

Planning Beyond the Wedding

TOPICS TO EXPLORE PRIOR TO GETTING MARRIED

Bridging Relationships - Abby Van Egdom, LMFTA

Love

- How do we express our love to each other?
- How do you think our love will change in our relationship?
- What do you hope we never lose in our relationship?
- What do you think is the best way to keep love alive?

Fun

- How would you want to spend an ideal work day and an ideal off day?
- What is your comfortable amount of time spent together and time spent apart (work and off time)?
- How often would you like to spend with friends (together and individually)?
- What is quality time together?

Emotions

- What are your biggest personal triggers that lead to you feeling hurt, sad, shame, etc.?
- How do you process through difficult emotions?
- How would you like me to support you during difficult emotions?
- What is your response to uncertainty and change?

Stress

- What are ways that you lower your overall stress levels and how can we prioritize these activities?
- What supports you when you are feeling overwhelmed?
- What are your biggest personal triggers?

Conflict

- What is your ideal way for us to handle disagreements?
- What is off-limits within our disagreements or arguments?

- Is it okay to go to sleep angry or do we stay up?
- Would you be willing to reach out to couples therapy?
- Do you have any deal breakers?
- Would you ever consider divorce?
- How should we share if we are ever sexually dissatisfied?
- What do you consider cheating or betrayal?

Repair

- What would your ideal repair look like?
- How would we reach out to each other when feeling disconnected?
- What helps us feel safe and secure in our relationship even in disagreement?

Goals

- What does your dream career look like?
- Where do you want to live? Would you relocate or open to moving?
- What do you hope to achieve or do in your life time (bucket list items)?

Finances

- What is your current financial situation (salary, debt, savings, investments)?
- What is your strategy for tracking spending/saving?
- What do we spend our savings on?
- How much is a comfortable amount to have in savings?
- How will we handle our financial accounts? (joint, private, a mix)
- Is there an amount of money that we would want to discuss prior to making a purchase?
- Do you value charity and giving?
- How often should we talk about money?
- Do you have any financial fears?

Family

- How often would you like to speak with and spend time with family? How often as a couple?
- Are there any family events that are very important for you or us to attend?
- How would we handle it if there becomes a disagreement between me and your family?
- How do you envision us supporting our parents as they grow older?

Children

- Do you want kids? If so, how many kids do you want? When do you want them? How far apart?
- What values do you want to instill in your children?
- What kind of life do you imagine in that phase of our lives?
- Would you be willing to adopt or choose IVF if we have difficulty or cannot have children?
- How involved do we want our parents to be? What would the involvement look like?
- What type of parent do you want to be?
- What type of discipline do you hope to do as a parent? How do we parent together as a united front?
- How will we handle decisions?

Values

- What do you value in relationships and in life?
- What does marriage mean to you?
- What do you believe are the roles of a husband or wife?
- What are your political views/values?
- How do you view pornography?

Religion

- What is your faith and how important is your religion to you?
- What holidays are important for you to celebrate? What do you hope these holidays look like?
- If you had children, how would religion play a part in raising them?

Health

- How much do you value personal health (physical + mental health)?
- What are your personal goals regarding your personal health? How can we support each other?
- What are the main concerns in your medical family history?
- What is your willingness to exercise or change your diet to support any health goals/changes?