



## Where Have You Been My Whole Life?

**W**atch the following Youtube Videos, answer the questions on your own. You will share your answers with your fiancé during a date you plan for after you finish this workshop but before the third Premarital Counseling Session.

a. **Watch** - *How Much Negativity Can Your Relationship Stand?*  
(1:24)

i. Describe your parent's interaction – what was the atmosphere like in your home?

ii. What proportion of communication was positive?  
What did that look like?

iii. What proportion was negative? What did that look like? (withdrawal, intimidation, loud, hidden)

**H**ow did your parents deal with their anger?

What affect did that have on you?

How do you believe it affected their relationship?

## PREPARING TO LAUNCH

**E**ach person - Take the Anger Questionnaire (p 32)

What does it look like when you're angry?

What was your score?

If you scored above a 10, continue on to the "Overcoming Anger" and have each of you fill it out. (p 33)

How does how you handle anger affect your relationship?

How does your fiancé handle anger issues?

How do you see that affecting your relationship?

**P**lan a date for after you've completed this workshop but before our second session. Reserve time to share about your answers and observations and to pray for each other about specific issues.