



**The Coptic Orthodox Diocese of the Southern United States**  
**The Pre-Marital Educational Programs**  
Suggestions for Maximizing Your Marriage Experience



**Helping Points**

- Please, seek to grasp the overall picture of marriage before getting married.
- Concentrate on understanding the Biblical principles of Holy Matrimony.
- Work on building a strong foundation prior to your marriage.

**Questionnaire**

- This Questionnaire would help couples have better self-understanding.
- Take the time to respond before you attend your Premarital Education event.
- All responses are strictly confidential, shared anonymously or between the two spouses, or spouses-to-be, with their mutual agreement.
- Some Bible chapters may help when you respond to this Questionnaire.

Examples:

***Genesis 1&2; Matthew 19; 1 Corinthians 7; Ephesians 5; 1 Peter 3***

- Please **underline** your responses or use **red color** in typing them.
- If needed, you may use additional space for your responses.

**The Questionnaire:**

**1. What are your main purposes of getting married? (Check all that apply)**

1. Enjoying and expressing God's love to each other?
2. Enjoying expression of sexuality without sinning?
3. Having and raising children?
4. Company, friendship, helping each other?
5. Financial security?
6. Keeping the family name?

**2. What would be your best description of Christian Marriage? (Select one only)**

1. Friendship
2. Partnership
3. Agreement
4. Contract
5. Covenant
6. Something else, like:

**3. What's your best understanding of Gender Roles within Marriage? (Select one only)**

1. Man is the Head and he should have control and make the final decision.
2. Woman was created after Man; so, she should unconditionally submit to him.
3. Though Man is the Head, both should participate equally in decision making.
4. There's no problem for Woman to be completely in charge of her family.
5. (Write Your Own View):

**4. List the Four Most Significant Areas that reflect your differences from the other:**

- 1.
- 2.
- 3.
- 4.

**5. List the Four Areas which you believe your future spouse has to change in order to make your marriage successful or more enjoyable:**

- 1.
- 2.
- 3.
- 4.

**6. When we get married, our union will include, besides sexual intimacy, the following joint activities: (Please, check or underline all that would apply):**

1. Sharing our time (especially when we are off work or during the weekends)
2. Our spirituality and all forms of worshipping God
3. Our visits to our families and our in-laws
4. Our finances (including all incomes and savings, before and after marriage)
5. Checking each other's mail, email or text messages
6. Sharing our past experiences in life, positive or negative
7. Doing house chores, like washing the clothes or the dishes
8. Taking care of our children
9. Other Activities, like volunteer work, shopping or social gatherings
10. Spending time every day listening and talking to each other
11. Communicating to make sure the other party would receive gratification of all needs
12. Having "fun" together

**7. To keep my marriage healthy, I'd commit to do the following: (Select all that applies)**

1. Read/Study the Bible regularly together
2. Pray daily together
3. Attend the church services and enjoy the Church's Sacraments together

**8. Following marriage, you will resolve serious problems with your spouse through:**

**(Check all that may apply)**

1. Direct Communication between both of you
2. Giving your spouse a break until both of you calm down
3. Avoiding to address the problem until time would resolve it
4. Asking a priest or a bishop to intervene
5. Asking your spouse's parents to convince him/her to listen to you
6. Taking a break by staying with your own parents away from each other
7. Asking a mediator, like a friend, for help
8. Seeking professional counseling or marriage therapy
9. Calling 911 in case of violence or life-threatening situations
10. Seeing a lawyer for an advice, or filing for legal separation or even divorce

**9. You or your spouse may miss your parents and your family of origin after getting married. Therefore, you may need to do the following: (Check all that may apply)**  
*(As you answer here, please note any sign that you are overly attached to your parents!)*

1. Live close to your parents or original family
2. Call your parents as frequent as possible
3. Feel guilty if your parents accuse you of not involving them into your family life
4. Allow your parents to live in your residence, even when you know that your spouse shall not be happy or may suffer
5. Honor your parents or meet their needs "regardless" of your spouse's needs or views
6. Let parents know the "important" things in your marital life to avoid making them worried about your marriage and family life
7. With the agreement of your spouse, check with you parents for advice before making your important decisions
8. Make sure that the visits to your parents equal those to your spouse's parents
9. Encourage your parents to get used to live their own life independently
10. Love your in-laws so that your spouse would love your own parents

**10. Check the things you plan to quit in order to make your marriage work better?**  
**(Check all that may apply)**

1. Spending too much time with your "old" Friends
2. Watching or Playing Sports, or Going to the Gym Individually
3. "Too much" Shopping
4. Surfing the Internet; Facebook; Chatting, Playing Games ... etc
5. Watching Pornography
6. Drinking, Smoking (Cigarettes or "Shisha"), or any similar addictions
7. "Too much time" watching the TV
8. "Too much time" on the phone or texting ...etc.
9. Going to Bars, Nightclubs and Casinos ...etc.
10. Gambling through the Lottery, the Stock Market or the Internet