PERSONAL HISTORY WORKSHEET

Name __________________________________________ Age _________

Fiancé(e)’s Name __________________________________________ Age _________

Current Occupation ____________________________________________

Length of employment at your current job ___________________________________

Highest level of education completed _______________________________________

Hobbies and interests ________________________________________________

______________________________________________________________________

Previously married? □ Yes □ No How many times? _______

□ Divorced □ Widowed

How long have you been divorced or widowed? ____________________________

Much of who you are today is a product of your past. You and your fiancé(e) have probably not attempted to conceal your background from each other. But you may not have taken the time needed to adequately examine how your past influences your future.

One of the most underestimated influences on your new marriage is your family. When most couples marry today they assume that their marriage is between two people who want to become one. In reality, it is two people and two families that are coming together to form a new merger. You will leave your father and mother so that you can cleave and become one. However, as you will see in the years ahead, your family’s impact on your new family must not be minimized, but rather understood and planned for.

We estimate this project will take at least two hours to complete, but you will find the effort well worth it! As you complete this project, you’ll uncover some treasures along the way that will enrich your current relationship. You’ll also locate a few old rusty nails that if not properly handled could create wounds that will infect your future marriage.

Take your time and answer each question as thoroughly as possible, then meet with your fiancé(e) to share your answers. If you are meeting with a mentor, give him or her a copy of the completed questions before you meet together.
Section One: Your Relationship History

Your Current Relationship Story

1. How we met

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. What attracted me to him/her

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How long we have been dating

____________________________________________________________________

About Your Friendships

1. Friendships for me have generally been (check one)

☐ Easy, like falling off a log
☐ So-so, I can take ’em or leave ’em
☐ A challenge, a lot of work but satisfying and rewarding
☐ Discouraging, more pain than I bargained for
☐ Absent, I’ve never really had a truly close friend

Now share why you checked the box you did:
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. Who are two of your closest friends and what makes those relationships special?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
How long have they been your friends?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

3. What are three to five adjectives these friends would use to describe you?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. Describe a serious dating relationship from the past. Briefly state how it began, progressed and ended.

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

5. Can you identify any patterns that seem to be present in your relationships with the opposite sex? (Examples: “My tendency is to fall hard and fast, then get hurt.” Or “I am generally the more committed one in a relationship.”)

___________________________________________________________________
___________________________________________________________________
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For Previously Married Only

1. If you are divorced, why did you get a divorce? What were your reasons for divorcing?

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
2. Have you sought reconciliation with your former spouse? If so, how? If not, why not?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

3. Have you discussed with your pastor or counselor whether you are free to remarry from a biblical standpoint? Write down your conclusion.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. Give three reasons you are confident you have gotten over your previous marriage and are ready to marry again.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

5. Give three reasons you may be unsure.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

Section Two: Your Family

Home Environment
1. What was your family’s socioeconomic background as you were growing up? What is it now?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
2. How would you describe the environment of the home you grew up in?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

3. Did you experience any type of abuse (physical, emotional, sexual) as you grew up? Explain.
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. What traumatic, tragic events or financial hardships did your family experience?
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

5. As you look back over your family history, do you see any legacies that have been passed from one generation to the next? (For example, one family might pass on a tradition of trusting God in tough circumstances, while another family might pass on a tendency toward turning to alcohol to alleviate problems.)
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

Parents
1. What words would you use to describe your parents’ marriage? Tell why you chose each descriptive word.
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
2. As parents, what did your mom and dad do well?

<table>
<thead>
<tr>
<th>Dad</th>
<th>Mom</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. As parents, what do you wish they would have done differently?

<table>
<thead>
<tr>
<th>Dad</th>
<th>Mom</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

4. Describe the most significant impact your parents have had on you (positive or negative).

<table>
<thead>
<tr>
<th>Dad</th>
<th>Mom</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. What roles did your parents assume in the household?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Who was the leader in the marriage?
____________________________________________________________________
Who was the leader as a parent?

____________________________________________________________________

How did they make decisions?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

6. Choose three to five adjectives to describe your relationship with your father and tell why you chose them.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

7. Choose three to five adjectives to describe your relationship with your mother and tell why you chose them.

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

8. In what ways are you like each of your parents?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

9. In what ways are you different?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
10. Are there any unresolved issues between you and your parents? Articulate them here if you can.
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

11. How do your parents feel about your choice of a mate?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Siblings and Other Relatives**

1. Rate your relationships with each of your siblings:

<table>
<thead>
<tr>
<th>Distant</th>
<th>Close</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

   Sibling _________________________________________
   Sibling _________________________________________
   Sibling _________________________________________
   Sibling _________________________________________
   Sibling _________________________________________
   Sibling _________________________________________

2. With what relatives do you have a special and unique relationship and what makes it unique (grandparents, aunts, uncles, cousins, etc.)?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Section Three:**

**Your Spiritual Journey**

1. What kind of religious upbringing did you have?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
2. What role does God play in your life today?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

3. How certain are you that you have a personal relationship with Jesus?
   □ Absolutely certain
   □ Sort of certain
   □ Not certain at all
   Why?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

4. Describe your spiritual life over the past 10 years. What were the high points?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What were the low points?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What caused growth or prevented growth?
5. Check the areas of your life in which you find it difficult to trust God and give Him complete control of:

- [ ] Sex
- [ ] Relationship w/parents
- [ ] Self-confidence
- [ ] Thought Life
- [ ] Finances
- [ ] Anger
- [ ] Worry
- [ ] Decision making
- [ ] My future
- [ ] Career
- [ ] Relationships
- [ ] Critical Spirit
- [ ] Other

6. How has your involvement in a local church helped you grow in your relationship with Christ and in your outreach to others?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Section Four:
Your Life Map

On the next page you will find a “life map.” This exercise is intended to give a summary view of your life. You will not be able to fit your whole life story into this project. Make sure to complete your Life Map privately. Do not interact with your fiancé(e) as you work on it. In preparation for this project, answer the following questions:

1. List at least three memories that you can vividly recall about this period of your life: BIRTH THROUGH ELEMENTARY SCHOOL

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. List at least five events/circumstances/experiences that you think shaped your life during this period: JUNIOR HIGH THROUGH HIGH SCHOOL

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. List at least five events/circumstances/experiences that you would consider “life-changing” from this period of your life: POST-HIGH SCHOOL TO THE PRESENT

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Plot these answers on your Life Map in the appropriate spot. Use the sample Life Map as a guide in developing your own. Remember, the midline is emotional neutral. Anything above the midline indicates positive experiences; below indicates negative. Try to plot at least seven and no more than 12 mile markers.
<table>
<thead>
<tr>
<th>Event</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start Elementary</td>
<td>4</td>
</tr>
<tr>
<td>Graduate Elementary</td>
<td>4</td>
</tr>
<tr>
<td>Start High School</td>
<td>4</td>
</tr>
<tr>
<td>Graduate High School</td>
<td>4</td>
</tr>
<tr>
<td>Have friends in college</td>
<td>4</td>
</tr>
<tr>
<td>Meet new best friend</td>
<td>4</td>
</tr>
<tr>
<td>Acquire a college</td>
<td>4</td>
</tr>
<tr>
<td>After school job</td>
<td>4</td>
</tr>
<tr>
<td>First love</td>
<td>4</td>
</tr>
<tr>
<td>Break up with H.S. love</td>
<td>4</td>
</tr>
<tr>
<td>Off to college</td>
<td>4</td>
</tr>
<tr>
<td>New major</td>
<td>4</td>
</tr>
<tr>
<td>First job</td>
<td>4</td>
</tr>
<tr>
<td>First car</td>
<td>4</td>
</tr>
<tr>
<td>Cell phone off</td>
<td>4</td>
</tr>
<tr>
<td>New job</td>
<td>4</td>
</tr>
<tr>
<td>Great engagement</td>
<td>4</td>
</tr>
<tr>
<td>Cell engaged</td>
<td>4</td>
</tr>
<tr>
<td>Birth</td>
<td>4</td>
</tr>
</tbody>
</table>

- **Post High School**

- **Sample Life Map**

- **Your Life Map**
GREAT EXPECTATIONS SURVEY

Write down the specific expectations you have for your marriage in the following categories. Write down how you feel about the particular item, not what you think your fiancé(e) wants to hear. Answer all the questions. The more specific and honest you are, the more gold you’ll discover.

Marriage Relationship

1. How will you make decisions once you are married?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

What will you do when you find you cannot agree?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. When you are ill, how much sympathy and attention do you desire? What does being taken care of look and feel like to you?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How much time do you expect to spend with your friends after you are married?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
4. How will you relate to opposite-sex friends after you are married?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Finances**

1. Who will be the primary financial provider in the family?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. Do you anticipate both husband and wife pursuing careers? If yes, for how long?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How will you decide on major purchases?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. Who will pay the bills and keep the checkbook?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

5. What is your philosophy of giving (to your church or other charitable organizations) and how will you make decisions about giving?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

6. What are your convictions about the use of credit cards?
____________________________________________________________________
Home

1. Where do you want to live?

____________________________________________________________________
____________________________________________________________________
In what setting would you want to live (i.e. city, suburb, small town, rural, plains, mountains, desert, coastal, etc.)?
____________________________________________________________________
____________________________________________________________________

2. Will you live in an apartment or house? Will you rent or buy?

____________________________________________________________________
____________________________________________________________________
What do you expect your standard of living to look like after five years of marriage?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How soon after you are married do you expect to have your home reasonably furnished? What does "reasonably furnished" mean to you?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Housekeeping

1. Who will prepare meals and what types of food will you eat?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. How important are family mealtimes to you? Why?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
How often will you eat out?
____________________________________________________________________
____________________________________________________________________

3. How clean do you want your home to be? What does “clean” mean to you?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. Who will do each of the following?
   Laundry and ironing ________________________________________________
   Purchasing groceries _______________________________________________
   Automobile maintenance _____________________________________________
   Home repairs and yard work _________________________________________
   General household cleaning _________________________________________
   Cleaning bathrooms _____________________________________________
   Making the bed ________________________________________________

5. Do you want a pet in the home? If so, what type?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Children and Parenting
1. What is your attitude toward children?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. When do you see yourself having children and how many would you like to have?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
3. What would you do if you cannot conceive children of your own?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. What is your view on abortion?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

5. What is your view on birth control?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

6. Who will be the primary nurturer/caregiver of your children?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

7. How will you discipline your children? How do you envision sharing that responsibility?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Social/Entertainment
1. How often do you want to invite people to your home?
____________________________________________________________________
____________________________________________________________________

What kind of entertaining do you expect to do (i.e. formal or informal dinner, lavish or simple parties, etc.)?
____________________________________________________________________
2. How often will you go out on dates?
____________________________________________________________________
____________________________________________________________________
3. What will be the role of television in your lives and what guidelines will you have?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
What about movies?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
4. How will your personal friendships (his friends/her friends) change after marriage?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
5. What hobbies or recreational pursuits will you pursue individually?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Together?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
How often will you pursue them?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
6. How do you feel about having alcoholic beverages in your home?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
**Spiritual Life**

1. Who will take spiritual leadership in the home and what do you think this means?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

2. When and how often will you pray and read the Bible together?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. Where will you join a faith community and what will your involvement be?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. In what ways do you anticipate reaching out to others as a couple?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Holidays/Vacations/Special Occasions**

1. Where will you spend Christmas, Thanksgiving and Easter?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

How will you decide?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
2. What expectations do you have for celebrating holidays?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How will you celebrate birthdays and wedding anniversaries?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. How much will you spend on gifts for family, friends and each other for...

<table>
<thead>
<tr>
<th></th>
<th>Family</th>
<th>Your Children</th>
<th>Friends</th>
<th>Each Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birthdays?</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Christmas?</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Weddings?</td>
<td>______</td>
<td>______</td>
<td>______</td>
<td>______</td>
</tr>
<tr>
<td>Anniversaries?</td>
<td>______</td>
<td>______</td>
<td>______</td>
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</tr>
</tbody>
</table>

5. How will you spend your weekends?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Parents and Other Relatives

1. How do you think your relationship to your parents will change after you are married?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
2. How much time do you anticipate spending with your parents and your in-laws?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. What other relatives do you expect to be involved in your marriage and family (siblings, aunts, uncles, cousins)? In what ways would they be involved?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. How involved do you want your parents and in-laws to be in your children’s lives?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
How will you accomplish this?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

**Sex**

1. In your first year of marriage, how often do you expect to experience sexual intimacy?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
2. What are your expectations about sex on your honeymoon?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. What do you feel about your spouse at times saying no to having sex?

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

For Those Who Have Been Previously Married

Marriage

1. Review each category below and ask yourself this question: What unique expectations might I be holding on to from my previous marriage that I haven’t yet discussed? Or to put it another way: What are areas of this marriage that I’m expecting to be different from my previous one?

Marriage Relationship

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Finances

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
In-laws/Relatives

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Sex

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

2. If your fiancé(e) needs to contact his or her former spouse (due to finances, business, in-laws, children, etc.) how do you want that to be handled?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Children

(if applicable)

1. What kind of relationship do you expect your new spouse to have with your children?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
2. What kind of relationship do you expect to have with your spouse’s children?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

3. How will you handle the children’s need to see your former in-laws – their grandparents, aunts, uncles and cousins?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

4. What guidelines need to be developed in disciplining the children?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

5. How will you handle disagreements with former spouses about how to raise the children?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

6. What are the financial burdens involved in raising the children? How will these be handled?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

7. Will you have additional children? When? How many?
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________