



Pre-Marriage Insight Program

QUESTIONNAIRE

Thank you for purchasing the Pre-Marriage Insight Program Questionnaire, and congratulations - you're well on your way to gaining a deeper understanding of your relationship and readiness for marriage.

This questionnaire has been developed by Julie Hart, relationship psychologist and Director of The Hart Centre. Having counselled thousands of couples in troubled marriages over 20 years, Julie has identified the key issues and areas where you are likely to have difficulties once you are home from your honeymoon and condensed them down into this questionnaire.

This questionnaire is used as the basis of The Hart Centre's in-depth Pre-Marriage Program we offer with counselling sessions to engaged couples.

However, we have created this downloadable digital product, as we realise not everyone wants to, or has the ability go to a counsellor prior to getting married. By purchasing this Questionnaire, you and your partner have the opportunity to openly explore your assumptions and expectations ahead of time and set yourself up with the best possible chance of a successful marriage.

How it works:



- 1 Print this questionnaire twice so each person has their own copy.
- 2 Take some quiet time on your own to reflect on each of these aspects of your current expectations, assumptions, and future hopes and plans for you and your relationship and write your responses in the spaces provided.
- 3 Once both people have completed their copy, sit down together and go through each question one by one, so you can discuss your answers for each.

We recommend putting aside 2 hours to do this, distraction free.

If things get heated when discussing this, take a break and come back to it when you have settled down. If things escalate again, contact us for a session or 2 with one of our psychologists who can guide you through both the questions and help you with your communication skills.

Living Arrangements:

Who will do each of the household duties and who works for paid work and for what hours?

Will the total amount of work, either at home or at work be roughly equal for each of us?

Have we come to some arrangement about tidiness and messiness and in what areas?

What will be communal space and what will be personal space for each of us?

Finances:

What of our assets and income will be considered joint and what will be mine?

How will joint finances be accessed? Either individually or with the consent of both of us.

What level of affluence am I aiming for?

How important is it to me to be financially well off?

How great are my material needs and desire to spend money in the present or save and invest it for the future?

What debt or other financial commitments am I bringing into this marriage? Will these be shared or my sole responsibility?

Children:

How many children, if any, would I like to have?

When would I like to start?

What is my style of parenting? Authoritarian (you'll do as I say), Democratic (let's consider all views and be fair and reasonable) or Easy going.

Who do I assume will be doing what with the parenting?

How much family time will or do I want?

What type of schools do I want your children to go to?

What gender roles do I want when it comes to who looks after the children, and to what extent is this a shared responsibility? I.e: is one person staying home with them, while one provides financially, are both providing equally?

Do I want our children to be vaccinated?

Careers:

What are my current plans for my job or career?

What are my future plans and directions for my career path?

How important is my work career in my life?

Extended Family:

How much contact do I want with both my family and my partners?

How close or independent are those relationships?

Do I have any problems with either of our extended families at the moment?

Do I have plans to care for our aging parents? If so, how?

Friends:

Am I happy with the number and type of joint friends we have together?

Am I happy with the number and type of individual friends I have and my freedom to see them when I want?

Holidays and Leisure:

How often do you go on holidays?

What type of places do I want to go?

What type of holiday do I prefer? Busy or relaxed? Always together or sometimes separately?

Home:

What type of home do I want?

What are my preferred locations?

How willing am I to move if need be?

Future Plans:

What future plans do I have and how important are they in my life?

Future Flexibility:

How adaptable or open-minded am I to changes that might occur?

How willing am I to consider both my and my partner's viewpoints and desires equally?

Values:

Do I have strong views about manners, swearing, honesty or other values I hold as important?

Political Views:

How do I reconcile my political views with those of my partner?

Health:

How important is keeping healthy to me?

How much emphasis, energy and finances do I put into it?

Energy Levels:

Do I have high, average or low energy levels?

How compatible are my energy levels with my partner's?

Personality:

How am I different from my partner?

How is my personality similar to my partner's?

Are there any personality differences that bother?

Instinctual Type:

Of the 3 aspects of life that people find important, rank the three according to how important they are to me.

- A. Basic physical needs for food, home, comfort and financial security
- B. Intimate one-on-one relating with your partner
- C. Socializing with others

Quality Time Together:

How important is spending quality time with my partner to me?

How much time each week would I want to devote to this?

What kind of things do I want to be doing together?

What kind of romantic gestures do I love from my partner?

Do I do for my partner what he /she likes at least every week?

Sex:

Is my partner sexually attractive to me?

Am I committed to monogamy?

Have I told my partner what I like and don't like sexually?

Am I happy with how often we make love or have sex?

Who initiates sex? Am I happy about that or would I like it some other way?

What level of depth do I like our lovemaking to go to?

Am I happy with the amount of variety and exploration that we both have?

Can we talk about sex freely?

Spiritual Beliefs:

How similar are my beliefs with those of my partners?

How accepting am I of my partner's beliefs?

Positive Focus:

Do I pay attention to the positives in my life and celebrate them regularly?

Trust:

Do I truly trust my partner to tell him/her anything?

Awareness and Growth:

How willing am I to look at my own behavior patterns?

Am I responsible for my own life and growth?

Do I make concrete changes in areas that aren't working for me?

How important is it to me to grow my relationship beyond what I have now?

Things I've learned about myself from past relationships:

What was my contribution to my last relationship ending?
(if you do not know, perhaps you may like to ask your previous partner.)

Communication:

Is it important to me to be able to share my deepest intimacies with my partner?

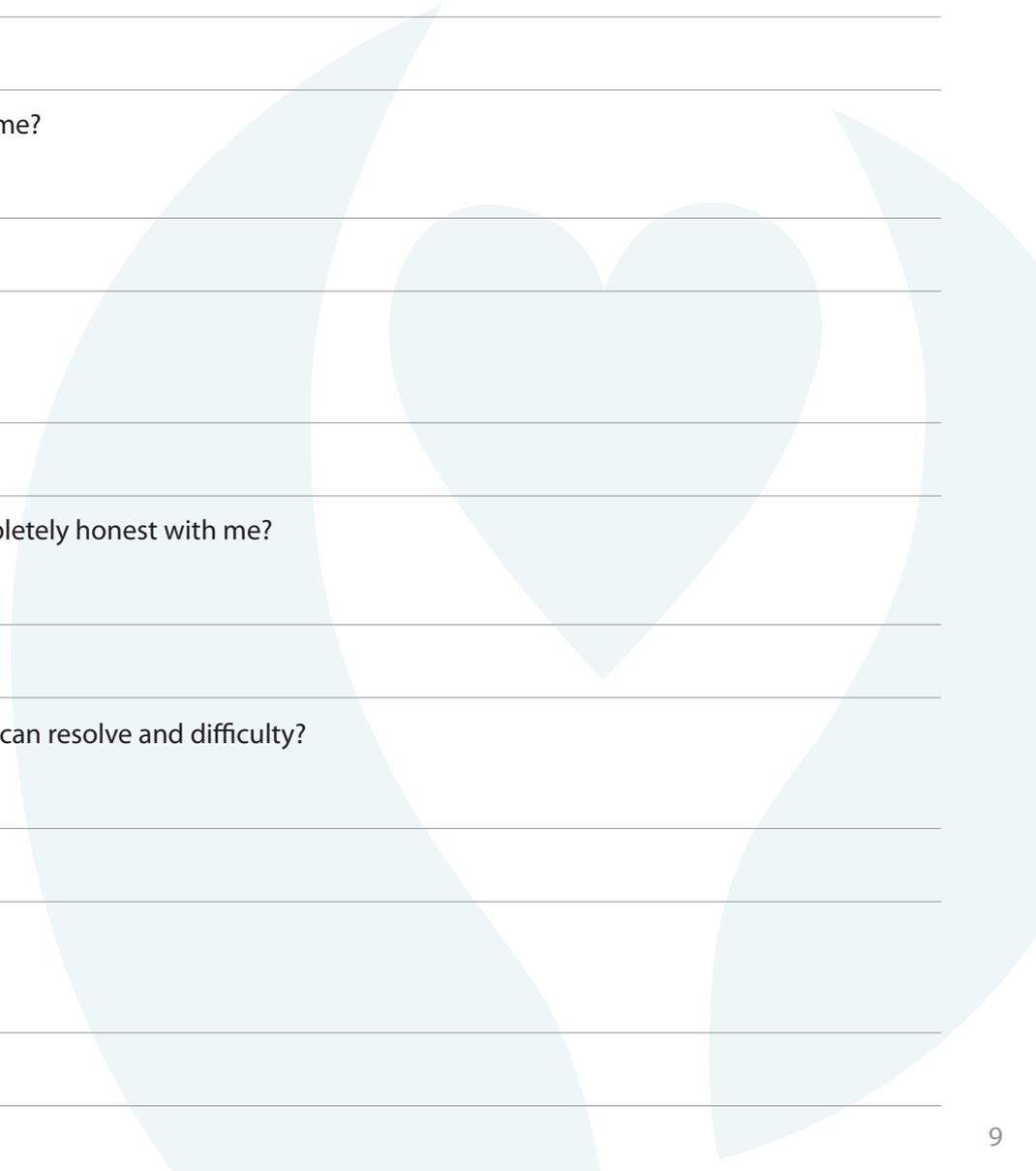
Do I feel my partner does the same?

Can I be completely honest?

Do I feel that my partner is completely honest with me?

Do I feel confident that we both can resolve and difficulty?

How would we do that?



Do I seek to understand my partner from where he /she is coming from?

Do I feel my partner seeks to understand where I am coming from?

Do I validate his/her views often?

Does he /she?

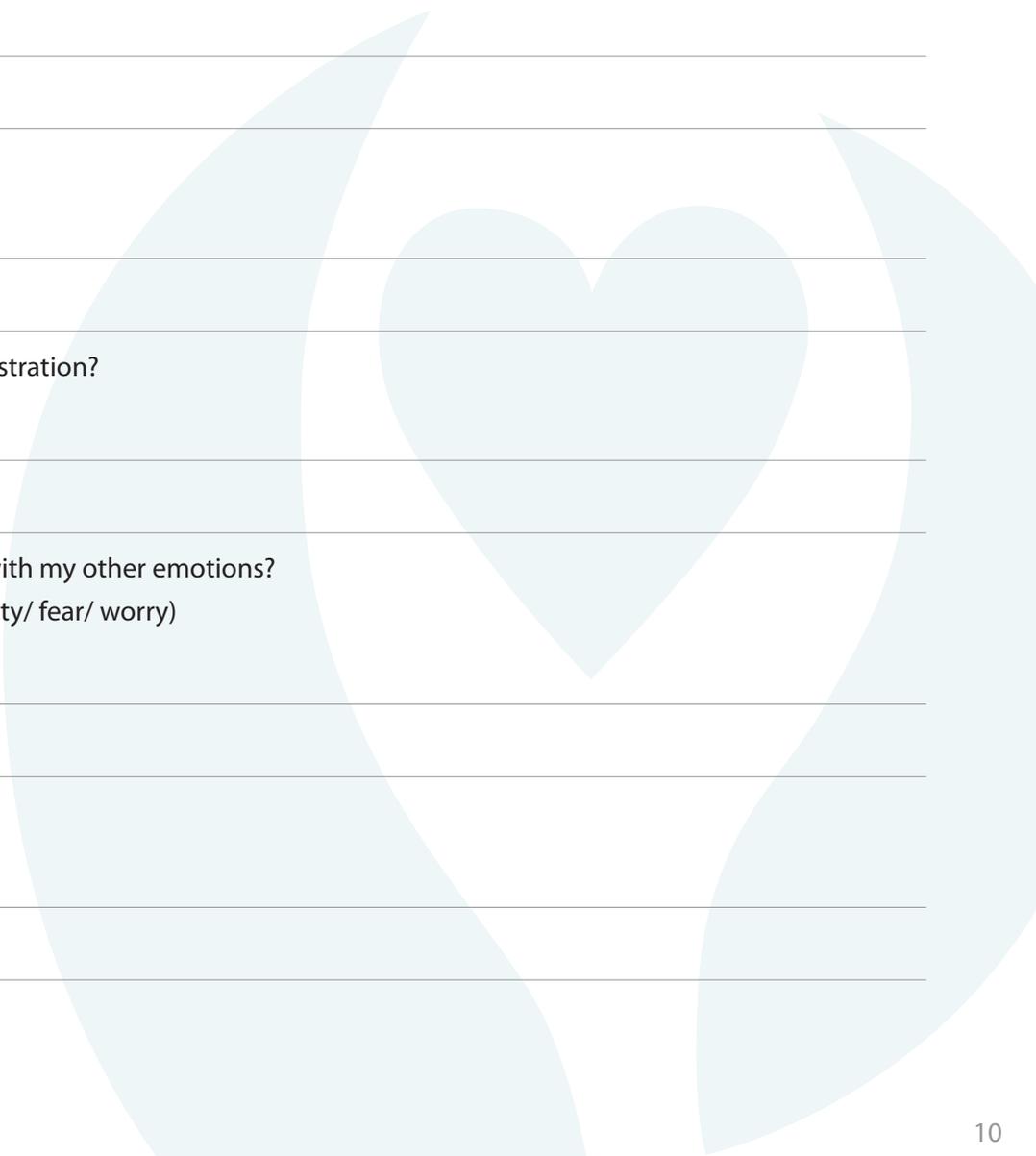
Am I willing to offer support to him /her often when she/he feels she/he needs it?

Does she/he do that for me?

How do I deal with anger and frustration?

Am I aware of and comfortable with my other emotions?
(Sadness/ disappointment/ anxiety/ fear/ worry)

Is my partner?



Would I like to be able to communicate with my partner about deep subjects? What would that look like?

When I am upset or struggling, how do I like my partner to show their support - giving me time alone, comforting me, helping me find solutions, etc?

Communication Style:

Am I non- assertive, assertive or aggressive in my communication style?

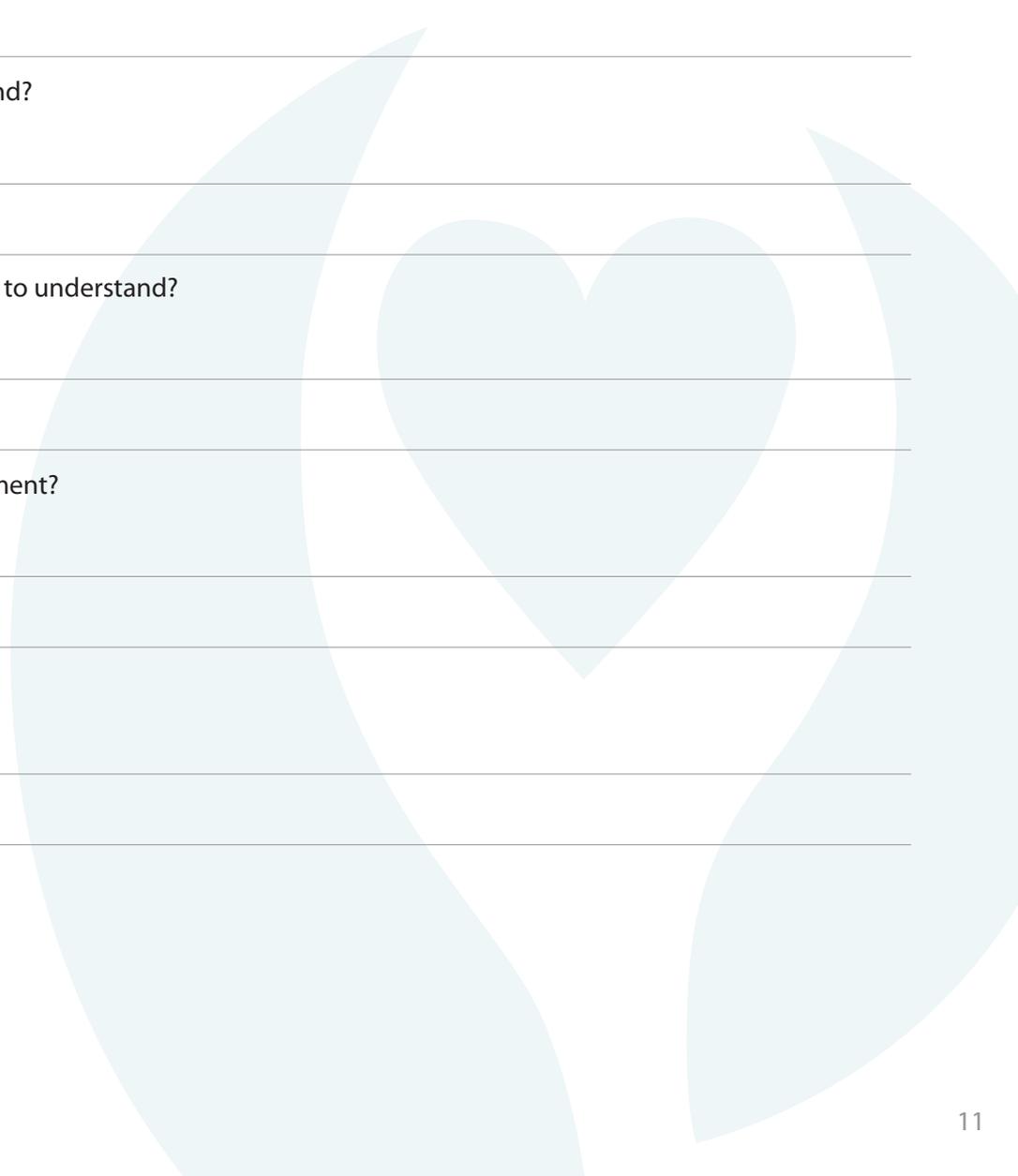
What do I consider is my partner's communication style?

How well do I listen to understand?

How well does my partner listen to understand?

How do we bring up a disagreement?

How do I romance my partner?



In what way is it most natural for me to show my love for my partner? Physical Touch, Acts of Service (doing things for them, determining their needs), Words of affirmation (telling them how much you love them), buying gifts, spending quality time together.

In what way do I prefer it be shown the most?

Towards the Commitment of Marriage:

What are the things I love about my partner and what we have together?

What are the things I would like to see changed or improved?

Of these things, what do I need to see changed for me to fully commit to our relationship wholeheartedly?

Why is this relationship more special to me than any relationship prior?

Most Importantly:

What are **my non-negotiables** in the relationship? (E.g. I must have my desk to myself; I must be able to eat health foods)

And Finally:

How do I know I love him/her?
