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| Innermost feelings Questionnaire |  | **?**  |

 **Post-Marital Questionnaire**

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|  **Your Name / Spouse’s Name?** | **Marriage Date?** |
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Describe the relationship you have/had with your parents. How has this relationship shaped or impacted your view of marriage?

Describe your parents marital background? Single, Married, Divorced? If Divorced, how many times? If Divorced, did your parents remarry and is that marriage currently active?

Since being married, who do you confide in other than your spouse that provides wise counsel? Are they kingdom-minded?

Would you feel comfortable if your spouse shared marital problems with a friend or family member?

Are you and your spouse equally yoked? If not, was it understood at the time of marriage that being unequally yoked causes your marriage to start off at a disadvantage?

What was your parent’s attitude toward your spouse prior to marriage and how has it changed or stayed the same since marriage? Has it improved for the better or for the worse?

What is your parent’s spiritual beliefs? Are they kingdom-minded? If not/ If so, how has their views impacted your relationship with God?

How do you perceive your in-laws’ attitude toward you? Has it improved for the better or has it taken a turn for the worst? What was the catalyst that changed your relationship for the better/worst?

In your opinion, when observing your significant others circle of friends and family; who among them are for your marriage and who among them are against your marriage?

How have you gone about eliminating negative outside influences that once held close ties to you as a single-individual? Was it difficult or easy to make this choice? Do you harbor resentment for the relationships that you had to sever for the prosperity of your marriage? Why?

On a scale of 1 to 10 (10 being the best) how would you rate your relationship with your in-laws? Explain.

What type of relationship did you expect to have with your parents and your in-laws after you and your spouse married? Has it been what you expected?

What issues within your extended family have created a strain on your marriage?

Describe in detail where and with whom you spend Thanksgiving’s and Christmas holidays with? Is there one side of the family you spend more time with over the holidays? If so, why?

What can you do to express your love to your parents and in-laws?

Prior to marriage, has any family members or friends stated any reservations or concerns about your engagement to your spouse? What are they? Are the reservations similar in concern?

What are the relational strengths you bring to your marriage?

What are the relational weaknesses you bring to your marriage as a husband or wife?

Name one or more minor conflicts that have occurred post marriage in your relationship that do not need to be resolved (a minor conflict is a conflict that does not cause harm to the relationship, or a conflict that will go away on its own).

List one or more moderate conflicts that have occurred post marriage in your relationship (a moderate conflict is a conflict that does not threaten a healthy relationship, but its resolution would generate more harmony).

List one or more major conflicts that have occurred post marriage in your relationship (a major conflict is a significant issue that if left unresolved would damage or threaten a healthy relationship; or a recurring conflict that continually causes dissension).

On a scale from 1-10 rate the current level of communication with your spouse? (10 being the best) Why?

If communication within your marriage has deterioted, what do you feel is the catalyst that contributed to your lowered interpersonal communication skills?

Have you and your spouse reached a stalemate when addressing certain issues within your marriage? (Finances, child-rearing, tone during arguments etc.). If so, how are your problems resolved? Is it beneficial?

What action-steps do you take to resolve underlying conflict within your marriage?

How have you changed since being married? In what ways have you matured? In what ways have you faced challenges with change?

Complete this statement to your spouse, “This is what I would like you to know about me in order to understand me better…”

Are there any relationships for you or your spouse that you can identify as needing additional boundaries (opposite sex, parents, friends, co-workers etc.)? What action steps would you suggest putting in place?

What are your expectations about situations where one of you might be alone with someone of the opposite sex?

Have you experienced infidelity during your marriage? What was the reason provided of why the offense occurred? Did you forgive your mate or are you still struggling with this issue? Describe in detail why?

What are your expectations of in-to-me-see? What are your expectations of sex within your marriage?

Are you satisfied with the frequency of sex within your marriage? If your needs are not being met sexually, have you expressed this concern with your spouse directly?

If unhappy with sexual frequency within marriage, what plan will you create as a couple to address intimacy goals constructively?

How do you feel in-to-me-see and sex differ?

Have you been married before? If so, how many times prior? Do you feel you have unresolved issues from your previous relationship that have carried over to your current marriage?

Do you and your ex-spouse share children together? What is your co-parenting relationship like? Rate your co-parenting on a scale from 1-10 (10 being the best).

Do you also have a child or children with your current spouse as well as with a previous relationship? Does your spouse treat each of your children equally? Do you treat each of your children equally? If not, why?

In your opinion, do you feel each of your children feel equal to every child in the family? Has any of your children as well as stepchildren expressed the concern of not being loved the same by either you or your current spouse? How did you receive that message from your children and what did you do from there?

Does your spouse have an amicable relationship with his ex-spouse or previous significant other in which a child is shared? If so why? If not, why?

Do you or your spouse pay child support or have garnishment of wages? Is this affecting your relationship both financially and personally?

Do you harbor unforgiveness due to child support costs, court filings or garnishment of wages with your ex-spouse or previous relationships(s)?

Has trust in your relationship been previously broken (poor financial investments without consulting your spouse, dishonesty, failure to follow- through). If so, what steps have you taken to mend trust?

Are you still physically attracted to your spouse? If so why? If not, why?

If trust has not been regained, what needs to occur to gain the trust back?

State honestly any fears, concerns, or apprehensions you feel your anticipated marriage.

Have you agreed to give total access to each other’s technology / Social Media activities? If not, why?

(Cellphone, Twitter, Facebook, Snapchat, Internet access, banking accounts, etc.)

Fill in the blank. I think any discretionary purchase over the following amount should require the agreement of both the husband and the wife: $ .

To be answered by the woman: Do you have any reservations or concerns about your husband’s spiritual life; his ability to lead you, yield in responsibilities, respect you, care for you, love and provide for you? What would they be? In which areas do you see that your spouse needs to grow?

To be answered by the man: Do you have any reservations or concerns about your wife’s spiritual life; her ability to respect you, follow you and yield to your leadership? What would they be? In which areas do you see that your wife needs to grow?

To be answered by the woman: In what ways do you feel most unprotected by your spouse? Are these concerns based on insecurity or previous issues with your mate?

To be answered by the man: In what ways do you feel most unprotected by your spouse? Are these concerns based on insecurity or previous issues with your mate?

How do you expect to cultivate a legacy of faith together during your marriage?

To be answered by the woman: In what ways do you feel protected by your spouse? Please provide examples of how your husband affirms you.

To be answered by the man: In what ways do you feel most protected by your spouse? Please provide examples of how your wife affirms you.

How do you handle money? How does your spouse handle money? What financial concerns do you have about your relationship? How much debt do you currently have? What is your attitude towards debt, use of credit cards, etc.?

Who taught you to be fiscally responsible? Was this instilled in you by your parents or caregivers? Did you learn on your own or has no one taken the time to show you fiscal responsibility?

What is your median credit score? Will this help or hurt your marital financial goals?

Who manages your family finances? Do you have a tentative budget? Do you have financial goals? Are you able to provide it upon request?

Do you have a living will, family trust and or a retirement plan in place should you be incapacitated or in the event of sudden death?

In the event of a catastrophic accident or physical ailment causing one spouse to be unable to fulfil the marital responsibilities sexually what is your expectation for your spouse?

Do you have an emergency fund in case of unforeseen expenses or loss of wages?

What are your thoughts about children? Do you have children? If not, how soon would you like to have children? How many?

If you should be unable to have children, would you adopt a child?

What is your current mental health? Have you been diagnosed with clinical depression, bi-polarism, suicidal thoughts or have trouble sleeping? How has this affected your marriage?

Do you have history of mental illness within your family? If yes, is the mental illness located on your maternal side, paternal side or both? What are your coping mechanisms?

Are you blending families? Have you and your spouse discussed a parenting plan within a blended & blessed family? Can blended children be disciplined equally by both spouses? If not, why?

If Blended & Blessed, which parent has the parental rights? How does this affect the extended family relationships of the child/children within your family?

How has the parenting of your children differed from that which you have received?

What would you like to see God accomplish through your marriage?

What is your Marital Ministry? As a couple how are you going to give your time, your talents and treasures to God?

What area of ministry do you currently serve (greeters, men’s ministry, choir, XP, refuge productions) How are you contributing to the house of the Lord?

\*Are you and your spouse currently tithing a tenth of your Gross salary?

Malachi 3:10 *“Bring the full tithe into the storehouse, that there may be food in my house. Test me in this, “says the LORD Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessings that there will not be room enough to store it.”*

Describe the kind of prayer life you have currently and what you would like your prayer life to aspire to be? (*Ideally you should pray these four ways: Individually at set times, individually spontaneously, Together at set times, Together Spontaneously).*

How often are you in the house of the Lord? Are you an Attender or are you a member? At what church are you a member? What services do you regularly attend? Does the church leadership recognize your daily contribution?

When do you visit your Pastor at the altar? When do you pray the most? Is it during a problem, during a testimony or both?

If you and your spouse have a major decision, what process would you use to ensure you will make a God-honoring decision?

Did you consult God first regarding your spouse prior to marriage? If so, what did he reveal to you? Did you listen? Why or Why not?

Have you made the shift to “Me to We” not just physically but spiritually? If so, did you truly count the cost of what it would cost to be successfully married? If so, are you satisfied with your marriage?

What can you do everyday without discussing what your spouse can do in order to make your marriage successful?