

BEFORE YOU  
*Tie the Knot*  
12 ESSENTIAL CONVERSATIONS



# START THE CONVERSATION

## A QUICKSTART GUIDE FOR MARRIAGE

Excerpt from the premarital course:  
Before You Tie the Knot - 12 Essential Conversations

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# WELCOME TO THE ADVENTURE OF MARRIAGE

**+** If this is your first marriage get ready for it, an adventure. This is an adventure that I think most people don't really even expect.

I like to equate it to going to Disneyland, Disneyland, or better yet Knott's Berry Farm. I remember going on a rollercoaster with my kids a while back and when I first went on the rollercoaster it was so frightening. You're so high up! And as you're going up the hill your hearts start pounding, you're sweating, you don't know, and quite frankly sometimes what you start to think about is this is going to kill you. You're going to just fall off this cliff and be dead for sure! And then you go down. And when you go down that mountain, go down those tracks it's exhilarating, it's fun. It is still scary, but you get to be pretty darn brave, and once you've done it once, once you've gone through that adventure, each time you get on that roller coaster it's even more exciting.

Now, I don't want you to misunderstand here, I'm not talking about marriage as being the rollercoaster. What I'm talking about is that fear and anxiety of that scary event when you understand what happens and you understand the safety, that ride becomes a thrill and you can't wait to get back on. There are so many people that get off a roller coaster and what they do is they get right back in line. Why? Because it's so exciting. That's the adventure I want you two to think about.

You are about to get on this ride, this ride of your lifetime, a ride that will take the two of you to an adventure that you can't wait for the next adventure, each day, each moment becomes a challenge and a wonder.

## So What's Next?

The confusing part is we really don't understand what marriage is all about; and that has a lot to do with what experiences you have had with your own family, with your parents, what their marriage was like.



### MODEL HOME

If you've been fortunate enough to grow up in a 2 parent home where your parents were happily married and passionately in love with each other, and that they demonstrated that, they modeled that for you. They were affectionate, touch was essential part that they shared, that they had experiences where sometimes it went great and sometimes it didn't go so good, and when it didn't go so good the two of them worked diligently to keep each other feeling loved in spite of that anger. In spite of the difficulties, they experienced that repair. They had a relationship that made the relationship the most important thing in the world, and the two of you can emulate that.

### CHALLENGING HOME

Some of us grew up in a home, where feelings were not expressed. Where anger led to some horrible things happening. The more difficult problem is if they didn't have a relationship. If they had a relationship where they lived separate lives, where the two of them never really interacted never repaired and you don't have a model, now you have to create that.

- Did your parents interact?
- Did the relationship go un-repaired?
- Were feelings expressed?
- Was there a model for marriage?

# My Passion

Is to give you and your partner a model, an example of what do we need to do to really have a relationship where you and your partner know that you're loved by one another and that your expectations of this marriage is that it's going to fulfill every dream that you ever had about a relationship. That the two of you are going to be a united team. A team that has a partnership that supersedes everything else in your life.

Having a marriage is different than having a boyfriend or girlfriend. Having a significant other is not less valuable, but if you choose to take that relationship into that type of commitment where you do choose to marry one another it is going to be different. There's legal differences and there's also differences in terms of a knowledge that you're going into this relationship to have a future and a forever love. A love that's going to last your lifetime.

One of the realities of marriage is it's a little bit like the rollercoaster example I gave in the beginning. We go through waves.. Sometimes we feel really really close with one another and sometimes we feel very disconnected. Sometimes we agree with each other and sometimes we won't agree with each other. If you have an expectation that everything is always going to work that is not a fair expectation to go into your marriage with. The key to a happy marriage the key to a healthy marriage is to be authentic, vulnerable, and willing to have a dialog that shows your partner the real you.

The problem for a lot of couples is that people don't feel safe enough to show their warts and all. The good the bad the ugly about each other is something you need to show and be willing to take the risk that your partner wants to know the real you.

## “ BE REAL WITH ONE ANOTHER ”

We're going to be that person in our world, that always sends the message that who we are is good enough.

# Where do you start?

One of the most important things I want to talk to both of you about is the difference between expectation and reality. So much what I see happening for people is that they have an expectation of marriage as something that is a fantasy. Not reality. So often we have television and societal discussions, our friends may talk about marriage in such unrealistic ways.

This is a sample worksheet for you to use to get started.

## What are your expectations?

Blank writing area for expectations.

How often will you have sex?

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Who will do the chores & housework?

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How will your money be handled?

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What are your current personal goals?

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What are your work & career goals?

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## JOIN OUR 12 WEEK PREMARITAL COURSE:

### Before You Tie the Knot - 12 Essential Conversations

This PDF has only scratched the surface of the essential conversations for marriage. These conversations are not always easy, but they are so valuable and necessary to your success as a couple. You can't plan for everything but you CAN give your relationship the best chance of succeeding by building your life on a secure and loving connection.

Taking the step to embrace what this program has to offer shows how committed and serious you are about making your love last. You have it within your power to make your marriage the one that everyone envies and strives to achieve. It's not a mystery. We know how to help couples create a love story that does have a happy ending. Start out your married life with the tools and information you need to keep your love alive every day. To have an emotional connection where you both feel loved and important.

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## BEFORE YOU *Tie the Knot* 12 ESSENTIAL CONVERSATIONS



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12 Conversations

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