



***Top Ten Indicators You and Your Partner are Ready for Marriage.***

- 1. You and your partner have discussed your long-term career goals and have a mutual understanding of one another's occupational trajectory.**
- 2. You and your partner have discussed whether or not you want to have children, how many children you would like, and have a general idea (especially if you already have children) of how you would like your children to be raised (moral values, principles, spirituality, discipline etc.)**
- 3. You and your partner have discussed your financial situation. You have a clear plan about how and when your bills will be paid, who will pay the bills, the type of investments with which you are comfortable, and have reached a mutual understanding about how your finances will be handled.**
- 4. You and your partner have discussed your sexual preferences, fears, assumptions, and expectations and feel you have mutual understanding of you and your partner as a sexual self and collective.**
- 5. You and your partner are able to balance your individuality needs and your togetherness needs. You feel confident that you can maintain a good relationship with your Self (individuality) while being intimately connected to your partner (togetherness). You understand the concept of being both a Me and a We.**
- 6. You and your partner have discussed your religious, spiritual and/or transcendent belief systems and feel confident that you have a mutual understanding of how these beliefs, needs, questions, and fears will be addressed and support within the context of the relationship.**
- 7. You and your partner have discussed your respective emotional needs and you have a mutual understanding about what those needs are and a plan for assuring those needs will be lifted up and validated in the relationship.**
- 8. You and your partner understand the importance of setting aside specific time for the couplehood and are committed to placing a high level of importance on maintaining and expanding the time you set aside for coffee dates, dinner out, sexual intimacy, conversation, entertainment, companionship etc. (15 hours a week is a good starting point).**
- 9. You and your partner have discussed your respective families of origin. You are aware of your partner's "unfinished business" as well as your own. You and your partner are committed to addressing these issues as they surface in the marriage.**
- 10. You and your partner are able to discuss difficult and sometimes emotionally charged issues without excessive emotional reactivity, blaming, defensiveness, and/or stonewalling. You understand the importance of honest, authentic connectedness through conversation and typically feel heard, seen and validated following these type of interactions.**