

# Adjust to Being in a Stepfamily©

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1. What couple do I know well who has the kind of relationship that I want. What about their relationship that impresses me?
2. I am thinking about my parent's marriage. What do they do or have in their marriage that I want to do or have in our relationship?
3. What do I want to have in our marriage that is completely different from my parent's marriage?
4. I am thinking about all of my prior relationships. What coping strengths, temperament strengths, and values do each of these people have in common?
5. What coping strengths, temperament strengths, and values do I like about myself?
6. What coping strengths, temperament strengths, and values do I like in my spouse? Which ones are the same as those in 4.? Which ones are different?
7. Did I bring children into this relationship?
8. Are my children causing issues in our marriage? If so, are we handling that?
9. Are my spouse's children causing issues in our marriage? If so, am I handling that?
10. Would we like to have more children? On a scale of 1-10 how important is that to me? To him/her?
11. Would we like to have a nanny to help us meet the needs of all of the children?
12. How important is it that I have a college degree?
13. How important is it that my spouse has a college degree?
14. How important is it that I get an additional degree?
15. How important is it that my spouse gets an additional college degree?
16. Do I want to work?
17. Is whether or not I work important to my spouse?
18. Does my spouse want to work?
19. Is whether or not my spouse wants to work important to me?
20. If I do not want to work what do I want my unique contribution to be?
21. If my spouse does not want to work what does s/he want his/her unique contribution to be?

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22. About my family: What qualities do my family members have? What must my spouse do to get along with my family?

23. About his/her family: What qualities do I want his/her family to have? What must I do to get along with his/her family?

24. 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?

25. About politics: What is important to him/her? On a scale of 1-10 how important is this to him/her?

26. How do each of us like to spend our leisure time? Is this important to both of us?

About money:

27. What did I learn about money in my family?

28. What did my spouse learn about money in his/her family?

What do my spouse and I need when it comes to...

29. Saving money?

- A. Me
- B. My spouse

30. Spending money?

- A. Me
- B. My spouse

31. Borrowing money?

- A. Me
- B. My spouse

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

- A. Me
- B. My spouse

33. How important is listening to each other?

- A. What will I do if I feel like s/he is not listening to me?
- B. What will I do if s/he tells me that I am not listening to him/her?
- C. Do I think that not listening to each other could cause issues in our marriage?

34. What process do we use to make decisions?

- A. Which decisions do I think should require two votes?
- B. Who else's thoughts should we consider?

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- C. What other factors should we consider?
- D. Can how we make decisions causing issues in a relationship?

- 35. Do I have any trust issues about relationships? If so, do I want to clear them up?
- 36. Does my spouse have any trust issues about relationships? If so, does s/he want to clear them up?
- 37. Do I have any loyalty issues about relationships? If so, do I want to clear them up right away?
- 38. Does my spouse have any loyalty issues about relationships? If so, does s/he want to clear them up?
- 39. Do I want to work internationally? Does my spouse?
- 40. Do I want to travel internationally? Does my spouse?
- 41. Do I want to own my own home? Does my spouse?
- 42. Are there any other issues about where we live?
- 43. Do I want to have a second home? Does my spouse?
- 44. Does s/he work in a corporation, in the government or in a nonprofit? Is it a dealbreaker for me if I would prefer that s/he worked somewhere else? Is it a dealbreaker for him/her?
- 45. Do I want to own my own business? Is it a dealbreaker for me if s/he would prefer that I worked for someone rather than have a business that I own? Is it a dealbreaker for him/her?
- 46. 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 him/her?
- 47. Do I want both of us to work until retirement?
- 48. Out of all of the people that each of us knows we chose each other. Why?
- 49. What else do I want to consider as my life partner and I discuss what our life together will be like?

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