

## Marriage Prep Worksheet

This worksheet is designed to increase open communication with your partner. It is preferred you meet with Vini Nunez Pastoral Counselor to discuss each session but if you prefer you can start the conversation with this worksheet. It is better to talk about these topics sooner than later. Not all things can be resolved in an instant but if there is an opportunity for open discussion you can enjoy a more fruitful marriage.

### Session 1: Why Marriage?

- What is your desire in getting married? One of the key answers for many is love. A feeling of being in love therefore we should get married. Love is very good in a relationship but you have to answer this for yourself. Why do I want to get married?
- What does getting married change for you? Be practical in this answer. You can say it is a financial blessing, being able to start new with a partner, having a support for your children, etc.
- What does the meaning of marriage mean to you when it comes to the typical term of marriage. Such as a contract, agreement, covenant, bond, etc. and why?

### Session 2: Your family.

- Create a family tree of your family. Basically make a list or drawing of your family tree that includes two generations back if possible. Such as your parents, step parents, siblings, grandparents, aunts, uncles, and anyone else that had some familial influence in your life.
- What were some customs and traditions in your family. Such as everyone gathers on Sunday, Mother's Day brunch, Christmas at grandmas, Church attendance on Sundays, etc.
- What were some beliefs and values that you learned from your family either good or bad. Such as yelling and cursing is allowed to get your point across or yelling and cursing got us no where in our family discussions.
- What are your desires for your family that involve beliefs, values, customs, and traditions? What do you want to keep and what do you want to change.

### Session 3: Who are you?

- Being in a relationships is very special but knowing who you are outside of the relationship will strengthen your relationship. What roles do you play outside of your current relationship with your partner? This can be your role as a father, employee (Programmer, Doctor, Soldier, etc), care taker to parents, Co parent, sibling, son/daughter, etc.
- Who are you as a person outside of your relationships with your partner? This can be a friend, caring, healthy, fit, intellectual, artistic, faith filled, etc.
- What are your personal dreams, goals, passions, desires outside of your relationship with your partner. Such as, one day you want to get a masters degree, live in a different country, become a missionary, etc.
- What is important to you in your life that you need to continue to be your own person. This can be having a guys or gals trip yearly, personal spiritual retreat, continuing education conferences, meditation/prayer time, daily workout, etc.

### Session 4: How do you Communicate?

- How do you give and receive love? Are you a doer or sayer? Do you take action and fix things or are you someone that can say it in words "I love you".

- How do you handle conflict? Do you want to engage with conflict in the moment or would you rather stew on it for a while then talk about it later?
- Do you feel your communication is helpful or hurtful? How can you make it more helpful?

Bonus Talks:

- Faith/Spirituality/Religion
- Sex and Children
- Parenting Styles
- Extended families involvement

I hope this worksheet gives you an opportunity to talk about some difficult subjects. It is always better to talk about them now even if you are not sure of your own answers. Being open to continuous dialogue is important and knowing how to have that dialogue is key. Take a moment and reach out to Vini to help navigate some of these difficult topics for discussion.

