



**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 time to respond before you attend your Premarital Education event.
- All responses are strictly confidential, shared anonymously or between the two spouses or the spouses-to-be with mutual agreement.
- Some Bible chapters may help when you respond to this Questionnaire:  
***Genesis 1&2; Matthew 19; 1 Corinthians 7; Ephesians 5; 1 Peter 3***
- Please check by **underlining** your response or using **red color** in typing it.
- If needed, you may use additional space for your responses.

**The Questionnaire:**

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

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

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

1. Friendship
2. Partnership
3. Agreement
4. Contract
5. Covenant
6. Other Description ...

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

1. Man is the Head (Authority) 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 the Woman to be completely in charge of her family.
5. Other View ...

**4. List the Four Major Areas that reflect your differences from each other:**

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

**5. List the Four Major Areas which you believe your future spouse will have 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: (Check or Underline ALL that may apply):**

1. Sharing our time (especially when we are off work or during the weekends)
2. Our spirituality and all forms of worshiping 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 marriage healthy, I will commit myself to do the following:  
(Select ALL that may apply)**

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 a 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 want 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. Invite your parents always to spend vacations with you and your spouse
5. Meet your parents' needs "regardless" of your spouse's needs
6. Let your parents know the "important" things in your marital life to avoid making them worried about your marriage
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
11. Keep honoring your parents without hurting your own spouse or children
12. Move away from your parents if your spouse gets a better job in a different state

**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 "old friends"
2. Watching or playing sports, or going to the gym by yourself
3. "Too much" shopping
4. Surfing the Internet, Instagram, Facebook, Chatting, Playing Games ... etc.
5. Watching Pornography
6. Drinking, Smoking (Cigarettes, Vape, Shisha), or other addictions
7. "Too much" watching the TV
8. "Too much time" on the phone or texting ...etc.
9. Visiting Bars, Nightclubs, Casinos ...etc.
10. Gambling using the Lottery, the Stock Market or on the Internet