

# Fifteen Conversations

Fifteen conversations every engaged couple should have, from Regeneration Therapy Space. Most premarital conflict is not caused by incompatibility. It is caused by assumptions that were never actually said out loud before the wedding. This short guide lists the conversations worth having deliberately, while there is still time to have them without the pressure of an active crisis.

# Money

How will you combine or separate finances. Who pays for what. What does each of you consider an acceptable large purchase without discussion first. What debt is each person bringing into the marriage, and how will you handle it together.

# Conflict

How did conflict get handled in each of your families growing up, and how do you want it handled in yours. What does each of you need when an argument gets heated: space, or staying in the room. What is off-limits to say in a fight, no matter how angry you are.

## Family and In-Laws

How involved will extended family be in your decisions. What happens during holidays. How will you present a united front to family members who try to involve one of you against the other.

## Roles and Expectations

What does each of you expect regarding household responsibilities, careers, and, if relevant, children. Where did those expectations come from, and have you actually said them out loud to each other rather than assumed them.

## A Closing Note

You do not need identical answers to every question above. You need to know each other's actual answers, not the ones you assumed. If a conversation surfaces a real disagreement, that is the guide working, not failing. Regeneration Therapy Space offers Premarital Guidance sessions built specifically around working through exactly these conversations with a therapist present.