

Premarital Inventory

What to Know

The purpose of taking a premarital inventory before you get married is to identify your strengths as a couple, as well as pinpoint potential problems and issues in your relationship. Premarital counseling or relationship coaching is highly recommended before marriage to help promote a successful union. Premarital inventories are commonly used in the counseling or coaching process.

This inventory is not designed to tell you whether you should get married but is a starting point to help you recognize and cope with differences.

What to Do

Make a copy of this worksheet and give it to your partner. Both of you should fill it in as completely and as honestly as possible.

Family Relationships

Write down some character traits or attributes of your partner's parents. Why do you like these attributes?

How involved do you want your partner's family to be? Over-involved or under-involved? Why?

How do you feel about your partner's relationship with his/her family?

What kind of relationship would you like to have with your future in-laws?

Do you think your future in-laws will be a help or a hindrance to your relationship with your partner? Why?

Giving and Receiving Love

Of the five “love languages” which one do you prefer?

- ___ Acts of service
- ___ Quality time together
- ___ Physical touch
- ___ Words of affirmation
- ___ Giving and receiving gifts

How do you feel about public displays of affection?

How do you like to express love to your partner?

How does your partner express love for you?

How did your parents give and receive love? Other people that were around when you were growing up?

What would you like to tell your partner about giving and receiving love?

Communication

What is the best thing about how you communicate with one another?

What is the most frustrating or annoying thing about your communication?

How do you want your partner to request changes in things you do or say?

When do you feel listened to by your partner (*check off statements that apply*)? When they:

- Do not interrupt me
- Agree with what you are saying
- Allow you to speak freely
- Smile at you during conversations
- Make eye contact

- ___ Do not get angry or defensive
- ___ Ask questions and offer feedback
- ___ Are open, flexible, and consider your point of view
- ___ Avoid distractions (looking at phone, watching TV) to focus on you
- ___ Try to identify how you feel
- ___ Value your opinion
- ___ Other: _____
- ___ Other: _____
- ___ Other: _____

Sometimes it might be hard for you to share with your partner. Describe those times.

When is it easiest to share with your partner?

Is there anything you have been reluctant to discuss with your partner? Write it down.

Conflict

The way you usually resolve conflict is by:

The way your partner usually resolves conflict is by:

Is forgiveness easy for you? Why or why not?

When you have been hurt by something your partner has said or done, you:

- Withdraw
- Do something to hurt them
- Get angry
- Play the martyr
- Pretend everything is fine
- Drop hints
- Get in a "mood" or pout
- Wait until they apologize
- Other: _____
- Other: _____
- Other: _____

You are most hurt by your partner when they:

- Pay more attention to work than you
- Put another relationship first
- Are careless about money
- Embarrass you
- Do all the talking
- Leave everything up to you
- Don't listen to you
- Spend a lot of time with friends
- Fail to give you space
- Say no to sex
- Other: _____
- Other: _____
- Other: _____

How would you describe your way of handling conflict?

How would you describe your partner's way of handling conflict?

How would you describe your parents' way of handling conflict?

The worst things about conflict with your partner:

- Name calling
- Physical violence
- No resolution
- Difficult to apologize
- Bringing up the past
- Partner always must win
- Frequent arguments
- Fighting lasts a long time
- Hard to solve problems
- They are vengeful or vindictive
- Feelings get hurt

What does "fighting fairly" mean to you?

When there was fighting in your family of origin, you would:

Is there one or more shared or separate interest that might result in conflict or tension in your relationship?

Is there anything else you would like to share with your partner?

What did you learn from this inventory?

Now, share your inventory with your partner. Discuss with your coach, counselor, or therapist.