

FAMILY BACKGROUND

# QUESTIONNAIRE

Who is your family made up of?

Can you describe each family member in 2 or 3 words?

What has been your role within the family?  
(e.g. the baby, the responsible one, care free, peacemaker, co-parent, high-achiever, disappointment, low expectations, antagonist, realist etc)

Were your parents in a relationship at any point? If so, for how long? Are they still together?

What was/is their relationship like? How did/do they relate to each other?

How did/do they typically relate to you? (Together as a unit or separately)

Did you feel free to be yourself around them or anyone?

Did your parents or family express any expectations for your future relationships or family?

What is your understanding of marriage?

Do you have any expectations of roles within a marriage?

Is there anything you anticipate changing or staying the same in your relationship when you get married?

Do you have any concerns or areas within your relationship that you hope to address within this course?

What would you like your partner to know or come away with after this course?

What would you like to learn or have a better understanding of your partner after this course?

In what ways do you hold a similar vision for married life?

Are there any areas in which you disagree?

Can you think of ways in which these areas can co-exist?

What can you let go of to reach a more harmonized position?

*If there are any areas that feel stuck and irreconcilable, this may be an ideal opportunity to seek couples therapy to address this in a safe space with an objective party.*