MODULE 1 TOOL — PREMARITAL PREPARATION

The Self-Awareness Inventory

Know Who You Are Before You Commit to Someone Else

PURPOSE

You cannot bring your whole self to a marriage you have not yet examined. This tool gives you an honest, structured, private look at who you actually are — your history, your patterns, your wounds, and your readiness — so you enter marriage with self-awareness instead of self-deception.

INSTRUCTIONS

Complete this privately and honestly. This is not a pass or fail exercise. It is an invitation to know yourself more deeply. Share your responses with your partner only after you have completed every section fully and honestly.

PART 1 — YOUR PERSONAL HISTORY

Describe the marriage you grew up watching most closely:

Three things that marriage taught you — positively or negatively — about what marriage is:

1.

2.

3.

The emotional wound from your past that still affects you most today:

The pattern from your family of origin you are most determined not to repeat:

The pattern from your family of origin you most hope to carry into your marriage:

PART 2 — YOUR EMOTIONAL MATURITY

Rate yourself honestly from 1 (rarely) to 5 (consistently):

Statement	Rating
I take responsibility for my emotions without blaming others	___
I can remain calm and present during difficult conversations	___
I apologize genuinely without deflecting or minimizing	___
I can identify and name what I am feeling in real time	___
I manage disappointment without punishing the people around me	___
I can receive criticism without becoming defensive	___
I follow through on my commitments consistently	___
I can sit with discomfort without escaping or numbing	___
I resolve conflict rather than avoiding or escalating it	___
I prioritize others' needs without losing myself entirely	___

My Total: ____ **/ 50**

The area where I need the most growth:

PART 3 — YOUR UNRESOLVED WOUNDS

Is there anything from your past — trauma, abuse, loss, betrayal, or shame — that you have not fully processed or healed from?

How does that unresolved area currently show up in your closest relationships?

Have you sought professional support for this area?

- ■ Yes — I am currently working on this
- ■ Yes — I have addressed this previously
- ■ No — but I recognize I need to
- ■ No — I do not believe it is affecting me

If professional support is needed, my commitment is:

PART 4 — YOUR RELATIONSHIP PATTERNS

How do you typically respond when someone you love disappoints you?

How do you behave in conflict — do you pursue, withdraw, escalate, or shut down?

What do the people closest to you say is your greatest relational strength?

What do the people closest to you say is your greatest relational weakness?

Have you repeated any unhealthy patterns across multiple relationships?

- Yes
- No

If yes, describe the pattern:

PART 5 — YOUR CORE VALUES AND NON-NEGOTIABLES

My faith requires the following of my marriage:

The three values I am absolutely unwilling to compromise in a life partner are:

1.

2.

3.

The one thing about myself I know my future spouse must understand and accept is:

The one area of personal growth I am committed to before entering marriage is:

PART 6 — YOUR READINESS ASSESSMENT

On a scale of 1–10, how emotionally ready do I feel for marriage right now? ___

The primary reason for that score:

One thing I need to address, heal, or develop before I am truly ready:

PART 7 — THE SHARED CONVERSATION

After both partners complete this tool independently, come together and share your responses section by section. Follow these guidelines:

- Listen to understand, not to evaluate or fix.
- Do not use anything shared here as ammunition in future conflict.
- Respond to vulnerability with gratitude, not judgment.
- If any response raises serious concern, address it with a premarital counselor before moving forward.

PART 8 — YOUR PERSONAL COMMITMENT

"I am choosing to know myself honestly before I commit to another person. I am not claiming to be perfect — I am claiming to be honest. I bring my history, my wounds, my patterns, and my growth into this process with full transparency. I am committed to becoming the whole, healed, self-aware person that a healthy marriage requires — not after the wedding, but before it."

Name: _____ Date: _____