

Strengthen Our Marriage©

1. What couple do I know well who has the best relationship that I know about. What about their relationship impresses me?
2. I am thinking about my parent's marriage. What do they do or have in their marriage that I want to strengthen our marriage?
3. What strengths does my marriage have that are completely different from my parent's marriage?
4. I am thinking about my inlaws' marriage. What do they do or have in their relationship that I want to strengthen in our marriage?
5. What strengths does my marriage have that are completely different from my inlaws' marriage?
6. What coping strengths, temperament strengths, and values do I like about myself?
7. As I look across my life: What coping strengths, temperament strengths, and values do people that I choose to spend time with usually have in common?
8. What coping strengths, temperament strengths, and values does my spouse have? Which ones are the same as those in 7.? Which ones are different?

For the rest of these questions ask: Know what you must have, find out what your spouse must have, and then make an agreement for each one. Put that agreement in writing and sign it.

Be specific in your agreement. For example: About spending money: "If either of us wants to spend more than \$200 on X we will have to agree to do that."

9. How important is it that I have a college degree? How important is it that my spouse has a college degree?
10. Do I want to work? Does my spouse want to work? Does s/he feel the same about these as I do – or different? Does this cause any issues?
11. If I do not want to work, how do I want to make my contribution? Is this an issue in our marriage?
12. If my spouse does not want to work, how does s/he want to make his/her contribution? Is this an issue in our marriage?
13. About religion and spirituality: What is important to him/her?
 - A. Does s/he believe in a Supreme Being? On a scale of 1-10 how important is this to me?
 - B. Is it a part of his/her life plan to treat other people like s/he want to be treated? On a scale of 1-10 how important is this to him/her?
14. About politics: What is important to me here? What is important to him/her? On a scale of 1-10 how important is this to each of us?

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15. About my family: What qualities do my family members have? What must my partner do to get along with my family? Is this causing issues in our marriage?

16. About his/her family: What qualities do his/her family to have? What am I willing to do to get along with his/her family? Is this causing issues in our marriage?

About money:

17. What have I learned about money in my family?

- A. Me
- B. My spouse

What do I need when it comes to...

18. Saving money?

- A. Me
- B. My spouse

19. Spending money?

- A. Me
- B. My spouse

20. Borrowing money?

- A. Me
- B. My spouse

21. Do I like conservative, moderate, or high risk/high reward investments?

- A. Me
- B. My spouse

22. Is anything else about money causing issues in our marriage?

23. How important is listening to each other? Do I think that s/he listened to me as we discussed 1. – 22.?

- A. What do I do if I feel like s/he is not listening to me? What does my spouse do?
- B. What do I do if s/he tells me that I am not listening to him/her? What does my spouse do?
- C. Is listening to each other causing issues in our marriage?

24. What process do we use to make decisions?

- A. Which decisions do I think should require two votes? Which ones does my spouse think should require two votes?
- B. Who else's thoughts should we consider? Who else does my spouse think we should consider?
- C. What other factors should we consider? What other factors does my spouse think we should consider?
- D. Is how we make decisions causing issues in our marriage?

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25. Is how we spend leisure time causing issues in our marriage?
26. Is disciplining the children causing issues in our marriage?
27. If we had a nanny would that help us manage the children and all of their needs?
28. Are issues with anyone in my family causing friction in our marriage?
29. Are issues with anyone in my spouse's family causing friction in our marriage?
30. Do we have any trust issues in our marriage? If so, do we want to clear them up?
31. Do we have any loyalty issues in our marriage? If so, do we want to clear them up?
32. Do we want to own our own home? is this a source of friction in our marriage?
33. Are there any other issues in our marriage about where we live?
34. Is having a second home an issue in our marriage?
35. Does s/he work in a corporation, in the government or in a nonprofit? Is where I or my spouse works an issue for either or both of us?
36. Do I or my spouse want to own our own business? Is whether or not I or my spouse owns a business an issue for either or both of us?
37. Does s/he want to own his/her own business? Is it a dealbreaker for me if I would prefer that s/he worked for someone rather than have a business that s/he owns? Is it a dealbreaker for my spouse?
38. Do I want both of us to work until retirement?
39. Out of all of the people that each of us knows we chose each other. Why?
40. What else do I want to consider as my spouse and I discuss what we want our life going forward to be like?

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