

## KEY PRE-MARRIAGE QUESTIONS AND REFLECTIONS WHICH SHOULD BE CONSIDERED AND ADDRESSED PRIOR TO ENTERING A MARRIAGE.

### Live With Purpose Pre-Marriage Questions/ reflections/ checklist:

- Purpose/Motivation to marry:
  - Why do we want to be married?
    - What expectations am I bringing into this marriage?
    - What does a marriage commitment mean to you?
  - Do we have a vision for our marriage?
  - Are there mutual expectations on a marriage?
  - Are you an introverted or extroverted person? Do we complement each other?
  - What are your expectations on intimacy?
  - What are our expectations for growing our family?
  - Do we both want children?
  - Would you be willing to do further tests if we can't fall pregnant naturally?
  - When and how many children do you want? Would adoption be an option if one or both parties are infertile?
  - If pregnancy screening indicates our baby has disabilities, what do we do?
  - If a test during pregnancy reveals an abnormality, would you consider terminating the pregnancy? If you decide to have the baby, would you consider a counselling intervention to guide you through the process associated with caring for a child with a medical condition?
  - What values and potential practices would we bring into parenting? What do we consider as a good parenting style for our children?
  - Do you believe that as a couple and/or family we should have a ritual of connection by eating a meal together daily?
- Connection and trust in the relationship:
  - Do I feel accepted and emotionally safe with this person?
  - Do I feel loved in this relationship?
  - Do I feel secure about our relationship?
  - Are we transparent with one another?
- Communication and Conflict Resolution
  - Do we communicate in ways that lead to mutual understanding?
  - How do we resolve our hurts and differences?
  - How will you resolve conflicts?
- Backgrounds
  - How have I benefited from my past?
  - How have I been wounded from my past?
  - What ways of responding to others am I bringing into the marriage?
  - How have I sought to address any past emotional pain?
  - Do either I or my potential spouse struggle with addictions? If so, how do they affect our relationship? How have we sought to address them?
  - Have you attended counselling sessions prior to marriage and addressed your past concerns?

- Personalities and innate characteristics
  - How do our personalities and temperaments blend?
  - What personal strengths do I offer to our relationship and what are my relational growth areas?
  - Are there anger management issues that need to be addressed? Is my prospective spouse in therapy addressing these concerns prior to marriage?
  
- Finances
  - How do we both manage finances?
  - Do we have a financial plan?
  - What is our philosophy with regard to earning, saving, and spending money?
  - Can we afford to cover our anticipated expenses with our combined income?
  - Can we afford to live on a single income?
  - Is my future spouse currently in debt? (Make sure your financial expectations match each other)
  
- Spirituality and Religion:
  - How does our spirituality impact our lives and relationship?
  - What do each of us want regarding the impact of spirituality in our lives, on our relationship and in our marriage?
  - Do we share fundamental core beliefs about life?
  - What type of family traditions would you want to implement in our family system?
  - Is your future spouse willing to grow spiritually with you?
  
- Support and assistance:
  - Would those who know and love us support this marriage?
  - Who would we turn to for emotional and spiritual support for our marriage?
  
- Extended Family
  - How often would you want to visit your family?
  - How often will your family visit us?
  - How often would you want my family to visit?
  - How often would you want to visit my family?
  - If your parents became ill, would you take them in?
  - If my parents became ill, would you mind taking them in?
  
- Future plans :
  - What are your life goals?
  - What is your 5 to 10 year timeline regarding career / education? Are you willing to relocate for marriage?
  - Would your future spouse support your future dreams ie: Career and Personal goals?
  - How do you see your career or work changing in the future?
  
- Step children:
  - Am I willing to be a step parent to someone else's children?
  - Will my prospective partner be willing to be a step parent to my children?
  - Can I manage a relationship that comes with children?
  - Will I be able to establish a healthy relationship with my step children's mother?
  - Will I be able to establish a healthy relationship with my children's father.
  - Am I ready to nurture and raise step children?
  - Will my prospective partner be able to nurture my children?
  - How do I prepare to have my own children if I'm stepping into a marriage with step children?

- Counselling :
  - Are you committed to counseling, if and when we need it?
  - During the pre-engagement timeframe it's important to agree on a plan for what to do if things get challenging down the road.
  - Would you be willing to go to marriage counseling if we were having marital problems?
  - Do you believe in the value of counselling or would you refuse to disclose concerns to a licensed professional for assistance?

**Disclaimer:**

*The above reflections / questions are typical topics and scenarios that can be given consideration prior to marriage, and is provided to stimulate discussion on issues that can impact a marriage; the list should not be considered to be exhaustive; other topics may be considered based on the respective individual's circumstances.*

*The use of the above pre-marriage questions/reflections or related approach should not be deemed to be relationship / marriage advice; Live With Purpose shall not be liable for any outcome arising from the use of these questions and/or approach. Where necessary, persons should seek assistance from a licensed psychologist or licensed Relationship Counsellor.*

*Live with Purpose recommends premarital counselling, (with a licensed psychologist or a licensed Relationship Counsellor), be undertaken prior to marriage.*