

## Questionnaire: Giving and Receiving Love in Your Marriage

Please write out your own thoughts privately before sharing them with your future spouse.

1. Am I comfortable talking to my future spouse about how I feel loved in our relationship, and am I confident that he/she understands the importance of this within the context of our marriage? If I answered “no” what is holding me back from being open about this topic?
  
  
  
  
  
  
  
  
  
  
2. In what way can my future spouse help me to feel loved, foster greater understanding of who I am as a person, and build intimacy in our marriage?  
(Please Note: If the greatest way I feel loved is sexual fulfillment, we should talk about how this can be met in a way that preserves the chastity of our relationship before and after we are married, so that my future spouse will always feel respected, cherished and never used as an object).\*
  
  
  
  
  
  
  
  
  
  
3. What do I think is the greatest way my future spouse feels loved?
  
  
  
  
  
  
  
  
  
  
4. How do I think I can help him/her to feel loved this way within the context of our marriage? Am I currently trying to achieve this in our relationship? \*(Please Note: If the greatest way my future spouse feels loved is sexual fulfillment: we should talk about how this can be met in a way that preserves the chastity of our relationship before and after we are married, so that I can maintain my personal dignity and never feel that I am being treated like an object to be used).\*

