



*We're getting married*

# Marriage preparation guide



KPN

## DO YOU AGREE?

### Purpose

You may have already talked to one another about some of these issues, but maybe not each one. Take your time to think through the questions and do not show the answers to one another until both have finished. Then you can shift papers and talk to each other about the answers. Have you given different answers to several questions? Don't take it too seriously. This reflects your opinions here and now, today. You may change. But maybe the issues where you have different opinions could be discussed – hopefully calmly and cheerfully – when you get home.

To be happy, it is important to share the same interests

- ☐ *Strongly agree*
- ☐ *Generally agree*
- ☐ *Partly agree*
- ☐ *Disagree*

Three words that describe what love means to me

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

I want us to get married in church because

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When we're married, I will spend this much time on my leisure/sports activities:

- ☐ *Same as before*
- ☐ *Slightly less than before*
- ☐ *Much less than before*
- ☐ *Don't know*
- ☐ *I don't have a time-consuming leisure/sports activity*

When we're married, I will spend this much time with my friends/clubbing/nightlife etc:

- ☐ *Same as before*
- ☐ *Less than before*
- ☐ *I will cease seeing my friends/clubbing/nightlife etc*
- ☐ *I do not regularly spend time with my friends/clubbing/nightlife etc*

That my wife-/husband-to-be likes my family and relatives is

- ☐ *Very important to me*
- ☐ *Rather important to me*
- ☐ *Not that important*
- ☐ *Does not matter*

To be liked by my partner's family/relatives is

- ☐ *Very important to me*
- ☐ *Rather important to me*
- ☐ *Not that important to me*
- ☐ *Don't know*

When I think about the place where we will live after marriage, I feel:

- ☐ *Fully satisfied*
- ☐ *Quite satisfied*
- ☐ *Unsatisfied*
- ☐ *I wish we could move someplace else as soon as possible*

Who shall handle the following household chores:

	<i>Me</i>	<i>My wife/husband</i>	<i>Both</i>
<i>Wash the dishes</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Cook</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Take out the garbage</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Do the laundry</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Change fuses/lightbulbs</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Iron</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Clean the laundry room</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Make the beds</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Vacuuming</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Washing windows</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Repairs</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Sweeping the floors</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Household shopping</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My faith/religion is

- ☐ *Very important to me, I wish to practice it regularly*
- ☐ *Rather important, I wish to practice it for Christmas and Easter*
- ☐ *Not that important*
- ☐ *Unimportant, honestly I don't care*

My opinion on money/finance is (multiple choices possible):

- ☐ *We should have individual bank accounts*
- ☐ *We shall have a mutual bank account*
- ☐ *I want us to make financial plans and prepare a budget*
- ☐ *I don't worry much about money, it usually solves itself*
- ☐ *I am ready to lead a simple life to be able to afford a house/a bigger apartment*
- ☐ *To me, travelling is more important than being able to afford a house/a bigger apartment*
- ☐ *It is important to me that we have exclusive furniture and home furnishing*
- ☐ *I don't mind hand-me-downs and second-hand stuff. I'd rather spend my money on other things*
- ☐ *I am willing to work less to be able to spend more time with my family*
- ☐ *I worry about how we can be able to afford the things we want to own and do*
- ☐ *It is important that we share our blessings with the less fortunate*

When I think about our marriage and my parents' marriage, I want them to be:

- ☐ *Very similar*
- ☐ *Rather similar*
- ☐ *More different than similar*
- ☐ *Our marriage will be completely different*

I have \_\_\_\_\_ brothers/sisters. I am the oldest/a mid-child/the youngest/a single child/a twin.

I believe that this may have affected me in the following manner:

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This is how I want to celebrate Christmas:

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and I want to celebrate it with \_\_\_\_\_

This is

- ☐ *Very important to me*
- ☐ *Rather important to me*
- ☐ *Not that important to me*

These are my thoughts regarding children (multiple choices possible):

- ☐ *Children are a gift – not something that we ourselves decide on taking on*
- ☐ *I'm not sure if I can be a good parent, it's a huge responsibility*
- ☐ *I dream about a large family*
- ☐ *I worry whether we can afford children or not*
- ☐ *We'll become a "real" family when we have children*
- ☐ *I both want to work and to have children*
- ☐ *I already long for children*
- ☐ *I want us to wait a few years before we have children*
- ☐ *I hope that my children and our mutual children will get along*
- ☐ *It is important for my parents to have grandchildren*
- ☐ *I am open to the idea that we adopt a child*
- ☐ *A "real" man is a father and a "real" woman is a mother*
- ☐ *All our friends already have children, it is due time for us now*
- ☐ *With my job/position, it will be difficult to raise children*
- ☐ *I feel it's irresponsible to have children given the state of the world*
- ☐ *To me, children are not that important*
- ☐ *It would be difficult if we don't have any children*
- ☐ *I believe my partner thinks more about children than I do*
- ☐ *I already have children from a previous relationship and that is enough*

When you have filled in the forms, exchange sheets and see to what extent your answers may differ. Talk to each other about the questions where you have given different answers. Are those issues important or unimportant to you? Is it as important to both of you or more important for one of you?

*To my beloved*

*I really want to marry you because you are*

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*The sight of you fills my heart with*

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\_\_\_\_\_ and \_\_\_\_\_

*You make me \_\_\_\_\_*  
*\_\_\_\_\_ just by being there.*

*When I think about our relationship and our marriage,*  
*I hope that we will \_\_\_\_\_*

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*During our time together we have already had many wonderful*  
*experiences. I fondly remember when we \_\_\_\_\_*

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*That, I will never forget!*

# *To my beloved*

*Before I met you I was sometimes \_\_\_\_\_*  
*\_\_\_\_\_ and \_\_\_\_\_*

*Being with you has made me discover things about myself that I*  
*was not aware of before. Now I am more \_\_\_\_\_*  
*\_\_\_\_\_ than ever before.*

*When we grow old I hope that we \_\_\_\_\_*  
*\_\_\_\_\_ together.*

*If I could give you anything, no matter the price, I would give*  
*you \_\_\_\_\_*  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*I love you!*

**WHEN I THINK ABOUT THE CATHOLIC CHURCH  
AND MARRIAGE, THIS IS WHAT COMES TO MY MIND**

Draw a circle around the five words that first comes to your mind!

*Life-long*

*Faithfulness*

*Voluntariness*

*God*

*Children*

*Contraceptives*

*Sex*

*Fellowship*

*Relationships*

*Divorces*

*The Holy Family of Nazareth*

*Security*

*Growth*

*Inseparable*

*Forgiveness*

*Sacrament*

*Family and relatives*

*Old-fashioned*



## Questions to see how well you know each other

1. My favourite dish is: \_\_\_\_\_

1. My spouse's favourite dish is: \_\_\_\_\_

2. My favourite garment is: \_\_\_\_\_

2. My spouse's favourite garment (for himself/herself) is: \_\_\_\_\_

3. This is where I would like to spend my vacation:

- ☐ *A seaside resort*
- ☐ *A major city in Europe*
- ☐ *Trailer/camping*
- ☐ *A cottage*
- ☐ *The high mountains*

3. This is where I believe my spouse would like to spend his/her vacation:

- ☐ *A seaside resort*
- ☐ *A major city in Europe*
- ☐ *Trailer/camping*
- ☐ *A cottage*
- ☐ *The high mountains*

4. This is how I would like to celebrate my birthday:

- ☐ *Dinner in a restaurant*
- ☐ *Party at home*
- ☐ *Dinner at home, just the two of us*
- ☐ *Cinema/DVD at home*
- ☐ *I do not wish to celebrate*

4. This is how my spouse would like to celebrate his/her birthday:

- ☐ *Dinner in a restaurant*
- ☐ *Party at home*
- ☐ *Dinner at home, just the two of us*
- ☐ *Cinema/DVD at home*
- ☐ *He/she does not wish to celebrate*

5. If you go out to rent a DVD, what will it most likely be:

- ☐ *Thriller*
- ☐ *Horror*
- ☐ *Drama*
- ☐ *Comedy*
- ☐ *Tearjerkers*

5. If your spouse goes out to rent a DVD, what will it most likely be:

- ☐ *Thriller*
- ☐ *Horror*
- ☐ *Drama*
- ☐ *Comedy*
- ☐ *Tearjerkers*

6. A good TV evening should include:

- ☐ *A comedy series*
- ☐ *A newscast*
- ☐ *A movie*
- ☐ *A docusoap*
- ☐ *No broadcasting at all, I prefer to turn off the TV set*

6. And if your spouse owns the remote, this is what the evening will include:

- ☐ *A comedy series*
- ☐ *A newscast*
- ☐ *A movie*
- ☐ *A docusoap*
- ☐ *No broadcasting at all, he/she prefers to turn off the TV set*

7. Pets – nice or a nuisance?

- ☐ *A dog would be nice*
- ☐ *A cat would be nice*
- ☐ *A rodent or bird would be nice*
- ☐ *I am allergic*
- ☐ *I do not want to own a pet, there is too much obligation*

7. Pets – nice or a nuisance, according to your spouse?

- ☐ *A dog would be nice*
- ☐ *A cat would be nice*
- ☐ *A rodent or bird would be nice*
- ☐ *He/she is allergic*
- ☐ *He/she does not want to own a pet, there is too much obligation*

8. If you play some music at home, what would it be:

- ☐ *My favourite artist/band*
- ☐ *Chart hit stations on the radio/internet*
- ☐ *Folk music*
- ☐ *Classical music*
- ☐ *Popular/ESC*
- ☐ *Our home should be silent*

8. If your spouse plays some music at home, what would it be?

- ☐ *His/her favourite artist/band*
- ☐ *Chart hit stations on the radio/internet*
- ☐ *Folk music*
- ☐ *Classical music*
- ☐ *Popular/ESC*
- ☐ *Our home should be silent*

9. Saturday mornings are great for:

- ☐ *Visits to IKEA*
- ☐ *Workout*
- ☐ *Keeping busy with housework or gardenwork*
- ☐ *Shopping*
- ☐ *Hobby activities*

9. And your spouse prefers to spend his/her Saturday mornings this way:

- ☐ *Visits to IKEA*
- ☐ *Workout*
- ☐ *Keeping busy with housework or gardenwork*
- ☐ *Shopping*
- ☐ *Hobby activities*

10. Sundays and other work-free days I like to:

- ☐ *Visit family/relatives/friends*
- ☐ *Spend time in nature*
- ☐ *Go to a coffeeshop/restaurant*
- ☐ *Visit a museum/exhibition*
- ☐ *Sports/exercise*
- ☐ *Stay home and relax*
- ☐ *Visit church*

10. Sundays and other work-free days my spouse likes to:

- ☐ *Visit family/relatives/friends*
- ☐ *Spend time in nature*
- ☐ *Go to a coffeeshop/restaurant*
- ☐ *Visit a museum/exhibition*
- ☐ *Sports/exercise*
- ☐ *Stay home and relax*
- ☐ *Visit church*

11. You and your spouse are at a restaurant. The food is no good. What do you do?

- ☐ *I call the waiter and ask for another dish*
- ☐ *I finish the meal, but ask for a price reduction*
- ☐ *I say nothing, but leave no tip and am sure never to visit again*

11. You and your spouse are at a restaurant. The food is no good.

What would you like your spouse to do?

- ☐ *He/she should call the waiter and ask for another dish*
- ☐ *He/she should finish the meal, but ask for a price reduction*
- ☐ *He/she should say nothing, but leave no tip and be sure never to visit again*

12. If it was entirely up to you, you would prefer that you lived:

- ☐ *In an apartment in the middle of a city*
- ☐ *In an apartment in the suburbs*
- ☐ *In a house outside of a city*
- ☐ *In a house in the countryside*

12. If it was entirely up to your spouse, you would live:

- ☐ *In an apartment in the middle of a city*
- ☐ *In an apartment in the suburbs*
- ☐ *In a house outside of a city*
- ☐ *In a house in the countryside*

When you have filled in the forms, exchange sheets and see to what extent your answers may differ. Talk to each other about the questions where you have given different answers. Are those issues important or unimportant to you? Is it as important to both of you or more important for one of you?

## HOW DO I ACT IN CERTAIN SITUATIONS?

Put a cross in the "correct" square.

Do not discuss the choices with your partner until you are finished.

What do I do to relax?

- ☐ *Meet people or call someone?*
- ☐ *Keep busy with housework or spend time in nature?*

What gives me new energy?

- ☐ *A vivid conversation?*
- ☐ *A moment on my own?*

When I'm about to learn something new, I want to:

- ☐ *Listen to a lecture or instruction?*
- ☐ *Read and study by myself?*

When I am about to make an important decision, I usually

- ☐ *Trust my gut feeling, it usually turns out for the best?*
- ☐ *Think through all options thoroughly and make lists?*

How do I like to do things?

- ☐ *Spontaneously, upon the first thought?*
- ☐ *In a planned order?*

When I have experienced something difficult or sad, I want

- ☐ *...my partner to ask me how I feel*
- ☐ *...to be alone for a while*

## TO BE A GOOD LISTENER

Things to think about:

*Examine:* Ask questions to make sure you really understand the other person's meaning and intention. Ask in such a manner that the answer requires more than just a "Yes" or "No". Rather say: Can you explain further? What do you mean?

*Empathy:* Stay sensitive to the other person's emotions, listen to what is tacit and unspoken, and try to imagine yourself in the other person's place.

*Consciousness:* Remember that we often distort what we hear – try to really listen to what the other person is saying, not what you think he/she is saying or what you want to hear. Do not disagree or argue and let him/her finish.

*Give feedback:* Be attentive and present, maintain eye contact and do not only focus on your own next rejoinder.

*Summarize:* When the other person has finished, sum up in your own words what you have heard. The other party can then find out whether you have understood or not.

## TO BE A GOOD TALKER

Things to think about:

*Love:* Remind yourself that you love your partner and that he/she loves you.

*Intention:* Thoroughly think through what you want to say before you start talking.

*Attention:* Tell your partner what you need from him/her. "I want you to listen to me for a moment, there's something I want to say..."

*Clarity:* Talk in short, comprehensible sentences. Your partner cannot read your thoughts. You must express what you mean if you want to understand.

*Solidarity:* Do not put blame on the other person. Rather, explain in what way you want the situation to change. Don't say: It's your turn to stay home when the kids are sick, you should take your responsibility... Rather say: I want us to agree on how we should handle the situation when the children are sick.

*How you say something, not just what you say:* We don't communicate through spoken words only. Just as important is your tone of voice, gestures and body language. The main part of human communication is wordless.

