



60 QUESTIONS TO ASK BEFORE YOU SETTLE DOWN

1. Where are you most empowered in your life?
2. Where are you least empowered in your life?
3. What self-sabotage behavioral patterns do you experience most? Why?
4. Do you want kids? How many?
5. What kind of parent do you want to be?
6. What values do you feel are important when raising children?
7. What were the highlights of your adolescence? What were the lowlights?
8. How would you describe your relationship to your mother? To your father?
9. How do you cope with stress? What tools or behaviors show up for you when you're under stress?
10. What do you often turn to when you are trying to motivate yourself?
11. Where do you have a lot of self-awareness? (Ex. At work, about behavior)
12. Where do you have minimal self-awareness? (Ex. In relationships, with family)
13. What negative patterns do you most often have with your relationship to money?
14. What are your primary triggers when you're around family?
15. What are your primary triggers when it comes to relationships?
16. What types of conversations trigger you most?
17. What are your greatest fears in general, in relationships?
18. Where do you waste the most time in your life? Why?
19. What characteristics do you judge most in:
 - a) Your mother
 - b) Your father
 - c) Your siblings
 - d) Your partner
 - e) Your close friends
20. Where are you exhibiting these same traits? List 2 different areas/circumstances in your life that you do this also.
21. What patterns of behavior have you picked up most from your Mother? Father?
22. What are you still stuck on from the past? Look deeply – how is it serving you to hold onto this still?

23. Do you have any challenges with my family?
 24. How will we handle rough patches in our marriage?
 25. How would you define a healthy marriage sexually? (Frequency, meaning you give to sex)
 26. What are you most insecure about?
 27. Where are you a powerful communicator?
 28. Where are you a poor communicator? Why?
 29. What are your top 5 Values?
 30. What do you think makes a relationship last?
 31. What qualities are most important for you for a romantic relationship?
 32. What do you need from me?
 33. Where do you think you show up well in our relationship? Where do you think you show up not as well as you'd like to?
 34. Does anything scare you about marriage? If so, why? Where does this fear come from?
 35. Why do you want to get married?
 36. Do you have any challenges with my family?
 37. How much do you share with others about our relationship? How much do you feel is appropriate for me to share?
 38. What boundaries do you set with:
 - A) Your family
 - B) Your partner
 - C) Your co-workers
 39. Are these boundaries motivated by fear or self-love? Are they respected?
 40. What are you ashamed of?
 41. How will we divide household duties (before and after kids)?
 42. Do you know your love language(s)? If so, what are they?
 43. What needs are most important to you in our relationship?
 44. Do you feel validated, seen, heard, understood enough by me?
 45. Do you feel that you can discuss anything with me?
 46. What have you not forgiven yourself for?
 47. Where does guilt show up most often in your life?
 48. How will we collectively handle hard times? What do we need from one another?
 49. How important is alone time to you and can we make peace with this/understand this?
 50. What are our boundaries in relationships to others? Where do we draw the line between friendship and a potential emotional affair?
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51. What is our expectation about where we want to live/why?
 52. How much time is appropriate to spend with in-laws, family?
 53. How will we cope if one of us gets laid off or wants to leave our job?
 54. What are your core wounds?
 55. What negative patterns do you notice took place in past relationships?
Why? What measures will we collectively take to prevent this from happening between us?
 56. What is your relationship to spirituality/religion? What level of priority is this in your life?
 57. Are we fully present together or are we distracted by TV, phone etc.?
When is this appropriate/not appropriate?
 58. How would we like to educate our kids? How would we like to save for our kids?
 59. How important is physical affection to you?
 60. How do you define romance? What keeps romance alive for you?
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