

# Enlightened Psychotherapy

525 North Sam Houston Parkway East, Suite 360D

Houston, TX, 77060

Tel: 832.329.8500

www.enlightenedpsychotherapy.com

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## Getting Married

Getting married is an exciting time in life and I am very happy to guide you through the process of how. Elder Cheryl Ivory can be a part of your great day, and help shape the marriage that follows.

Elder Cheryl Ivory is committed to helping couples enter marriage in a committed and Biblical way. It is my desire to help couples create a solid foundation that will make a lasting covenant.

**STEP 1** – Select a Pastor/Elder to Officiate your Ceremony. You can contact Elder Cheryl Ivory by phone by calling 832.661.1118

**STEP 2** – Complete A Wedding Questionnaire. Each person getting married must complete a, "Wedding Questionnaire," attached.

**STEP 3** – Secure the Date & Location of the Wedding.

**STEP 4** – All are asked to participate in a premarital counseling process. The typical process for this is through Pre-Marriage Mentoring

**STEP 5** – Plan the Wedding.

Please Note:

It is understood that entering into pre-marital counseling is NOT an agreement of approval to be married by Elder Cheryl Ivory. Elder Cheryl Ivory is NOT obligated to meet any wedding date set prior to the completion of counseling.

Be sure you thoroughly understand my position, before signing below:

I acknowledge that I have read and understand the above, and that all of the information filled in is true and correct to the best of my knowledge.

\_\_\_\_\_/\_\_\_\_/\_\_\_\_  
Signature Date

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## General Information

Have you set a tentative date for your wedding? \_\_\_ If yes, when? \_\_\_\_\_

## Personal Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Fiancé's Name: \_\_\_\_\_ Age: \_\_\_\_\_

## Marital Status

Have you been married before? Are you: Divorced \_\_\_ Widowed \_\_\_ Separated \_\_\_

Is your divorce final? \_\_\_ If not, when? \_\_\_\_\_

Do you have children from a previous marriage? \_\_\_ If yes, how many? \_\_\_\_\_

What are their ages? \_\_\_\_\_

If you are divorced, what is your custody arrangement? \_\_\_\_\_

\_\_\_\_\_

If divorced, why was your previous marriage terminated? \_\_\_\_\_

\_\_\_\_\_

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## Engagement Period

How long have you known each other? \_\_\_\_\_ How long have you been going together? \_\_\_\_\_

How long have you been officially engaged? \_\_\_\_\_

(Elder Cheryl Ivory require that you have been dating seriously for at least eight months before she will begin counseling)

## Religious Background

Are you a Born Again Christian? \_\_\_\_\_

Briefly describe what it means to be Born Again: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you regularly attend a Church? \_\_\_ If yes, which one? \_\_\_\_\_

For how long? \_\_\_\_\_ if no, where do you attend church? \_\_\_\_\_

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Instructions on filling out the questions on the following pages:

Please answer the following questions as completely yet as briefly as possible. Remember that our goal is to help you prepare for marriage. Therefore be honest with your responses. Don't simply write the answers you think we expect.

1) Bride and groom are *each* to answer the questions separately in writing ***without discussing your answer with your partner.***

2) Send a copy of your answers to me at least 2 weeks before your first premarital counseling session. (You will discuss your answers during your sessions. Be sure to keep a copy for you and your partner.)

1. Name two characteristics which you admire in your mate.

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2. Name two characteristics or weaknesses which you least appreciate in your mate.

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3. Are you well acquainted with your mate's immediate family? Describe your relationship to them.

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4. Give five reasons for wanting to marry your mate.

- a.
- b.
- c.
- d.
- e.

5. How long have you known each other?

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6. How long have you been engaged?

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7. Does your family approve completely of your choice of a mate?

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8. What would you consider grounds for divorce?

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9. For what reasons do you think the divorce rate continues to increase?

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10. Is there anything which makes you jealous of your mate?

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11. What are your goals or aims in life? Have you discussed these with your mate?

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12. How much education have you had?

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13. What is your opinion of household duties?

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14. Give a brief physical history of your family.

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15. What are two activities (recreation, social, etc.) which you have in common?

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16. Do you dislike any of your mate's family or friends?

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17. Should each of you be permitted one night a week for your own interests?

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18. Do you think that certain dates (anniversary, birthdays, etc.) should be remembered by your mate?

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19. Has divorce occurred in your family?

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20. Do you plan to live with your family or your mate's family?

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21. What is your thinking regarding the matter of "in-laws"?

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22. How many children would you like to have? Boys or girls?

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23. Who is to be the head of your home?

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24. What is your plan for settling family problems?

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25. Who is to exercise the discipline of children?

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26. Should your mate ever keep anything a secret from you? If so, what?

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27. Is the wife in this family going to work?

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28. Who will be responsible for the family finances?

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29. Will you have separate bank accounts or a single joint account?

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30. Can you honestly say that you believe that your mate is a Christian?

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31. How will you worship as a family?

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32. How will you grow in the faith together as husband and wife?

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33. Will you love your spouse less if they do not share your faith?

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34. How much money do you think you will need to operate your household?

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35. Does your wife or husband plan to work? After children?

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36. How much money should your mate have for personal expenses (jewelry, athletics)?

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37. How often should a family eat out?

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38. What part of your family income should be given to the Lord?

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39. Do you plan to buy or rent a dwelling?

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40. What is your opinion of buying on credit?

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41. Which of you is going to handle the money and payment of bills?

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42. How much money should be spent on recreational activities?

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43. Have you planned any kind of a budget? Will? An insurance program?

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44. If she does work and become pregnant, how will the family adjust to the lower income?

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45. Do you bring debt into this marriage? If so, how much? Do you have a plan to get out of debt before the wedding? If so, what is the plan?

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46. Have you ever participated in a homosexual relationship? Has this lifestyle ended?

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47. Do you think your knowledge of sexual and physical relations is excellent, good, fair, or poor?

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48. Do you think sex is very important in marriage? For your mate? For yourself?

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49. What if your spouse becomes unable to perform sexual duties, how will this affect your marriage?

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50. Do you think your mate is sexually adjusted and ready for marriage? List three reasons for your answer:

- a.
- b.
- c.



## Part II

### Premarital Counseling (Some questions may be repeated from Part I)

The time of engagement is an important time to prepare for your marriage. Besides meeting with me to plan your ceremony, you will also have the opportunity to participate in two sessions of pre-marital counseling before your wedding. These sessions will help you to gain a better understanding of yourselves as husband and wife and prepare you for your upcoming marriage.

### Pre-Marital Counseling

#### Topic: Family of Origin

- 1) Describe your family of origin.
- 2) Who in your family were you the closest to (emotionally) when you were growing up?
- 3) Who in your family are you the closest to (emotionally) now?
- 4) Who in your family of origin do you still see on a regular basis?
- 5) Who in your family experienced the most conflict when you were growing up?
- 6) Who in your family of origin experiences the most conflict now?
- 7) Have there been any deaths in your immediate family? If so, how did they affect you/your family?
- 8) Has there been any significant illness (physical or emotional) in your family of origin (including yourself)?  
If so, how has it affected you/your family?
- 9) When your parents experienced conflict between each other, how did they deal with it?
- 10) When your parents experienced conflict with you & your siblings, how did everyone deal with it?
- 11) What are any current expectations your family of origin has on you?
- 12) What expectations will they have on your new spouse?
- 13) Did your parents have close friends when you were growing up?  
If so, what were those friendships like?
- 14) Did you have close friends when you were growing up?  
If so, what were those friendships like?
- 15) What were your family vacations like?  
What would you change about them?
- 16) What is your favorite memory with your family when you were growing up?

### Pre-Marital Counseling

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## Topic: Religious Orientation

- 1) What was your understanding of God when you were growing up?  
How has that changed?
- 2) Did you attend a worship service on a regular basis when you were growing up?  
What was that experience like for you?
- 3) Do you attend a worship service on a regular basis now? Why or why not?
- 4) Do you plan on attending a worship service after you are married?
- 5) Does your church or faith have role expectations for men/women, husbands/wives?  
If so, how do you feel about those expectations?
- 6) Does your church or faith have any expectations in regard to raising children?  
If so, how do you feel about those expectations?
- 7) What expectations does your church or your faith place on your spouse?  
If so, how do you feel about those expectations?
- 8) Are there *any* expectations which your church or your faith place on you with which you are uncomfortable?
- 9) How involved do you want your spouse to be in the religious aspects of your life?
- 10) Are there any religious differences (beliefs or practices) between you and your spouse of which you are concerned?
- 11) What are your religious convictions about:
  - premarital sex?
  - birth control?
  - abortion?
  - divorce?
  - remarriage?
- 12) How would you describe your religious beliefs today?

## Pre-Marital Counseling

### Topic: Money Matters

- 1) Have you ever had a savings account?
  - If so, how old were you when you opened your first one?
  - For what purpose would you put money into a savings account?
- 2) Do you invest in the stock market?
  - If so, how much of your income do you normally invest?
  - How would you describe your portfolio (conservative, risky, balanced)?
- 3) Do you have other financial investments?
- 4) What amount and kinds of investments would you like to make after your marriage?
- 5) Do you balance your checking account every month?
- 6) What are the things over which you believe are worth going into debt? (Home,

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furniture, home improvements, car, education, vacation, art?)

7) Do you regularly use credit cards?

If so, how much do you pay on your balance each month? (For example, do you pay them off each month, just pay the interest, interest plus principal?)

8) What are your current debts? (Include credit cards, college loans, home, auto, etc.)

9) What are your thoughts regarding tithing/giving to your faith community?

10) Do you give to a faith community regularly?

How much do you now give?

How much do you want to give after you are married?

11) Do you give to other causes/charities regularly?

How much do you now give?

How much do you want to give after you are married?

12) Do you see yourself more as a saver or a spender? How about your spouse?

13) How much do you feel you should have on hand in case of emergency?

14) Do you now have a monthly and/or annual budget?

15) Who should organize the finances—you, your partner or both?

## Pre-Marital Counseling

### Topic: Communication & Resolving Conflict

1) Do you easily talk about your feelings?

- If so, are there any exceptions?

- If not, why not?

2) Does your partner easily talk about his/her feelings?

- If so, are there any exceptions?

- If not, how do you deal with it?

3) Have you noticed that there are times when it is difficult to communicate with your partner?

- If so, when are those times?

4) How do you and your partner resolve conflicts or disagreements?

5) Have you had any major fights so far?

- If so, what were they about?

6) Would you be in favor of seeking professional counseling as a help to your communication skills?

- If so, when would you do this?

- If not, why not?

7) Who would you talk to if you were having a major conflict with your spouse?

8) Are there currently any unresolved issues in your relationship?

9) Given the high divorce rate, do you think you have more of a chance than others to remain married for the rest of your lives? Why or why not?

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- 10) Do you feel safe expressing your feelings to your partner?
- 11) Are you comfortable with the way your partner expresses anger?
- 12) How would you describe your ability to communicate with your parents:
  - When you were a child?
  - When you were a teenager?
  - Now?

## Pre-Marital Counseling

### Topic: Attitudes & Expectations Regarding Your New Family

- 1) Do you believe that there are roles a person has simply because of gender?
- 2) How many children would you like to have?
- 3) How far apart in age would you like your children to be?
- 4) What are your views on discipline?
- 5) Will you expect your children to perform well in school? In athletics? In other areas?
- 6) Will you expect your children to attend college?
- 7) How often do you expect to go on vacation as a family?
- 8) What is your ideal vacation?
- 9) Would you consider going on a vacation without your spouse?
- 10) How do you expect to spend your weekends?
- 11) How many nights each week would you like your family to be at home?
- 12) How would you describe your ideal home? (Include location, type of building, rooms, yard, etc.)
- 13) Do you hope to have pets? How many? What kind?
- 14) How often would you like to make love with your spouse?
- 15) What kind of things do you hope to continue doing to keep the romance in your relationship?
- 16) How would you describe "quality time" with your spouse?
- 17) What is your idea of a great date?
- 18) Do you have any fears about marriage in general? If so, what are they?

## Pre-Marital Counseling

### Topic: Blended Marriages

(For marriages where either spouse have children from a previous relationship.)

### **Answer the following questions *if your spouse has children:***

How would you describe your current relationship with your future stepchildren?

How would you describe your role as a stepparent?

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What expectations does your future spouse have of you as a stepparent?

**Answer the following questions *if you have children*:**

How would you describe your relationship with each of your children?

How do you see your spouse's role as a stepparent?

What expectations do you have of your spouse toward your children?

What kind of financial assistance do you plan on giving to your children once they have graduated from high school?

**Answer the following questions *if either you or your spouse has children*:**

What concerns do you have regarding the disciplining of the children?

When will you spend quality time together as a couple (without the children)?

What will you do for that quality time together?

What kinds of activities will you share as quality time with the children?

What is your greatest fear or concern regarding your new family?