



*Action:*  
*Questions for Couples on*  
*Core Values*

People often ask me, “What are these core values that you’re always talking about? How do we know that we’re on the same page regarding the important issues?” In response, I’ve created the following simple worksheet to assess your core values and determine whether or not you’re basically in agreement.

Please print out two copies the following worksheet so that each of you can fill it out. Then sit down together to review your answers.

**Having kids:**

- We both want to have to kids.
- Neither of us want to have kids.
- We’re both undecided.
- One of us wants children and the other doesn’t.

**Once we have kids we’re in agreement that:**

- The woman will stay home for \_\_\_ months/years while the man works.
- The man will stay home for \_\_\_\_\_ months/years while the woman works.
- We’ll both work.
- We’re in conflict about it.

**Religion:**

- We have the same religious faith.
- We’re of different faiths but we’re supportive of the other’s beliefs and practices.
- We’re of different faiths and it’s a source of conflict.

**Once we have kids:**

- We’re in agreement about how we’ll raise them regarding religion.
- We’re in disagreement about how we’ll raise our kids regarding religion.

**Regarding money:**

- One of us is a spender and one is a saver.
- We're both spenders.
- We're both savers.
- Even though we haven't different money styles, it's not an areas of conflict.
- We have a lot of conflict around money.

**Spending time with family:**

- We're on the same page regarding how much time we spend with family.
- We're not on the same page and it's an intermittent source of conflict.
- We're not on the same page and it's a frequent cause of conflict.

**Household chores:**

- One of us likes a neat house and the other doesn't care but we're in alignment regarding the distribution of household chores.
- We're aligned regarding household chores.
- It's a source or a potential source of conflict.

**Managing Conflict (check all that apply):**

- We handle conflict well. When we disagree on something, we find a way to talk it through and arrive at a healthy compromise.
- We have trouble working through conflict. I withdraw when I'm triggered and resist opening back up until my partner approaches me with an apology.
- We have trouble with conflict. I flare up with anger and won't open my heart again until my partner approaches me with an apology.
- I have a hard time apologizing and seeing my part in a conflict.

- I have a fairly easy time apologizing and seeing my part in a conflict.
- If there came a time in our marriage when we reached an impasse, I would have no problem seeking help from a third party.
- I don't believe in therapy and believe that we should be able to solve our own problems

**If you're in disagreement about any of the above issues, I strongly encourage you to seek couples' counseling and postpone getting married until you find resolution.**

Please note that there's nothing on this list about enjoying the same activities or being the same personality types (introvert/extrovert; thinking type/feeling type) as this is not a prerequisite for having a healthy marriage. For more on this, please read my article called "I'm Tigger and He's Eeyore," which you can find here: <http://conscious-transitions.com/im-tigger-and-hes-eeyore/>