

Thoughts and questions for further introspection:

(Behavior & Upbringing) Questions:

- How have your parents provided a model for you, good or bad?
- What behavior in your significant other drives you crazy? How do you think they came to have this behavior?
- What is a behavior in your own life that you see as completely normal, but your significant other could see as a problem? How did your family instill that behavior in you?
- Are you ready to change behaviors that your significant other sees as problems?
- What is one behavior you think you need to overcome from how you were brought up?
- What's the most important observation you've gained from being around their family?
- How do you feel when your significant other is around your family?
- Who could you ask for input into behaviors that may be relational stumbling blocks?

Red flags to consider when exploring the roots of your behavior:

- If you aren't willing to have your significant other search out – with your help – the root of behavior that is causing stress in your relationship.
- If either one of you has significant resistance to spending time with your respective families, without good reason.
- Are you observing a behavior, attitude, or issue that you can't talk about? You have to be willing to bring things up and you also have to be willing to discuss them.

(Communication) Questions:

- Rate your communication with your significant other on a scale of one to ten. Where does it fall? Why?
- What is your primary stumbling block to good communication?
- If you've worked on your communication before, what has your primary focus been on?
- Do you find that communicating with someone you love is more challenging than with someone you care less about? Why?
- If your significant other pointed out negative communication behaviors how would you react? How would they react if you did the same?
- Are you willing to make substantial changes to your communication style for the sake of your relationship? Is your significant other willing to change?

Red flags to consider in regards to communication:

- If you rate your communication level with another below a five out of ten.
- If you have a problem being truthful in regards to your feelings, or expressing your feelings and thoughts.
- If you see the communication problems in your relationship as solely the problem of the other. It's always a two way street.
- Are you observing communication breakdowns in your significant other's relationship with other people? If so, it will probably occur in your relationship as well. If you can't talk about those problems that's an issue.

(Conflict Resolution) Questions:

- What was the last argument you had with each other? What was the best thing about that argument? Can you think of anything good that came from it?
- What models of conflict have you been exposed to; how to deal with it, negative or positive? How have those models affected you?
- What is one behavior in conflict you wish you could change about yourself? What is one you wish your significant other would change?
- Have you ever tried to cause damage to the other person physically or emotionally apart from the topic at hand?
- Have you ever been in an argument only to discover that the two of you weren't fighting about the same thing?
- Has your significant other ever used something from your past against you?
- Have you ever been able to achieve a win-win in an argument with your significant other?

Red flags to consider in regards to conflict resolution:

- If the partner is constantly bringing up past issues, old hurts and faults in an attempt to hurt you or silence you, and refuses to stay focused on the topic at hand.
- If you can't work together to ensure that the argument is worked out to the satisfaction of both sides.
- If you can't say that you care for or love each other in the middle of an argument.

(Finances) Questions:

- How did your family view money when you were growing up? How do you now view money?
- What kind of debt are you bringing into the relationship? How would your significant other feel knowing your debt is going to become their debt? How do you feel about taking on their debt?
- How do you deal with debt?
- Have you talked about what your future may look like in terms of lifestyle? Have you talked about what it would take to live up to that lifestyle?
- Do you have a budget? Would you be willing to share it with your significant other?

- What additional expenses do you think you'll have if you end up together? Are you prepared to handle that?
- Do you or your spouse save?
- Do you or your spouse give?

Red flags to consider in regards to money:

- If your lifestyle is completely different than your significant other's in terms of spending, saving and giving. If you can't talk about your differences and come to an agreement, there's a problem.
- If you or your partner has debt with no plan to resolve it. If you are hiding debt from each other.

(Friendships) Questions:

- Who are your three most significant friends? How do you think those relationships will be affected if you take your relationship to the next step?
- How have your friendships changed as a result of your relationship?
- What needs do your friends fill that your significant other can't?
- Do you have a friend that drives your significant other crazy?
- Would you be willing to let your significant other point out a friend who may not be good for you or who is dragging you down?
- Can you explain the need for that friendship to your significant other?
- Have you ever had to tell your significant other a friend wasn't good for them? How did they handle it?
- On a scale of one to ten, how much do you value community? How about your significant other?
- Do you have an older couple in your life you could go to for advice?

Red flags to consider in regards to your friendships:

- If you feel like all you need is each other and don't need any friends.
- If your friends can't be friends with each other or you can't stand each others friends.
- If you can't talk about your friends with each other.
- If all your friends are the same age.

(Faith) Questions:

- Have you shared your testimony with each other?
- How much focus do the two of you put on your faith in the context of your relationship?
- If you were to affirm one spiritual trait of your significant other, what would it be?
- Do you think you have turned off any of your senses when it comes to addressing spiritual issues in your relationship?
- What spiritual disciplines are important to you and are you doing those together?

- Do you regularly attend church together or agreed on a church you would like to go? You may not have to go to church to become a Christian, but you need church to help you stay one.
- Have you talked about involvement in church beyond just attending?

Red flags to consider in regards to your faith:

- If your significant other is not a believer or doesn't pursue their relationship with Christ.
- If there is no evidence of spiritual growth.
- If they are unwilling to share their heart about what they believe and their faith journey.
- If you both aren't committed to church.

(Career) Questions:

- What do you feel called to? What are your career goals?
- Can you articulate the career goals of your spouse?
- Have you thought about how your careers may draw you closer together or further apart?
- What would you be willing to do, give up, or delay if your relationship goes to marriage?
- What are your priorities when deciding where to live? Do you want to be close to family? Near your job? Close to church?

Red flags to consider in regards to your career:

- If either of you have no real thoughts about what you want to do with your life.
- If your career plans are pulling either of you in different directions.
- If you have callings that seem incompatible.

(Family Life) Questions:

- Do you see kids in your future? Does your significant other?
- Are you willing to revisit your plans about kids in the future, or are you pretty settled, not willing to bend?
- How does the family situation you grew up in affect your own thoughts about kids?
- Do you relate well to kids?
- Have you observed one another around kids?
- What lifestyle choices are going to have the biggest influence on your choice to start a family?

Red flags to consider in regards to family life:

- Are you willing to talk about kids and then revisit the issue again and again as you move through stages in your relationship? If you are locked in your decision, unwilling to change, this could be a problem.

