

Welcoming and Accepting

Couple Exercise 1: Differences and Expectations

1. Which of your fiancé's family's traditions do you like? Why?
2. Which of their traditions make you uncomfortable? Why?
3. Think about your fiancé's preferences for foods, movies, music, activities, and other entertainment choices. How do you feel about these?
4. What is one way in which you and your fiancé's differences complement each other?
5. Name two or three differences you and your fiancé have that clash, such as one is a morning person while the other is a night person or one likes planning activities while the other does things on the spur of the moment.
6. Identify any differences you experience with your fiancé that may be gender related. How do you respond to these differences?

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Couple Exercise 2: Attitudes and Behaviors

1. List the ways in which you think your parents were different from each other and describe how your parents accommodated each other's differences.
2. What behaviors, (words and actions) did your parents display when they disagreed or were angry with each other?
3. What role do you expect your spouse to play in your marriage and in your home? What day-to-day activities and responsibilities will belong to each of you? Why?
4. How do you and your fiancé handle differences of opinion?
5. Is your fiancé a good listener? What can you do to become a better listener to your fiancé?