

Being Fully Present

Couple Exercise 1: Staying Connected

1. How do you stay connected and in touch with each other? What do you enjoy doing together?
2. What subjects or issues do you find most difficult to discuss with your fiancé?
3. When disagreements cause you to feel distant, what do you do to reconnect once things have been resolved?
4. What is your attitude about honesty? Do you feel you should tell your spouse everything, or are there things you think you should keep to yourself?

Being Fully Present

Couple Exercise 2: Attitudes and Behaviors

1. What have you learned from your family about faithfulness to one's spouse?
2. Who in your family is a good example of commitment, loyalty, and faithfulness? Talk about in what way(s).
3. What attitudes and habits did you learn from your family about money management?
4. How do you each manage your money today? Do you follow a budget?
5. How does your attitude about money management compare with your fiancé's view of money? Is one of you more of a saver than the other? Does one of you worry about money more?
6. Do either of you have a family member who wrestles with addiction of any kind? Do either of you? If so, how are you addressing this and what impact to you think this will have on your relationship once you are married?