



THE PROVEN APPROACH USED BY
PROFESSIONAL COUNSELORS

PREMARITAL COUNSELING QUESTION GUIDE

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The Questions Professional
Counselors Ask —
That Most Couples Never Hear Until It's Too Late

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The Questions Professional Counselors Ask — That Most Couples Never Hear Until It's Too Late

These are the questions professional counselors ask in premarital sessions — questions most couples only encounter when they're already in crisis and paying \$200 an hour to sit across from a therapist. This guide gives you that same clinical insight before problems develop, **so you enter marriage with your eyes fully open**

By

Lloyd D. Allen

INTRODUCTION

Most couples spend months planning the wedding. The flowers. The venue. The dress. The guest list. The honeymoon. Every detail is considered, budgeted, and executed with precision.

But the marriage itself? That part is often left entirely to chance.

The assumption is that love is enough. That two people who care deeply for each other will naturally figure it out. That the hard conversations can wait — or that they will never really be necessary.

They are always necessary.

Professional premarital counseling — the kind that actually prepares couples for the realities of marriage — can cost \$1,000 or more and requires weeks of commitment. Most couples never do it. Not because they don't care about their marriage, but because they don't know what they don't know. They don't realize how many unspoken expectations, hidden assumptions, and unresolved personal histories they are carrying into the relationship until those things begin to surface — usually in the middle of their first serious conflict.

This guide exists to close that gap.

The 49 questions inside are not casual conversation starters. They are the exact questions licensed counselors and therapists use in premarital sessions to help couples uncover blind spots, surface hidden expectations, and identify potential conflict areas before they become marriage-threatening problems. These questions are designed to reveal how each partner truly thinks about money, family, faith, conflict, intimacy, and commitment — the six areas that quietly destroy unprepared marriages every single day.

Answer them honestly. Answer them independently first. Then sit down together and discuss what you found.

What you discover in this conversation will either confirm that you are building on solid ground — or reveal the cracks that need to be addressed before they become crises.

Either way, you will be better prepared. And a prepared couple is a protected couple.

The best wedding gift you can give your marriage is this conversation.

THE PREMARITAL COUNSELING QUESTIONS

1. What does a successful marriage look like to you, and how will you know when you've achieved it?
2. What did your parents' marriage teach you about love — and what are you determined to do differently?
3. What is your greatest personal insecurity, and how does it show up in your relationships?
4. How do you behave when you are hurt, angry, or feeling disrespected — and has that ever damaged a relationship?
5. What is the one topic you find most difficult to discuss honestly with your partner, and why?
6. If your partner changed significantly — physically, spiritually, emotionally — how would that affect your commitment?
7. What does submission and headship mean to you practically, and how should it function in your home daily?
8. How was affection expressed in your home growing up, and how has that shaped what you need from your partner today?
9. What financial mistakes have you made in the past, and what have you done to correct them?

10. Have you ever experienced trauma, abuse, or significant loss — and how is it still affecting you today?
11. What are your non-negotiables in marriage — the things you absolutely cannot compromise on regardless of circumstances?
12. How do you define emotional intimacy, and do you feel your partner is capable of meeting that need?
13. What role does pornography, past relationships, or sexual history play in how you approach intimacy today?
14. If your marriage hit a crisis — infidelity, financial collapse, mental health breakdown — what would you do first?
15. How do you handle situations where your deeply held values conflict directly with your partner's choices?
16. What does forgiveness look like to you — and is there anything in your partner's past you have not truly forgiven?
17. How much individual freedom and personal space do you need in a marriage, and what happens when you don't get it?
18. What happens to your relationship with God when life gets hard — do you draw closer or drift away?
19. If your partner told you they were deeply unhappy in the marriage, what would be your first response?

20. What legacy do you want your marriage to leave — and what are you willing to sacrifice today to make that possible?
21. How do you define respect in a marriage, and what does disrespect look like to you specifically?
22. What is your relationship with alcohol, substances, or addictive behaviors — and has it ever affected a relationship?
23. How do you respond when you are wrong — do you apologize easily or does pride make it difficult?
24. What boundaries do you need your partner to respect when you are stressed, overwhelmed, or emotionally depleted?
25. How important is physical appearance and health to you — and how would significant weight gain or health decline affect your attraction?
26. What does a healthy work-life balance look like to you, and what happens when work consistently takes priority over family?
27. Have you ever been in therapy or counseling — and are you open to it individually or as a couple if needed?
28. How do you handle disappointment — do you communicate it clearly or do you suppress it until it explodes?
29. What role does humor and laughter play in your relationships, and can you laugh at yourself?

30. If your partner's family disapproved of your marriage, how would that affect your commitment and your relationship with them?
31. What does a spiritually led home look like practically — who prays, who leads devotions, who sets the spiritual tone?
32. How do you feel about your partner maintaining close friendships with people of the opposite sex after marriage?
33. What is your honest assessment of your own communication weaknesses — and what are you doing to address them?
34. How do you feel about your partner's past romantic relationships — and is there anything that still concerns you?
35. What financial obligations, debts, or responsibilities are you bringing into this marriage that your partner should know about?
36. How do you handle seasons of emotional distance or disconnection in a relationship — do you pursue or withdraw?
37. What does mental health mean to you — and how would you support a partner struggling with depression, anxiety, or emotional instability?
38. How important is sexual compatibility to you — and how will you handle long seasons of physical disconnection?

39. What does it mean to you to be fully known by your partner — and is there anything you are still hiding?
40. If you could change one thing about how you have handled your past relationships, what would it be and why?
41. What does unconditional love mean to you — and have you ever experienced it in a relationship?
42. How do you feel about your partner having a closer relationship with God than you currently have — and would that challenge or inspire you?
43. What is your honest expectation about how often you should have sex in marriage — and what happens when those expectations aren't met?
44. How do you define emotional abandonment — and have you ever experienced it in a past or current relationship?
45. What unresolved conflict, if any, exists between you and your partner right now that you have been avoiding?
46. How do you feel about your partner correcting or challenging you — and can you receive it without becoming defensive?
47. What does a bad day look like for you — and what do you need from your partner when you are in that place?

48. How do you feel about the pace of your personal spiritual growth — and what would you like your partner to do to support it?
49. What is the one thing your partner does that makes you feel most secure, valued, and deeply loved?
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These questions are designed to be answered honestly and independently first, then discussed openly and respectfully together. Take your time. The depth of your answers will determine the depth of your preparation.

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