

About Me

Every single person comes into a marriage with expectations and their own personal understanding of what marriage is. When you were growing up, you learned about marriage from your own parents, from your friend's parents, other role models, television, movies, books, magazines, conversations with your friends, etc.

This learned knowledge along with your personal expectations has impacted how the two of you have related to one another over the years. Most people are never taught how to voice their expectations or how to share the modeling that they have received and yet the impact on marriage is felt every single day.

The questions in this worksheet will help you to uncover more about who has influenced your own perceptions and expectations of marriage.

Parents/Family

1. Growing up I watched my parents relate to one another by:

2. I would describe their marriage in the following way:

For the following please circle the appropriate response.

My parents were/were not affectionate with one another.

My father was/was not able to express his love toward my mother.

My mother was/was not able to express her love toward my father.

My father was/was not a strict disciplinarian.

My mother was/was not a strict disciplinarian.

My parents were/were not controlling.

My parents were/were not able to talk about their finances.

My parents struggled/did not struggle with money.

My parents did/did not pray together.

My parents did/did not go to church.

My parents did/did not discuss sex.

My parents were/were not able to talk to me about sex.

My parents did/did not do things together without the kids.

My parents did/did not have friends with other adults.

Other Role Models

In addition to your parents there were many other role models in your life for relationships, specifically marriage.

1. In looking back on my life the following people were role models for me of what marriage looked like (these can be positive or negative role models).

2. They demonstrated that marriage was:

3. From the media (tv, movies, books, magazines)I received the impression that marriage would be:

4. My friends made marriage seem like:

What counts in making a happy marriage is not so much how compatible you are, but how you deal with incompatibility. -Leo Tolstoy

Once married, all of your expectations and knowledge are forced to deal with the reality that is your relationship.

1. The area where I have been most surprised about our marriage is:

2. Marriage has exceeded my expectations in the area of:

3. I didn't expect to be faced with _____
in my marriage.

4. I wish that I had know about or that someone had told me about

before I got married.

*Where you have been is important, where you are going is even more
important. One you cannot change, the other you CAN.*

-Alisa DiLorenzo