

Relationship History and Philosophy Questionnaire

The following questionnaire can help you recover your admiration and love for one another by revisiting your shared history.

Relationship History

Focus on the positives and recall the love that led you to get married.

How did you first meet? What were your first impressions?

What do you remember about your first dates? Share some of your happy memories.

What made you decide to get married? Why did you choose the other person?

What was the proposal like?

What were the highlights (amusing stories) from the wedding and the honeymoon?

What was it like becoming parents (if relevant)? How did you cope?

What were the happiest times in your marriage? What stands out?

Do you still do things together that you used to enjoy?

Marriage Philosophy

What makes a marriage work or fail? Consider a couple of examples from people you know.

How similar are your parents' marriages to your own? How do they differ?

How would you like your marriage to be in five years'?