



Pre-Marriage Counselling

Exploring Expectations

Take some time exploring, thinking or talking with a sense of curiosity about the following areas below. These areas are a common source of conflict that we see in relationships and it is useful to initiate conversations so that expectations can be acknowledged and understood.

1. Finances

What are your expectations about savings? Budgeting? Or spending?

2. Intimacy

What are your needs? Likes? Desires? How often is this important for you? How do you feel when intimacy is lost or changing?

3. Children

Have you discussed parenting? What does being a parent mean to you? Discipline styles? Maternity leave? How many children you might like to have? Fears? Concerns?

4. Career Aspirations

Where would you ideally like to work? What are your feelings on a career change? Do you have any goals? How important is it to you to have a career?

5. Family/ Friends

What are the roles that family and friends play in your life? How often do you need to see them? Talk to them? What needs are met when you have contact with your friends/family?

6. Future

Where would you like to live? When do want to retire? How important are holidays?

7. Emotions

When you are feeling annoyed or angry, how do you express yourself? What do you need from your partner? When you are sad or lonely, how do you express yourself? What do you need from your partner?

8. Conflict

How do you resolve conflict? What would the dialogue of an argument look like from you? What would you need for a compromise to occur?