



## Foundational Premarital Exercise

### Introduction

You may already know lifelong commitment to one another will require flexibility, patience, understanding, forgiveness, and willingness to meet each other's needs. Marriage is not always easy, but we believe it can be **the most rewarding thing you ever do in life**. What you may not know about is *the value of working ahead on issues you may face*. A good marriage coach can help you develop the skills and understanding necessary to get off to a good start. The following are a taste of helpful coaching questions that can add clarity to your relationship. Though we recommend sitting with coaches, this offers huge benefit in *less than an hour*.

### Two Step Instructions

#### STEP 1:

Take 20-30 minutes so you and your future spouse answer the questions below independently. Be honest with yourself and your future spouse to get the most from these questions.

#### STEP 2:

Take another 20-30 minutes and take turns sharing your answers. **KEY** - Listen for understanding and share that understanding with each other. ("What I hear you saying is ... Did I get that right?" and "Is there more about that?")

### Relationship Goals

- Why are you getting married?
- As a couple, what do you want to be doing in 10 years?
- How do you think your relationship will change after you are married?

### Communication

- How will you ensure you can communicate on an intimate level?
- How will you make decisions together?

- How important is forgiveness to you? How hard is it for you to forgive?

### **Conflict**

- What can you agree on as ways to face difficult situations where you disagree?
- How do you think your differences might create problems once you are married?
- How might your conflict style (avoid, compete, compromise, or collaborate) affect your relationship? What can you consider doing about it?

### **Personal Habits**

- What irritates me the most about our relationship? What would I like to see done about it?
- What am I willing to agree to about what irritates you?
- How will time with friends and family affect our relationship?
- How are we going to divide up the household chores?
- How important is faith and spirituality in your life?

**GREAT JOB!!! Congrats!** Premarital Coaching with MarriageTeam covers *MANY more* critical subjects designed to ensure a strong marriage foundation. Sign up today:

<https://marriageteam.org/premarital-counseling/>