

# Discussion Starters for Marital Preparation

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The more thorough your disclosure about yourselves, the more confident you will feel about your future together. Any and all questions should be fair game in premarital discussion. Hiding or shading the truth about you – only partial disclosure – will not allow for deep trust and understanding to develop. You need to be loved for all of who you are. You need to be willing to discuss everything about your family, your past, your failures, your private life, your priorities, your expectations, and your beliefs.

**DIRECTIONS: Discuss 3 or 4 of the following questions during each time you set aside to talk.**

1. Rank the order of importance and then discuss your choices:
  - a. My Career \_\_\_\_\_
  - b. Making Money \_\_\_\_\_
  - c. Our friendship \_\_\_\_\_
  - d. Recreational Pursuits \_\_\_\_\_
  - e. Having Sex \_\_\_\_\_
  - f. Outside friendships \_\_\_\_\_
  
2. **What will your dating life look like & how frequent will it be?** How important is flirting and romance for you? How will you make your friendship a priority?
  
3. **How well are you able to communicate face to face and open up on real issues without email, texting or phone calls?** How safe do you feel to share your ideas, thoughts, and feelings? What do you need to feel heard? Understood? Validated?
  
4. **In conflict, what is your usual urge - to fight or flee?** What kinds of things trigger your defensiveness? What do you feel you still need to resolve? Discuss ways you can improve solving your problems.
  
5. **What kind of relationships do you have with family members?** Where will the greatest problems lie? Discuss Boundaries? Expectations? Holidays and vacations? Keeping our family as priority?
  
6. **How do you handle finances?** Saver or a spender? What do you own outright and how much debt are you in?
  
7. **Will you have kids or not?** When will you start having them? Is adoption an option? How will they raise them?
  
8. **What do you believe to be the greatest need for a man?** \_\_\_\_\_  
**What do you believe to be the greatest need for a woman?** \_\_\_\_\_  
Share thoughts.

9. **How important is sex to your marriage?** What are your expectations regarding sexual frequency and variation? How will you determine your sexual freedom?
10. **How much do you value faithfulness in the relationship?** What boundaries would be good when it comes to working with and friendships with the opposite sex? Discuss your views on pornography and chat-lines?
11. **Discuss your past relationships?** How deep was your connection? How long were you dating? How involved sexually were you? Why did the relationship break up? Discuss any relational and physical regrets.
12. True or False? A good, healthy marriage is conflict free. Why?
13. True or False? Your spouse should meet all your needs. Why?
14. True or False? When done well, a marriage will last a lifetime. Why?
15. **Share your past spiritual experiences.** Do you have similar soul cravings? How will beliefs/faith be expressed within your home?
16. **How do you handle pressure/stress?** Share how you see each other dealing with anger – stuffing it or venting it? Would you describe your partner as moody or even keeled?
17. **Discuss how selfish you feel you both are.** How accommodating is your fiancée or does life revolve around them? Do they take responsibility for their mistakes or frequently blame others?
18. Discuss the importance of the following:
  - *giving money to causes/charities,*
  - *apologizing,*
  - *being on time and keeping schedules,*
  - *making decisions together,*
  - *ongoing marital education,*
  - *avoiding potential addictions,*
  - *spending priorities,*
  - *helping others,*
  - *career importance,*
  - *trust and honesty.*