

F.A.C.E.T Foundation Applied Conversation & Education Tool

Instructions for Couple: Please open Answer Sheet (PDF) and indicate your answers by checking the appropriate box or filling in the blank, where requested. Your partner will respond independently on a separate answer sheet.

Answers: A = Agree D = Disagree U = Uncertain

I. FAMILY OF ORIGIN

I know:

1. The names, birthdays and birthplaces of my parents.
2. The names, birthdays and birthplaces of my grandparents.
3. About divorces among parents, grandparents, aunts, or uncles.
4. My future spouse's family history.
5. What the term "family of origin" means.
6. Some stories about my family and my future spouse's family.

I believe:

7. My family has had a great influence on my values.
8. Resolving issues with my family of origin will help my marriage.
9. I need to forgive my parents for past hurts.
10. That I know all I need to know about my family of origin.
11. Try to maintain a positive relationship with our families.
12. Participate in establishing our own family traditions.

II. ROLES IN MARRIAGE

I understand:

13. That we need to share household tasks.
14. There are no "male" jobs or "female" jobs.
15. That it is important to feel that our roles are fair.

I believe:

16. That my future spouse is a capable person.

17. That we are both responsible for running our house.
18. That it is important to respect the work my future does for us.
19. My future spouse does not value my contribution to our household.

I will:

20. Do my fair share of chores around the house.
21. Be open to conversation about chores.
22. Express appreciation for my spouse's contributions to our household.

III. BUDGET/FINANCES

I understand:

23. There is no one right way to manage money.
24. Debt is very common among newly married couples.
25. Differences about finances can cause stress in our relationship.

I believe:

26. My future spouse is honest about debts and assets.
27. We often disagree about money.
28. My future spouse spends money foolishly.
29. My future spouse thinks I spend money foolishly.
30. We should be saving more of what we earn.
31. The wedding is costing too much.

I will:

32. Make a budget with my spouse.
33. Be honest about my financial situation and spending.
34. Be respectful of my spouse's financial concerns.
35. Agree to give a portion of our income to help others.

IV. VALUES

I understand:

36. That relationships are of the highest value.

37. That it is important to have similar values.

38. Integrity is a base value, meaning that all other values are based on my honesty.

39. My life choices are based on my values.

I believe:

40. That our spiritual life will help us form our values.

41. That it is important to be generous even if we are feeling pinched.

42. We will live out our life together based on our shared values.

43. My future spouse is an honest person.

44. We want the same things in life.

I will:

45. Identify my core values and try to live by them.

46. Teach our values to our children.

V. HABITS

I understand:

47. Physical abuse is never acceptable.

48. Pornography, gambling and cigarettes (as well as alcohol and drugs) can be addictive.

49. Addictions can limit the ability to enter into a committed marriage.

50. Counseling may be necessary to address some addiction issues before we can be married in the church.

I believe:

51. It is important to be honest about habits that might affect our relationship.

52. Pornography is harmful to marriages.

53. My future spouse might have a problem with the use of pornography, alcohol drugs.

54. Either my future spouse or I grew up in a family that had addiction issues.

55. My future spouse has some habits that concern me (TV, video games, internet use, etc.).

I will:

56. Be open to my spouse's concerns about my behaviors.

57. Ask for help if I have a harmful habit.

58. Practice moderation in my habits.

VI. WORK/FAMILY ISSUES

I understand:

59. Technology (laptops, cell phones, internet, etc.) can make it difficult to separate work time from personal time.

60. Lack of balance between work and family has a negative impact on both employer and employee.

61. Marital difficulties can have a negative impact on work performance.

62. Work stress can cause problem between us.

I believe:

63. We have discussed how my employment affects our relationship.

64. My future spouse does not support my choices of career/job.

65. We agree about how much time is required of each of us by our employer.

66. We have talked about what will happen with our jobs when we have children.

I will:

67. Balance my work and family life obligations.

68. Discuss with my spouse any changes in my employment that might impact our marriage.

VII. FRIENDS/LEISURE

I understand:

69. Spouses should be friends.

70. Unmarried people often socialize differently from married people.

71. Friendships have a different place after marriage.

72. It is good if we share common interests and hobbies.

I believe:

73. My future spouse likes my friends.

- 74. I like my future spouse's friends.
- 75. We have some friends who support our marriage.
- 76. Some friends pull us away from our marriage.
- 77. Problems between spouses should not be discussed with friends.
- 78. Time with friends should not take away from our marriage.

I will:

- 79. Balance friend time with home time.
- 80. Talk with my spouse about how we spend leisure time.
- 81. Discuss how much time and money it is okay to spend on hobbies.
- 82. Respect my spouse's friends.
- 83. Build joint friendships that support our marriage.

VIII. SEXUALTY/INTIMACY

I understand:

- 84. That a terminated pregnancy (abortion, miscarriages, stillbirth) could affect our relationship.
- 85. We should be respectful of one another in our intimate relationship.
- 86. That people can have different levels of desire for physical intimacy.
- 87. What Natural Family Planning is and how it works.

I believe:

- 88. Sex is meant to create a strong bond between us.
- 89. Affection is not important part of intimacy.
- 90. Romance fades over time.
- 91. Sexuality is a way to express the love we have for each other.
- 92. Intimacy is more than sex.
- 93. Our sex life is intended to be a gift we give each other.
- 94. My future spouse might not find me attractive sexually.

I will:

- 95. Practice faithfulness, both emotional and physical.
- 96. Be patient with my spouse and myself.
- 97. Build self-control into the ways I express my love for my spouse.

IX. COMMITMENT

I know:

- 98. Family members and friends who are in committed relationships.
- 99. Family members or friends who have been unfaithful.

I understand:

- 100. Commitment involves choosing one person over all others.
- 101. Commitment to one another will be ongoing.
- 102. Commitment means staying together and working out any problems.
- 103. I need to close the door on past romantic relationships before I commit to this marriage.

I believe:

- 104. Commitment is an essential part of a lifelong marriage.
- 105. Marriage is for life.
- 106. Faithfulness is a decision.
- 107. I would have trouble staying in this marriage if my spouse were unfaithful.

I will:

- 108. Ask for God's help in keeping my commitments.
- 109. Reaffirm my commitments to my spouse.
- 110. Discuss ways to "affair-proof" our marriage.

X. COMMUNICATION

I know:

- 111. What "I" statements are.
- 112. My parents were good communicators.
- 113. How I prefer to communicate.

114. What nonverbal messages are.

115. How to express my feelings.

I believe:

116. We agree communication is important in our relationship.

117. It is just as important to communicate feelings as thoughts.

118. Certain topics should only be shared with my future spouse.

119. When I am empathetic I hear my future spouse better.

120. My future spouse knows how to express feelings to me.

121. When I am wrong I can say I am sorry.

I will:

122. Communicate with my spouse each day.

123. Share my concerns rather than keeping them to myself.

124. Share praise and appreciation as well as complaints.

125. Avoid put downs and yelling.

126. Listen with care.

XI. PARENTING

I understand:

127. Our marriage relationship is as important as the relationship with our children.

128. Children will impact our marriage.

129. Being a stepparent presents unique challenges and opportunities.

130. Our parenting styles are influenced by how we were raised.

131. It is important for fathers to be actively involved in the raising of their children.

I believe:

132. We have discussed what we would do if we couldn't have children.

133. We agree about having children.

134. Children need strong stable parents.

135. Parents' greatest gift to their children is to have a good marriage.

136. Children need parents who are present and active in their lives.

I will:

137. Discuss when we would like to start a family.

138. Discuss how many children I think we would like to have.

139. Consider using Natural Family Planning to achieve or postpone pregnancy.

140. Discuss our own upbringing and its influences on parenting.

141. Talk about what values, traditions and religious practices are important for our children.

XII. FAITH/RELIGION/SPIRITUALITY

I understand:

142. Spirituality is a life long process.

143. Religious beliefs strengthen marriage.

144. Morality is an important part of religious belief.

145. What my family thought about religion?

I believe:

146. Prayer is not important to my spirituality.

147. Faith is important to me.

148. Faith is not important to my future spouse.

149. Sharing my beliefs with my future spouse is important.

150. Being part of a faith community is important.

I will:

151. Respect my spouse's faith, religious observance, and traditions.

152. Discuss with my spouse attending religious services.

153. Grow spiritually both as an individual and in my marriage.

XIII. CATHOLIC SECTION

I understand:

154. What the Catholic Church teaches about covenant marriage.

- 155. What the Catholic Church teaches about Permanence.
- 156. What the Catholic Church teaches about the two purposes of marriage.
- 157. What the Catholic Church teaches about faithfulness.
- 158. What the Catholic Church teaches about marriage as sacrament.
- 159. What the Catholic Church teaches about marriage as vocation.
- 160. What the Catholic Church teaches about artificial birth control.

I believe:

- 161. God loves me; I do not earn God's love.
- 162. Jesus is divine.
- 163. Jesus died for us.
- 164. There is life after death.
- 165. The church is community of love.
- 166. Marriage is a sign of God's love in the world.
- 167. Jesus showed unconditional love for all.
- 168. Jesus showed a special love for the poor.

I will:

- 169. Give to church and charities.
- 170. Pray with my spouse.
- 171. Raise our children in the Catholic faith.
- 172. Model Jesus' love in our marriage.
- 173. Practice forgiving my spouse and myself.
- 174. Assist the poor and vulnerable in my community.

