

Giving Oneself Completely

Couple Exercise 1: Marriage Is a Three-Legged Race

1. Give examples of ways in which your fiancé accommodates your needs and wishes.
2. Is self-giving the same as giving-in, going along, or doing what your spouse wants? What does self-giving mean to you?
3. How do you express your appreciation to your fiancé for his/her acts of self-giving?
4. When you and your fiancé work together as a team, what are your strengths? What are your weaknesses?
5. At the center of Catholic worship is the celebration of the Eucharist, where we remember Christ's total gift of self. How committed are you to attending Mass each week? If you are not Catholic, how do you practice your faith?
6. What have you decided will be your worship habits when you are married? If you haven't yet made plans, now is a great time to do so.
7. What hopes do you have for the growth of your faith as individuals and as a couple?

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Couple Exercise 2: Attitudes and Behaviors

1. What attitudes have you learned from your family about making decisions? How were decisions made?
2. When a conflict with your fiancé occurs, how do you resolve it?
3. Are you comfortable with the way you and your fiancé resolve your conflicts? Do you think there is a better way to resolve them? If so, what would that look like?
4. What attitudes have you learned from your family about your body and your sexuality?
5. What is your fiancé's attitude about sex and intimacy? Is it similar to yours? If you do not know, agree on a time when you will talk more about this.