

# Happily Ever After

## The Plan

### the story

#### Who am I?

For me the most important things in life are...

- 1.
- 2.
- 3.

I believe in:

- 1.
- 2.
- 3.

My Myers-Briggs Type is:

My Enneagram Type is:

My Strengths are:

- 1.
- 2.
- 3.
- 4.
- 5.

## the story

### Who am I marrying?

For my fiancée the most important things in life are...

- 1.
- 2.
- 3.

My fiancée believes in:

- 1.
- 2.
- 3.

My fiancée's Myers-Briggs Type is:

My fiancée's Enneagram Type is:

My fiancée's Strengths are:

- 1.
- 2.
- 3.
- 4.
- 5.

## the story

### The Story of Us

How did we meet?

What attracted me to my fiancée was...

- 1.
- 2.
- 3.

What attracted my fiancée to me was...

- 1.
- 2.
- 3.

How did you know you should marry each other?

I am confident I'm marrying the right person because...

- 1.
- 2.
- 3.

My fiancée is confident in marrying me because...

- 1.
- 2.
- 3.

## the anxiety

I respond to anxiety by...

- 1.
- 2.
- 3.

My fiancée responds to anxiety by...

- 1.
- 2.
- 3.

Things about my fiancée that get on my nerves

- 1.
- 2.
- 3.

Things about me that get on my fiancée's nerves

- 1.
- 2.
- 3.

Reasons marriage in general scares me

- 1.
- 2.

Reasons marriage in general scares my fiancée

- 1.
- 2.

Reasons marrying my fiancée scares me

- 1.
- 2.
- 3.

Reasons marrying me scares my fiancée

- 1.
- 2.
- 3.

## the family

One word to describe each stage in your lives:

<b>Stage:</b>	<b>You</b>	<b>Your Fiancée</b>
Childhood		
Adolescence		
Today		

Describe a conflict or difficult time that your family has gone through.

How did your family react to the conflict?

How was the conflict resolved?

Describe a conflict or difficult time that your fiancée's family has gone through.

How did your fiancée's family react to the conflict?

How was the conflict resolved?

Triggers I have because of my family

- 1.
- 2.
- 3.

Triggers my fiancée has because of family

- 1.
- 2.
- 3.

happily ever after: the plan

## the family

Family rules in my family:	<b>Family rules in OUR family:</b>	Family rules in my fiancée's family:
1	<b>1</b>	1
2	<b>2</b>	2
3	<b>3</b>	3

The best way to handle conflict with my family is by...

The best way to handle conflict with my fiancée's family is by...

Here are 3 areas where boundaries may be blurry with our family members:

- 1.
- 2.
- 3.

Here are 3 ways we know that those boundaries may have been crossed:

- 1.
- 2.
- 3.

## the family

**Describe the ideal relationship with your in-laws:**

**Describe your fiancée's ideal relationship with your family:**

happily ever after: the plan

## the talking

Our communication styles are:

	Extrovert or Introvert	Thinker or Feeler
Me		
My Fiancée		

Three things I need to remember about my fiancée when we're talking:

- 1.
- 2.
- 3.

Three things my fiancée needs to remember about me when we're talking:

- 1.
- 2.
- 3.

When I don't feel heard or that my point has been understood, I begin to...

When my fiancée doesn't feel heard or understood, my fiancée begins to...

The Communication Rule I break the most is...

The Communication Rule my fiancée breaks the most is...

## the fighting

Our fights follow this pattern:

What's it usually about?

Who gets mad first?

How is that anger expressed?

How does the other person react?

How does the fight end?

I am too angry to talk when:

- 1.
- 2.
- 3.

My fiancée is too angry to talk when:

- 1.
- 2.
- 3.

Our worst fights happen when these variables exist:

- 1.
- 2.
- 3.

We will call a time out during a fight using this phrase -

Our break will last this amount of time -

## the fighting

We will attempt to re-enter the conversation by:

- 1.
- 2.
- 3.
- 4.
- 5.

This is what I need in an apology:

- 1.
- 2.
- 3.

This is what my fiancée needs in an apology:

- 1.
- 2.
- 3.

How I want to feel after a fight:

- 1.
- 2.
- 3.

How my fiancée wants to feel after a fight:

- 1.
- 2.
- 3.

## the money

I believe the purpose of money is:

- 1.
- 2.
- 3.

My fiancée believes the purpose of money is:

- 1.
- 2.
- 3.

My ideal work situation is:

My fiancée's ideal work situation is:

When we talk about budgets I feel:

- 1.
- 2.
- 3.

When we talk about budgets my fiancée feels:

- 1.
- 2.
- 3.

My biggest financial concern is:

My fiancée's biggest financial concern is:

Our financial goals for the first year of our marriage:

- 1.
- 2.
- 3.

## the sex

I believe the purpose of sex in our marriage is:

- 1.
- 2.
- 3.

My fiancée believes the purpose of sex in our marriage is:

- 1.
- 2.
- 3.

How do you expect marriage will change your sex life?

- 1.
- 2.
- 3.

How does your fiancée expect marriage will change your sex life?

- 1.
- 2.
- 3.

How does your past influence sex with your fiancée?

How does your fiancée's past influence sex with you?

What is the most important part of sex for you?

What is the most important part of sex for your fiancée?

## the goals

What are 3 goals you'd like to accomplish as a team during your first year of marriage?

- 1.
- 2.
- 3.

How will you celebrate each of those goals once they're accomplished?

- 1.
- 2.
- 3.

Why is your fiancée worth all of the hard work marriage is going to take?

Why does your fiancée think you're worth all of the hard work marriage is going to take?