

# Topics for Discussion in Premarital Counseling

*By discussing these topics, a couple will have a better understanding about how their upbringing may affect the way they function in marriage. Read through the questions and make short notes if you would like about your answers, as well as mark any that you think will need more discussion*

## 1. LEADERSHIP IN THE HOME

- Who was the leader in your home as a child?
- How well did you respond to that authority?
- Who in your opinion received the most positive attention in your family? Was it justified?
- How do you plan to handle leadership in your new home?

## 2. SPIRITUAL ATMOSPHERE

- What was the spiritual atmosphere of your home growing up?
- How have you developed spiritually apart from your family?
- How well do you relate spiritually together?

## 3. FINANCIAL RESPONSIBILITY

- Are you more of a spender or a saver?
- Who in your family took care of the finances? Was your family in debt very much?
- Which of you will be responsible for the finances? Will you have a budget?

## 4. CONFLICT RESOLUTION

- How did your parents resolve conflict? (Yelling, Silent Treatment, Discussing, etc)
- Did the way they resolved conflict seem to work?
- How do you resolve issues now? Does it seem to work for you? How can you improve?
- Are you a "fighter" or "flighter"?

## 5. DOMESTIC DUTIES

- Growing up, who did most of the housework? How much were you responsible for?
- How do you anticipate dividing up home responsibilities?  
(Cooking, Washing clothes, Washing Dishes, Yardwork, Vacuuming, Cleaning Bathrooms, etc)

## 6. CHILDREN

- Have you talked about how many (if any) children you want?
- How do you see yourselves disciplining the children?

--How will you reinforce respect between family members?

## 7. TIME ISSUES

--How have you dealt with time issues in your dating?

--Are you more into quality or quantity time?

--How did you spend free time as a child? As an adult? As a couple?

--How well do you handle the stress of not having much time together at times?