

Innermost Feelings Questionnaire?



<u>Your Name / Spouse's Name?</u>	<u>Wedding Date?</u>

Describe the relationship you have with your parents. How has this relationship shaped or impacted your view of marriage?

If there is a problem within your marriage, who will you confide in other than your potential mate that provides wise counsel? Are they kingdom-minded?

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

What is your parent's attitude toward your fiancé?

How do you perceive your prospective in-laws' attitude toward you?

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

What type of relationship do you expect to have with your parents and your in-laws after you are married?

What issues with your extended family may create a strain on your marriage?

Describe in detail where and with whom you will spend your first Thanksgiving and Christmas?

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

Have any family members or friends stated any reservations or concerns about your engagement to your fiancé? What are they? Are the reservations similar in concern?

What are the relational strengths you bring to your prospective marriage?

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

Name one or more minor conflicts 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 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 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).

Complete this statement to your future 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 fiancé 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?

Will you agree to give total access to each other's technology / Social Media activities? (Cellphone, Twitter, Facebook, Snapchat, Internet access etc.)

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

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 fiancé'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 fiancé needs to grow?

To be answered by the man: Do you have any reservations or concerns about your fiancé'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 fiancé needs to grow?

How do you expect to cultivate your faith together after you are married?

How do you handle money? How does your fiancé 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 will manage your family finances? Do you have a tentative budget? Do you have financial goals? Are you able to provide it upon request?

What are your thoughts about children? How soon would you like to have children? How many? If you should be unable to have children, would you adopt a child?

Are you blending families? How do you plan to parent within a blended & blessed family? Can blended children be disciplined equally by both spouses? If not, why?

How would your parenting of your children differ from that which you 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?

Are you and your potential 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 want to have together when you get married? *(Ideally you should pray these four ways: Individually at set times, individually spontaneously, Together at set times, Together Spontaneously).*

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

Did you consult God first regarding your potential spouse? If so, what did he reveal to you?

Communication - Her Questions & Answers

Questions relating to your family:

- T F 1. The hardest topic for my family to talk about is sex.
- T F 2. In my family when my parents were angry, they would hit or slap each other.
- T F 3. In my family I often heard the phrase "I love you" frequently spoken among family members.
- T F 4. In my family every person's feelings were important, and we were encouraged to share and talk about them.
- T F 5. My father would say one thing and do another.
- T F 6. In my family, yelling was one way of getting what we wanted.
- T F 7. There is a great deal of arguing and fighting in my family.
- T F 8. My parents listened to my opinion and tried to understand me.
- T F 9. My mother was the parent in charge and her word was law.
- T F 10. My father had to have the last word on everything.
- T F 11. It's important in my family to respect the rights and privacy of each other.
- T F 12. In my family, God and Christ were the center of everything.
- T F 13. My parents would go for hours without talking when they were angry.
- T F 14. In my family, everyone was encouraged to express their thoughts openly.
- T F 15. Honesty, integrity, and truth were at the forefront of our lives.
- T F 16. My family enjoys playing together.
- T F 17. My mother frequently complimented my father.
- T F 18. My father frequently complimented my mother.
- T F 19. I frequently saw my mother and father kiss and make up after fights.
- T F 20. It was OK to cry in front of other family members.

How you want communication to be between the two of you:

- T F 1. It's very important that you accept my feelings.
- T F 2. I think that we should be able to disagree without fighting.
- T F 3. Sometimes I'm afraid to tell you what I really think.
- T F 4. I believe that arguing is bad for a marriage.
- T F 5. I believe that both the man and the woman should be able to express their feelings.
- T F 6. I think I am an attentive listener.
- T F 7. I think that it's alright to talk about our married life with whomever I please.
- T F 8. Sometimes I need "space" before I can discuss something I'm upset about.
- T F 9. I find it difficult to share my feelings.

- T F 10. When I have a problem, I believe you'll be there to help me.
- T F 11. Loud yelling bothers me and I withdraw when it occurs.
- T F 12. I find it difficult to criticize you without your getting angry.
- T F 13. Sometimes I need time to myself but that doesn't mean I don't love you.
- T F 14. I think that we should be able to put each other down and tease each other.
- T F 15. The hardest topic for us to talk about is religion.
- T F 16. I think that you frequently talk down to me.
- T F 17. I think that it's important to keep our families informed as to how we are doing in our marriage and with our health.
- T F 18. I'm willing to compromise to keep peace in our relationship.
- T F 19. I would like to have our serious talks just before bedtime.
- T F 20. Sometimes I can be very pushy and to the point.
- T F 21. Disagreement can be healthy in a marriage if both people fight fairly to resolve differences.
- T F 22. It's very important to me to know how you feel and what you think.
- T F 23. I'm very sensitive to criticism.
- T F 24. I believe that it's important to you to be right all the time.
- T F 25. When I get angry and you ask me what's wrong, I will answer "Nothing."
- T F 26. I think the man should be the head of the house.
- T F 27. It's very hard for me to change my mind once I've made a decision.
- T F 28. I believe that it's OK to keep secrets from each other.
- T F 29. I think that you often interrupt me and try to dominate the conversation.
- T F 30. I believe that if you don't get your way, you'll be angry with me.
- T F 31. I feel close to you when you let me help you.
- T F 32. I have no difficulty lying.
- T F 33. I will say or do anything to get what I want.

Now that you've finished both parts of the communication work sheets it's time to compare. This is not the time to find fault with one another, but a time to find what you have in common and to find the strong and weak points on which you can build.



Communication - His Questions & Answers

Questions relating to your family:

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Communication Covenant

Marriage is a special kind of relationship. It is a covenant to be open, honest, faithful, and its permanent.

Place your initials in the space following the responsibilities you agree to in this Communication

Covenant. You have the freedom, of course, to make any changes to fit your own personal relationship.

I understand that communication is the key to a successful marriage, so I agree to the following responsibilities:

1. I understand that communication is the key to understanding and agree to be as clear and open as possible. _____ & _____
2. I agree to find a special “sharing time” each day to give my spouse undivided-attention. _____ & _____
3. When there’s something important to discuss, I agree to turn off the TV, turn off all other distractions, and turn my attention to my spouse. _____ & _____
4. I agree to share my thoughts openly and honestly with my spouse and give him/her my approval to share openly and honestly with me. _____ & _____
5. I agree to share my feelings openly and honestly within my marriage. _____ & _____
6. I agree to be an attentive listener. _____ & _____
7. I agree to never to call names, hit, or say “I don’t love you” to my spouse. _____ & _____
8. I agree that it’s OK to disagree about some things. _____ & _____
9. I agree to take responsibility for what I say and do. _____ & _____
10. I agree to never speak for you unless I’ve consulted you. _____ & _____
11. I agree to be truthful with you. _____ & _____
12. I agree to hug you every day of your life. _____ & _____
13. I agree to spend time with you each year that will enrich our marriage. _____ & _____
14. I agree that if, for any reason, our communication seriously breaks down, I will go with you and get professional help. _____ & _____

I agree to this Communication Covenant because I love and respect you and want only the best for us in our marriage relationship.

Signatures: _____ / _____

