MARCH 2003

QUESTIONS
TO ASK
BEFORE PROPOSING

Dear Michael:

Where can I get the pre-nuptial inventory produced by Minnesota University or any other questionnaire to help people to make the right decision on getting married?

Carlos (M) 55
Mexico City, Mexico

Dear Carlos,
Several studies have indicated that couples who really took the time to get to know each other before getting engaged had a much more successful marriage than those who did not. In fact, one study stated that 83% of divorces could be traced to couples that didn't bring up certain questions during their courtship.

Sadly, too many couples wait until they are engaged before they start asking each other the difficult questions. It's like telling a potential employer you will accept the job without knowing all it entails. Sure, you can pull out of the commitment but it would certainly be awkward. Your "interview" questions should come before the engagement, not afterwards. There is almost a social taboo against backing out of an engagement even when you know you are making a big mistake. The study you are referring to in your question is the Minnesota Multiphasic Personality Inventory. This will not accomplish what you are looking for but I believe the following recommendations will.

I looked for good pre-marital questions a couple of years ago. Although there are dozens of books on the market, none were complete. Most only have 100 to 300 questions. These leave a lot of territory uncharted. So, I took a year to compile all the questions

Copyright © 2003 Couples Company
All Rights Reserved

that couples should ask each other into an e-book, 1000 Questions for Couples.

The 1000 Questions for Couples is also ideal for long distance relationships since you can sign up for the bonus 300 day e-mail course where you are emailed 3 or 4 questions each day to answer.

One of the most popular pre-marital inventory tests is the PREPARE/ENRICH test. It must be administered through a trained counselor which you can find at Life Innovations. The cost will range from $75 on up but considering that the average wedding cost $19,000 and a divorce much more than that, it would be a wise investment.

If you are Catholic, Lutheran or any of the major Christian, Mormon or Jewish faiths, each of these faiths has pre-marital courses for their members. Since you are in Mexico City, there should be national offices for each faith in close proximity. Just check your local phone book or contact a church or temple elder. Religious pre-marital courses usually take 3-6 months, but part of the purpose of these is to work with the couple to ask and answer the questions before marriage. Unlike books, this usual involves meeting with a member of the clergy or rabbinical and working with that person through the questions together.

Good Luck!

Michael

Copyright © 2003 Couples Company
All Rights Reserved