



## **Overview of "101 Questions to Ask Before Getting Engaged"**

### **Introduction**

"101 Questions to Ask Before Getting Engaged" by H. Norman Wright is an essential guide for couples considering marriage. This book serves as a comprehensive tool to help partners explore their compatibility, understand each other's perspectives, and uncover potential areas of conflict before making the lifelong commitment to marry. The book is structured around key themes including personal values, beliefs, family dynamics, financial management, career aspirations, and expectations about marital roles and responsibilities.

### **Purpose of the Book**

The primary aim of "101 Questions to Ask Before Getting Engaged" is to facilitate deep and meaningful conversations that can sometimes be overlooked during the courtship period. Wright emphasizes that while being in love is crucial, it is equally important to have a practical understanding of how a partner thinks and behaves in various situations. This understanding helps in building a strong foundation for a lasting relationship.

### **Content Overview**

The book is organized into various sections, each focusing on different aspects of life and relationships. The questions are designed not only to elicit information but also to encourage couples to engage in conversations that reveal core values, hidden expectations, and long-term goals.

## **Part One: Knowing Yourself**

### **Chapter 1: Personal Values and Beliefs**

This chapter encourages individuals to reflect on their own beliefs and values before discussing them with their partner. Questions in this section deal with religious beliefs, life philosophies, and moral standards.

#### **Example Questions:**

- How important is your religious faith, and what role do you see it playing in our marriage?
- What are your views on honesty and integrity?
- How do you handle anger and stress?



## **Chapter 2: Health and Well-Being**

Understanding each other's attitudes toward health and wellness is crucial as it can significantly affect lifestyle choices and long-term wellbeing.

### **Example Questions:**

- How do you prioritize your physical and mental health?
- What are your habits concerning diet, exercise, and smoking?
- How do you manage mental stress and maintain emotional health?

## **Part Two: Understanding Each Other**

### **Chapter 3: Family Background**

This section dives into questions about each partner's family dynamics and upbringing, which can heavily influence one's expectations and behavior in a marriage.

### **Example Questions:**

- What was your family like growing up, and what did you appreciate or dislike about your upbringing?
- How do you feel about your relationship with your parents and siblings now?
- What family traditions would you like to continue or start?

### **Chapter 4: Communication and Conflict**

Effective communication and healthy conflict resolution strategies are pivotal for a successful marriage. This chapter helps couples assess their communication styles and conflict management skills.

### **Example Questions:**

- How do you prefer to resolve conflicts?
- What is your communication style when you become upset?
- Can you share an instance where you had to manage a difficult conflict?

## **Part Three: Building a Life Together**

### **Chapter 5: Financial Management**

Financial issues are a common source of tension in marriages. This chapter includes questions that help couples understand each other's financial habits and attitudes.



### **Example Questions:**

- What are your views on budgeting and saving?
- How do you feel about debt and the use of credit cards?
- What financial responsibilities should be shared, and which should be individual?

### **Chapter 6: Career and Ambitions**

Career aspirations and work-life balance expectations can influence marital satisfaction. This section explores how career goals fit into the shared life plan.

### **Example Questions:**

- How ambitious are you about your career, and what are your ultimate goals?
- How do you see us balancing work and family life?
- How would you feel if I had to relocate for work?

### **Chapter 7: Children and Parenting**

Decisions about whether to have children and parenting styles are crucial topics for discussion before marriage.

### **Example Questions:**

- Do you want children, and if so, how many?
- What parenting style do you believe in?
- How should responsibilities be divided when it comes to children?

## **Conclusion: Preparing for Commitment**

The book concludes by reaffirming the importance of these discussions in preparing couples for a healthy, understanding, and supportive marriage. Wright emphasizes that while some questions may lead to challenging conversations, they are essential for ensuring that partners know each other deeply and are truly prepared for what lies ahead.

## **Final Thoughts**

"101 Questions to Ask Before Getting Engaged" is more than just a checklist; it's a catalyst for deep, introspective conversation that challenges couples to look beyond the surface of romantic attraction and into the practicalities of spending a lifetime together. It's an invaluable resource for any couple ready to take the step towards engagement, providing the tools to build a strong, enduring relationship founded on mutual understanding and respect.



## **BLOG:** Essential Questions to Consider Before Getting Engaged

Are you thinking about taking that big step towards marriage? Before you pop the question or say "yes," it's crucial to have some serious conversations with your partner. Inspired by the concept of "101 Questions to Ask Before Getting Engaged," we've compiled a list of essential topics to discuss. These conversations can help ensure you and your partner are on the same page about important life decisions.

- **Values and Life Goals**

Your core values and long-term aspirations form the foundation of your life together. Consider asking:

- What are your career goals for the next 5-10 years?
- How do you envision our family life? Do you want children?
- What does financial success look like to you?

These questions can reveal whether your life trajectories align and if you share similar priorities.

- **Communication and Conflict Resolution**

The way you communicate and handle disagreements is crucial for a healthy relationship. Discuss:

- How do you prefer to receive emotional support during tough times?
- What's your approach to resolving conflicts?
- How comfortable are you with expressing vulnerability?

Understanding each other's communication styles can prevent misunderstandings and strengthen your bond.

- **Relationship History**

While the past doesn't define the future, it can offer valuable insights:

- What lessons have you learned from previous relationships?
- How do you define and maintain trust in a relationship?
- What are your views on maintaining friendships with exes?

These conversations can help build trust and understanding between you and your partner.

- **Family and Friends**

Your relationship doesn't exist in a vacuum. It's important to consider:

- How do you feel about each other's families?
- What role do you expect our families to play in our lives?
- How do you balance time between the relationship and friendships?



These questions can help prevent future conflicts and set expectations for your social lives.

## 5 Lifestyle and Habits

Day-to-day compatibility is often overlooked but is crucial for long-term happiness:

- What does your ideal daily routine look like?
- How do you approach health and fitness?
- What are your expectations for sharing household responsibilities?

Discussing these can help you understand if your lifestyles are compatible.

## 6 Spirituality and Religion

For many, this is a cornerstone of their lives:

- How important is religion or spirituality in your life?
- If we have children, what role should religion play in their upbringing?
- How do you feel about interfaith marriages if our beliefs differ?

These discussions can prevent major conflicts down the road.

## 7 Finances

Money matters are a common source of relationship stress. Talk about:

- What are your views on saving versus spending?
- How do you plan to manage shared expenses?
- What are your financial goals, and how do you plan to achieve them?

Having a clear understanding of each other's financial attitudes can prevent future disagreements.

## Conclusion:

Remember, there are no right or wrong answers to these questions. The goal is to have open, honest conversations that help you understand each other better. Every couple is unique, and you may find that you have additional topics that are important to discuss.

These conversations might not always be easy, but they're invaluable in building a strong foundation for your future together. They can help you identify potential challenges early on and work through them together.

Ultimately, getting engaged is about more than just love – it's about making a commitment to build a life together. By addressing these important questions early, you're setting yourselves up for a stronger, more resilient relationship.

So, take your time, be honest with each other, and enjoy the process of deepening your understanding of one another. After all, this is just the beginning of your journey together!



## Handout

### Couples Discussion Guide: Important Questions Before Engagement

Instructions: Take time to discuss these questions together. Be honest and open with your responses. Remember, there are no right or wrong answers – the goal is to understand each other better.

1. Values and Life Goals ☐ What are your top 3 life goals for the next 5-10 years? ☐ How do you envision our potential family life? ☐ What does a successful life look like to you?
  
2. Communication and Conflict Resolution ☐ How do you prefer to receive emotional support? ☐ Describe your typical approach to resolving conflicts. ☐ On a scale of 1-10, how comfortable are you expressing vulnerability?
  
3. Relationship History ☐ What's the most important lesson from your past relationships? ☐ How do you define and maintain trust in a relationship? ☐ What are your thoughts on maintaining friendships with exes?
  
4. Family and Friends ☐ How often do you expect to interact with each other's families? ☐ What role should our families play in our major life decisions? ☐ How do you balance time between relationships and friendships?
  
5. Lifestyle and Habits ☐ Describe your ideal daily routine. ☐ What are your expectations for sharing household responsibilities? ☐ How important is maintaining a healthy lifestyle to you?



6. Spirituality and Religion ☐ How important is religion or spirituality in your daily life? ☐ If we have children, what role should religion play in their upbringing? ☐ How do you feel about couples with different religious beliefs?
  
7. Finances ☐ Are you a saver or a spender? Explain your approach to money. ☐ How do you envision managing shared expenses? ☐ What are your long-term financial goals?
  
8. Personal Growth ☐ How do you plan to continue growing as an individual? ☐ What support do you need from a partner to achieve your personal goals?
  
9. Intimacy and Affection ☐ How do you prefer to give and receive affection? ☐ What are your expectations regarding intimacy in a long-term relationship?
  
10. Future Planning ☐ Where do you see us living in the future? ☐ How do you feel about relocating for career opportunities? ☐ What are your thoughts on retirement planning?

Remember: This is a starting point for important conversations. Feel free to add your own questions that are relevant to your relationship. The key is open, honest communication.



## Assessment

### Couples Compatibility Assessment

Instructions: For each statement, rate your level of agreement from 1 to 5: 1 = Strongly Disagree  
2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

Both partners should complete this assessment independently, then compare answers.

1. We have similar long-term life goals. \_\_\_\_
2. We communicate effectively during conflicts. \_\_\_\_
3. We trust each other completely. \_\_\_\_
4. We have compatible relationships with each other's families. \_\_\_\_
5. Our daily habits and routines are in harmony. \_\_\_\_
6. We share similar views on spirituality or religion. \_\_\_\_
7. We have compatible approaches to managing finances. \_\_\_\_
8. We support each other's personal growth and aspirations. \_\_\_\_
9. We have similar expectations about intimacy and affection. \_\_\_\_
10. We agree on where we want to live in the future. \_\_\_\_
11. We have similar views on having and raising children. \_\_\_\_
12. We can easily compromise on decisions. \_\_\_\_
13. We respect each other's past relationships. \_\_\_\_
14. We balance our time well between the relationship and \_\_\_\_ individual friendships.
15. We have compatible views on health and lifestyle choices. \_\_\_\_
16. We agree on the role of career in our lives. \_\_\_\_
17. We have similar attitudes towards saving and spending. \_\_\_\_
18. We share household responsibilities fairly. \_\_\_\_
19. We have compatible views on marriage and commitment. \_\_\_\_
20. We handle stress and support each other well during \_\_\_\_ difficult times.

Total Score: \_\_\_\_

### Scoring Key:

90-100: High Compatibility You appear to be highly compatible in many important areas. This suggests a strong foundation for a long-term commitment. Continue to communicate openly and address any areas where you didn't fully agree.





**75-89: Good Compatibility** You have good compatibility in many areas. There may be some topics that require further discussion and compromise, but you have a solid basis for a relationship.

**60-74: Moderate Compatibility** There are areas of strong compatibility mixed with some potential challenges. It would be beneficial to have in-depth discussions about the areas where you scored lower.

**45-59: Some Compatibility Concerns** There are several areas where you may not be fully aligned. It's important to have serious conversations about these differences and consider how they might impact your future together.

**Below 45: Significant Compatibility Issues** Your responses indicate significant differences in many important areas. It would be wise to have very honest discussions about these differences and possibly seek relationship counseling before making a long-term commitment.

**Remember:** This assessment is a tool for discussion, not a definitive measure of your relationship's potential. The most important factor is how you communicate and work together on areas of difference.



## The 7-Day Couples Challenge: Strengthening Your Bond

Instructions: Complete one challenge each day. Set aside dedicated time to focus on these activities together. Be open, honest, and respectful in your discussions.

Day 1: Values and Life Goals Activity: Create individual vision boards for your life 5 years from now. Include career, family, personal growth, and lifestyle aspects. Share and discuss your boards with each other. Discussion: How do our visions align? Where do they differ? How can we support each other's goals?

Day 2: Communication and Conflict Resolution Activity: Role-play resolving a hypothetical conflict (e.g., disagreement about holiday plans with family). Discussion: What did we learn about our communication styles? How can we improve our conflict resolution skills?

Day 3: Family and Friends Activity: Create a relationship circle diagram, placing yourselves in the center and arranging family members and friends in concentric circles based on closeness. Discussion: How do our relationship circles compare? How can we balance time between our relationship, families, and friends?

Day 4: Lifestyle and Habits Activity: Swap daily routines for a day (as much as practically possible). Discussion: What did we learn about each other's habits? Are there areas where we can better align our daily lives?

Day 5: Spirituality and Values Activity: Independently write down your top 5 personal values. Share and discuss. Discussion: How do our values align? How can we respect and support each other's beliefs and values in our relationship?

Day 6: Finances Activity: Create a sample monthly budget together for a hypothetical shared household. Discussion: What did we learn about each other's financial attitudes? How can we align our financial goals and habits?

Day 7: Future Planning Activity: Write love letters to each other, to be opened 10 years from now. Include your hopes, dreams, and commitments. Discussion: Share your thoughts on this exercise. What are our expectations for our relationship in the long term? How can we work together to achieve our shared vision?

Reflection: At the end of the 7 days, discuss the following:

1. What was the most surprising thing you learned about each other?
2. Which day's challenge was most beneficial for your relationship?



3. What areas do you feel you need to discuss further?
4. How can you incorporate regular check-ins like these into your relationship?

Remember: This challenge is about opening lines of communication and understanding each other better. There are no right or wrong answers – the goal is to grow closer as a couple and build a stronger foundation for your future together.



## **DESCRIPTION to go on website**

Introducing CoupleStrong's "101 Questions to Ask Before Getting Engaged"

Welcome to a crucial part of CoupleStrong's premarital tract: "101 Questions to Ask Before Getting Engaged." This comprehensive bundle is based on the popular book of the same name by H. Norman Wright, and is designed to strengthen your relationship as you consider a lifelong commitment.

At CoupleStrong, we believe that a strong marriage begins with thoughtful preparation. This bundle includes a detailed blog post, a couples handout, a compatibility assessment, and a 7-day challenge, all inspired by the book's concept of essential pre-engagement questions. Each component is crafted to spark meaningful conversations and deepen your understanding of each other.

By exploring crucial topics like values, communication, finances, and future plans, you'll build a solid foundation for your life together. Remember, there are no right or wrong answers—only opportunities for growth, understanding, and connection.

Embark on this journey to strengthen your bond and prepare for a resilient, fulfilling marriage with CoupleStrong.

Building lasting relationships, one conversation at a time.