Marriage Counseling Questions

Name: _____ Date: _____ dd / mm / yyyy

What initially attracted you to each other? How has that attraction evolved over time?

What are your individual expectations and goals for your marriage?

How do you currently handle conflicts and disagreements? Are there any patterns or recurring issues?

What are your primary love languages, and how do you express love and affection towards each other?

How do you prioritize spending quality time together, despite the demands of work, family, and other responsibilities?

Have you discussed your long-term plans and aspirations as a couple? How do your individual visions align?

How do you approach decision-making within your relationship? Are there any challenges or power imbalances?

What are your individual roles and responsibilities in the marriage? Are there any areas that need to be renegotiated or clarified?

How do you maintain emotional intimacy and connection on a regular basis?

How do you navigate and support each other during times of stress, grief, or major life changes?

How well do you communicate your needs, desires, and concerns to each other? Are there any barriers to effective communication?

What are your expectations around financial matters? How do you handle budgeting, spending, and financial decisions as a couple?

How do you maintain a healthy balance between individuality and togetherness within your marriage?

Are there any unresolved issues or past hurts that are affecting your relationship? How can you work towards healing and forgiveness?

How do you nurture and sustain a sense of romance, passion, and attraction in your marriage?