& if kids get involved) – are you willing to do either? What's your 1st choice? Are you okay with your partner in either position?
18. Who are your friends that are a positive influence on you and your marriage? Who challenges it or are a negative influence?
19. Who do you hope to socialize with as a couple?
20. How much time do you need to have just by yourself?

∞ QUALITY OF YOUR RELATIONSHIP ♥

21. When conflict arise, do you to talk about it right away or do you need time & space first?
22. What are internet parameters for you to feel safe (consider passwords and specifics about websites, etc.
23. Is your love conditional or unconditional? (consider changes in weight, illness, injury or disaster...)
24. When you are sick...do you want space or to be babied? Be specific.
25. Are you harboring a double standard in your relationship? Is that in alignment with each of your values?
26. Are there friends that you both need to come to terms with in order to have peace & safety as a couple?
27. What is her/her personal relationship with his/her family? Too distant? Too close? Too different for you? How is it out of your comfort zone (if it is)?
28. What do you care about regarding hygiene (minimum and also what would be “bonus”)?
29. What are his/her hobbies & pastimes? Are they supported? Are they a risk to the relationship or should it be supported?
30. Sleeping habits – Are you a lark or a night owl? Few hours or many spent sleeping? Other issues?
31. What are your privacy needs (recommended: an “open door” policy – no unknown passwords for anything re: contact w/ outside world, privacy honored w/ journaling in book or on computer).
32. Are you aware of any sensitive areas you must protect & not bring up in a fight or must not share with others?
33. Will she continue to use her full given name or change it at marriage?
What is important to each of you in this?
34. How will you handle disagreements safely & fairly?
35. Is one of you assigned greater/final decision power or is it equal/shared?
How do each of you want this to be ideally?
36. How do you react to jealousy? (your own and your partner’s)
37. Will “exes” be a part of your life? Is there anyone in particular who has unresolved feelings for one of you?

(continued...)

(quality of your relationship continued...)

38. What is okay and not okay with new people in your life?

(don't let attachments grow when there is an attraction initially)

39. Define & agree on fidelity – tell or not tell? Deal breakers?

40. Emotional affairs – give trust/attn/vulnerability to each other not to another.

41. Keep yourself as new and interesting to yourself as you really want to be –
what are you passionate about?

42. Sexual aspects to be clear about as a couple: What do you naturally want in terms of frequency? What are your challenges sexually? Have you both been tested for STD's? Are there any past negative sexual experiences that are effecting you today? Porn ok or not ok? Sex toys ok or not ok? Does your partner know what you want/like? Are you comfortable talking about your wants/needs? Agree to never pressure one another & give a full respect for other person if they are not in the mood. Make sure you spend time with affection that does not lead to sex. Have you found birth control that you both feel good about? Are you more interested in the AM or PM? Have you both agreed to disclose past experiences or keep them private (get rid of "land mines" that could come up). Have you both considered ways to get closer sexually and is that a goal? Who instigates and how are you most comfortable with this?

∞ MONEY ☺

43. Who controls checkbook?

44. Is there a significant difference in how you & your partner relate to money & spending?

45. Is there debt to deal with coming into this union & what are your plans to clear this up?

46. Budget – have you made one for yourself and together? (worksheet available)

47. How will you share and what will you share and keep separate? What are your fears around this issue?

48. What is your debt philosophy & limits? What were you taught by each of your parents about money verbally and non-verbally?

49. How much money is okay to spend w/o informing each other?

∞ THE FAR-OFF FUTURE...🏠

50. Who wants to live where (now and as the years progress)?

51. How do you see your elder years being lived?

52. What are your big dreams or goals? Your life "check-list"?

∞ ABOUT KIDS

53. Kid or no Kids? How many if yes?

With Kids: what are your wants regarding school (public or private?), church, daycare, discipline, allowance, extra curricular activities, friends, curfew, family time. Are you a united front?

AGREE **NOT** TO:

-  Use “I don’t know”s -- stretch for an answer for your partner and yourself...or ask for a specific amount of time to consider it.
-  Be free with your anger instead of fear/pain shared
-  Cut off and leave w/o saying when you will be back & ready to talk. Don’t leave your partner hanging any longer than necessary because it is painful for them.
-  Say “you should’nt feel that way” (directly or indirectly)

 Always respect your partner’s need for space to think things through – just because you are ready to talk doesn’t mean that they are and it’s disrespectful and unkind to push your need above their readiness. Find a way to calm yourself until they are ready.

THIS FORM IS UNDER CONTRUCTION!!!
Please give your feedback & suggestions!!! (Thank you!)

ADDENDUM QUESTIONS...

A1) PDA – How much and what are the parameters around public displays of affection for you and for your partner? What is comfortable and what is uncomfortable? What would you both need to adjust/change or grow to both be happy?

A2) What are the boundaries you will both need to hold around work in order to have a healthy relationship? This includes work hours at and away from home, decompress time before returning home from work – time on the phone re: work, workplace socializing.