

COMPANION WORKBOOK  
FOR  
101 QUESTIONS  
TO  
ASK BEFORE  
YOU GET ENGAGED

A GUIDE FOR DEEPER ENGAGEMENT AND UNDERSTANDING



JEFFREY C. CHAPMAN

# WELCOME TO YOUR JOURNEY TOGETHER



Congratulations on taking an important step in your relationship! This Companion Workbook is designed to accompany Jeffrey C. Chapman's "101 Questions to Ask Before You Get Engaged" and to deepen your exploration of the questions and themes presented in the book. Each section of this workbook correlates with the major topics discussed, providing you with a structured space to reflect, discuss, and grow together.

## **Why This Workbook?**

The path to a lifelong commitment is built on a foundation of understanding, communication, and shared values. This workbook is here to guide you through engaging deeply with your partner about your beliefs, aspirations, fears, and expectations. Whether you are just starting to contemplate a future together or are already deep into your relationship planning, these pages will offer you insights and tools to enhance your connection and understanding.

## **How to Use This Workbook**

**Read Together:** For each section in the workbook, read the corresponding chapter in the book. This will give you the context and depth needed to tackle the questions thoughtfully.

*Reflect Individually:* Spend some time independently thinking about and writing your answers to each question. This personal reflection is crucial as it allows you to clarify your own thoughts and feelings before sharing them with your partner.



*Discuss as a Couple:* Share your responses with each other in a calm and relaxed setting. Use this time to understand each other's perspectives, without judgment. Remember, the goal is not to agree on everything, but to understand and appreciate where each other is coming from.

*Plan Together:* After discussing each question, jot down any important decisions or insights you've gained. Use the Action Plans at the end of each section to record how you can apply what you've learned in your relationship.

*Repeat:* Relationships grow and change over time. Revisit these questions annually or during significant life changes. You'll find that your answers may evolve, just as your relationship does.

### **Our Promise to You**

As you embark on this journey of discovery, remember that the process is just as important as the destination. This workbook is not just about finding "right" answers but about fostering communication and deepening the bond that you share. We wish you joy, understanding, and continued love as you work through these pages together.



# HOW TO USE THIS WORKBOOK



To make the most out of this Companion Workbook, it's important to approach the exercises thoughtfully and intentionally. Here's a step-by-step guide to help you navigate through the workbook effectively:

## **Step 1: Set a Comfortable Pace**

- **Frequency:** Decide how often you will sit down together to work on this workbook. Whether it's once a week or once a month, find a rhythm that suits your lifestyle.
- **Environment:** Choose a quiet, comfortable spot free from distractions where you can both focus and open up. This could be a cozy corner in your home, a local cafe, or a park.

## **Step 2: Prepare to Share**

- **Open-mindedness:** Enter each session with an open mind. Be prepared to listen to your partner's perspectives, even if they differ from your own.
- **Respect and Empathy:** Always approach your discussions with respect and empathy. Acknowledge that it's okay to have different views and that understanding each other's perspectives strengthens your relationship.

## **Step 3: Engage with the Content**

- **Read and Reflect:** Before you begin answering the questions, read through the section together. Then, take some time apart to reflect on your answers individually. This helps you formulate your thoughts clearly without being influenced by your partner's perspectives.
- **Write Freely:** Use the space provided to jot down your thoughts. Don't worry about perfect grammar or phrasing —focus on expressing your true feelings and ideas.



#### **Step 4: Share and Discuss**

- **Share Openly:** When sharing your answers, be honest and open. This isn't a test—there are no right or wrong answers.
- **Discuss Constructively:** Discuss each answer in a way that builds understanding. Avoid turning the discussion into a debate or a conflict.

#### **Step 5: Plan and Act**

- **Actionable Insights:** After discussing each question, think about practical ways to apply your insights. Use the 'Action Plans' sections at the end of each topic to outline steps you can take to strengthen your relationship.
- **Follow Up:** Set times to review the actions you've planned and assess your progress. This keeps you both accountable and shows the impact of your discussions.

#### **Tips for Effective Communication**

- **Use "I" Statements:** When discussing sensitive topics, use "I" statements to express how you feel, rather than "you" statements which can come across as accusatory.
- **Active Listening:** Practice active listening by focusing fully on your partner when they are speaking, nodding, and providing feedback when it's their turn to listen.
- **Pause if Needed:** If a discussion becomes too heated, it's okay to take a break and revisit the topic when both of you feel calmer.

This workbook is a tool to help you build a stronger, more understanding relationship. Enjoy the journey of getting to know each other better, and remember that the goal is to grow together, not to win an argument.



# UNDERSTANDING WHAT GUIDES US



## **Introduction:**

Values and beliefs are the compass that guides our decisions and interactions in life. Understanding each other's core values is essential for long-term compatibility and mutual respect. This section will help you explore the foundational beliefs that shape your perspectives and behaviors.

## **Instructions:**

- Read each question carefully and reflect on it individually.
- Write down your thoughts in the space provided.
- Share your answers with each other and discuss how these values impact your relationship.

## **Questions to Explore**

*Question 1:* What are your core values in life, and why are they important to you?

- Prompt for Reflection: Consider the values that influence your daily decisions and long-term goals. How did these values form over your life?

*Question 2:* How do your values influence your behavior in relationships?

- Prompt for Reflection: Think about times when your values guided your actions towards a friend or partner. Were there conflicts that arose from differing values?

The following two pages are available for you and your partner to explore these questions.



## QUESTION 1

**What are your core values in life, and why are they important to you?**

Prompt for Reflection: Consider the values that influence your daily decisions and long-term goals. How did these values form over your life?

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## QUESTION 2

**How do your values influence your behavior in relationships?**

Prompt for Reflection: Think about times when your values guided your actions towards a friend or partner. Were there conflicts that arose from differing values?

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# ACTION PLAN



## Creating Shared Values:

Based on your discussion, identify one or two values that you both share or wish to adopt as a couple. Outline steps you can take to strengthen these shared values in your relationship.



### SHARED VALUE #1

Why We Chose This:

How We Plan To Cultivate It:



### SHARED VALUE #2

Why We Chose This:

How We Plan To Cultivate It:

## ENVISION OUR PATH FORWARD



### **Introduction:**

Discussing future plans and goals is vital in understanding each other's aspirations and how they align with your relationship. This section aims to deepen your insight into each other's personal and shared visions for the future.

### **Instructions:**

- Reflect on your goals independently, thinking about where you see yourself in the future both personally and as a couple.
- Write down your answers thoughtfully.
- Share your visions with each other and discuss how you can support one another in achieving these goals.

### **Questions to Explore**

Question 1: What are your personal goals for the next five years, and why are they important to you?

- Prompt for Reflection: Think about your career, personal development, hobbies, or any other areas you wish to advance in.

Question 2: How do you envision our future together in the next five years?

- Prompt for Reflection: Consider aspects such as living situations, family planning, career goals, or lifestyle choices.

The following two pages are available for you and your partner to explore these questions.



## QUESTION 1

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## QUESTION 2

**How do you envision our future together in the next five years?**

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# BUILDING A SHARED VISION



## Instructions:

Having shared your individual goals, discuss how these can be aligned to form a cohesive plan for the future, ensuring both partners feel supported and valued.

## Discussion Points

- **Compatibility of Goals:** Are our individual goals compatible? Where do they align, and where might they conflict?
- **Supporting Each Other:** How can we support each other in achieving these personal goals? Discuss specific actions and commitments.

## DISCUSSION NOTES

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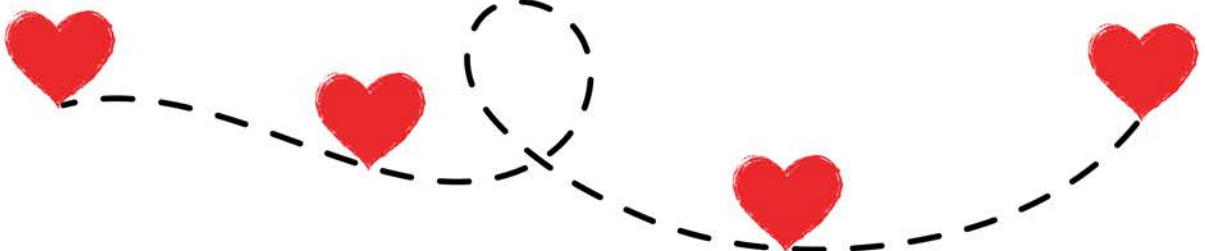
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# ACTION PLAN



## Setting Joint Goals:

Create a plan for one or two major goals you both agree on and are excited about. Define clear steps to achieve these together.

### JOINT GOAL #1

Goal:

Step To Achieve This Goal:

1.

2.

3.

4.

5.

Timeline (Complete By):

1.

2.

3.

4.

5.

### JOINT GOAL #2

Goal:

Step To Achieve This Goal:

1.

2.

3.

4.

5.

Timeline (Complete By):

1.

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## ENHANCING OUR DIALOGUE



### **Introduction:**

Effective communication is the cornerstone of a healthy relationship. Understanding and adapting to each other's communication styles can prevent misunderstandings and strengthen your bond. This section helps you explore how you both express yourselves and how you can improve communication between each other.

### **Instructions:**

- Reflect on your communication habits individually, considering how you prefer to express yourself and how you respond to your partner.
- Write your thoughts and observations in the space provided.
- Share your insights with each other to better understand how you can communicate more effectively.

### **Questions to Explore**

Question 1: How do you prefer to communicate your feelings and thoughts (e.g., verbally, non-verbally, in writing)?

- Prompt for Reflection: Think about the times when you feel most understood—what methods were you using to communicate?

Question 2: What communication style do you find most difficult to interpret or respond to, and why?

- Prompt for Reflection: Consider past misunderstandings and identify the styles that challenge you.



## QUESTION 1

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## QUESTION 2

**What communication style do you find most difficult to interpret or respond to, and why?**

- Prompt for Reflection: Consider past misunderstandings and identify the styles that challenge you.

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- Prompt for Reflection: Consider past misunderstandings and identify the styles that challenge you.

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# DEVELOPING MUTUAL UNDERSTANDING



## Instructions:

With an understanding of each other's preferred styles and challenges, discuss ways to improve communication that respects both preferences and overcomes barriers.

## Discussion Points

- Adapting to Styles: How can we adapt our styles to better suit each other's needs? Discuss specific adjustments you can make.
- Avoiding Misunderstandings: What strategies can we implement to prevent misunderstandings that stem from our differing communication styles?

### DISCUSSION NOTES

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### ACTIVE LISTENING TIPS

- ♥ Focus fully on the speaker
- ♥ Maintain eye contact and open body language.
- ♥ Use brief verbal affirmations.
- ♥ Ask clarifying questions.
- ♥ Reflect back what you've heard.

# ACTION PLAN



## Communication Commitments:

Agree on communication practices that you both will commit to, aiming to enhance clarity and empathy in your interactions.

### COMMITMENT #1

Description:

How Will We Implement It:

Notes:

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### COMMITMENT #2

Description:

How Will We Implement It:

Notes:

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# CREATING HERMONY WITH LOVED ONES



## Instructions:

With an understanding of each other's social and familial contexts, discuss how you can manage these relationships together without compromising the integrity of your partnership.

## Discussion Points

- Family Boundaries: What boundaries might we need to establish with our families to foster our relationship's growth?
- Friendship Integration: How can we integrate our friends into our lives in a way that enhances our relationship?

## DISCUSSION NOTES

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# ACTION PLAN



## **Strategies for Balancing Relationships:**

Develop strategies to maintain healthy boundaries and integrate your social circles in a manner that supports your relationship.

### STRATEGY #1

**Description:** Identify specific boundaries or integration strategies for family.

**How Will We Implement It:**

### STRATEGY #2

**Description:** Plan for including friends in our activities or establishing couple time separate from our social engagements.

**How Will We Implement It:**

# PLANNING OUR ECONOMIC FUTURE TOGETHER



## **Introduction:**

Financial compatibility and transparency are crucial in building a sustainable relationship. This section is designed to help you understand each other's financial values, habits, and goals, and to start planning for a shared financial future.

## **Instructions:**

- Reflect on your financial practices, beliefs, and goals individually.
- Write your responses in the spaces provided, focusing on honesty and clarity.
- Share your thoughts with your partner to understand your financial similarities and differences.

## **Questions to Explore**

Question 1: What are your short-term and long-term financial goals?

- Prompt for Reflection: Consider goals like saving for a house, retirement plans, travel budgets, or investing in education.

Question 2: How do you approach budgeting and spending on a daily basis?

- Prompt for Reflection: Reflect on your spending habits, how you track your expenses, and how you prioritize your budget items.



## QUESTION 1

**What are your short-term and long-term financial goals?**

- Prompt for Reflection: Consider goals like saving for a house, retirement plans, travel budgets, or investing in education.

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## QUESTION 2

**How do you approach budgeting and spending on a daily basis?**

- Prompt for Reflection: Reflect on your spending habits, how you track your expenses, and how you prioritize your budget items.

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# BUILDING A JOINT FINANCIAL STRATEGY



## Instructions:

Understanding each other's financial perspectives can help you create a joint approach that supports both of your goals and lifestyles. Discuss how to align your financial strategies to support your life together.

## Discussion Points

- Budgeting Together: How can we merge our budgeting styles to manage our joint finances effectively?
- Supporting Individual Goals: What steps can we take to ensure that both partners' financial goals are supported and respected?

### DISCUSSION NOTES

A large rounded rectangular box containing ten horizontal lines for writing notes.



# ACTION PLAN



## **Setting Financial Priorities and Responsibilities:**

Agree on financial priorities and responsibilities, deciding how to manage your finances as a couple and individually.

### **PRIORITY #1**

**Details:**

**How Will We Implement It:**

### **PRIORITY #2**

**Details:**

**How Will We Implement It:**

# NAVIGATING CHALLENGES TOGETHER



## **Introduction:**

Conflict is a natural part of any relationship. How couples manage conflict can significantly affect their relationship's health and longevity. This section aims to explore your conflict resolution styles and develop effective strategies for managing disagreements.

## **Instructions:**

- Reflect on your personal approach to handling conflicts and think about how you have resolved past disagreements.
- Write your responses in the spaces provided, focusing on being open and honest about your tendencies and preferences.
- Share your insights with your partner to understand each other's conflict resolution styles and to find ways to handle future conflicts constructively.

## **Questions to Explore**

Question 1: How do you typically respond to conflict in a relationship?

- Prompt for Reflection: Think about whether you confront, avoid, or accommodate your partner during conflicts. Consider the outcomes of these approaches.

Question 2: Can you recall a recent conflict and how it was resolved? What worked and what didn't?

- Prompt for Reflection: Analyze a specific example to identify effective and ineffective strategies you both used.



## QUESTION 1

**How do you typically respond to conflict in a relationship?**

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## QUESTION 2

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**Can you recall a recent conflict and how it was resolved? What worked and what didn't?**

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# STRENGTHENING OUR APPROACH TO DISAGREEMENTS



## Instructions:

Based on your individual reflections and shared experiences, discuss ways to improve your conflict resolution strategies to support a healthier relationship dynamic.

## Discussion Points

- Understanding Triggers: What are common triggers that lead to conflicts in our relationship? How can we proactively address these triggers?
- Communication During Conflict: How can we improve communication during disagreements to ensure both partners feel heard and respected?



## DISCUSSION NOTES

A large rounded rectangular box with a black border contains ten horizontal lines for writing notes.

# ACTION PLAN



## Developing Constructive Conflict Resolution Practices:

Create an action plan with specific practices that both of you agree to adopt during conflicts to ensure they are resolved healthily and productively.

### PRACTICE #1

**Description:** Identify a practice, such as taking a time-out to cool down or using "I" statements to express feelings.

**How Will We Implement It:**

### PRACTICE #2

**Description:** Plan regular check-ins to discuss ongoing issues before they escalate.

**How Will We Implement It:**

# BUILDING A SAFE AND SECURE CONNECTION



## **Introduction:**

Trust and security are foundational to any strong relationship. They foster a deep sense of safety and openness that allows couples to share their lives fully. This section helps you explore your feelings of trust and your expectations for security within your relationship.

## **Instructions:**

- Reflect on your personal feelings of trust and your experiences with security in relationships.
- Write down your responses in the spaces provided, being honest about your vulnerabilities and expectations.
- Share your findings with your partner to understand each other's needs and to strengthen your mutual trust.

## **Questions to Explore**

Question 1: What does trust mean to you in a relationship?

- Prompt for Reflection: Consider the behaviors and conditions that help you feel trusted and secure with someone.

Question 2: Are there past experiences that have shaped your current feelings about trust and security?

- Prompt for Reflection: Reflect on past relationships or early life experiences that influence your approach to trust.



## QUESTION 1

**What does trust mean to you in a relationship?**

- Prompt for Reflection: Consider the behaviors and conditions that help you feel trusted and secure with someone.

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## QUESTION 2

**Are there past experiences that have shaped your current feelings about trust and security?**

- Prompt for Reflection: Reflect on past relationships or early life experiences that influence your approach to trust.

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# STRENGTHENING THE PILLARS OF OUR RELATIONSHIP

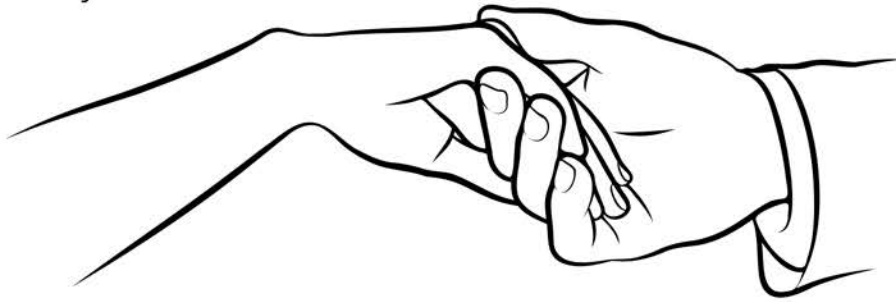


## Instructions:

With a better understanding of each other's perspectives on trust and security, discuss practical ways to enhance these elements in your relationship.

## Discussion Points

- **Building Trust:** What specific actions can we both take to build trust in each other?
- **Maintaining Security:** How can we ensure that our relationship feels secure, both emotionally and practically?



## DISCUSSION NOTES

A large rounded rectangular box containing ten horizontal lines for writing notes.

## ACTION PLAN



### **Commitments to Enhance Trust and Security:**

Agree on commitments or changes you can both make to solidify trust and ensure a secure relationship environment.

#### **COMMITMENT #1**

**Description:** Examples could include being more transparent with personal devices, maintaining consistent communication about your feelings, or respecting privacy.

**How Will We Implement It:**

#### **COMMITMENT #2**

**Description:** Plan regular relationship check-ins to discuss any concerns and reassure each other about your commitment.

**How Will We Implement It:**

## REFLECTING AND PLANNING AHEAD



### **Introduction:**

Congratulations on completing this journey of reflection and discussion! This final page is designed to help you summarize key insights and outline actionable steps for the future, ensuring continuous growth and deeper understanding in your relationship.

### **Instructions:**

- Reflect on the major insights and lessons learned from each section of the workbook.
- Write down a summary of these insights and discuss how they can be integrated into your daily lives.
- Formulate action plans based on your discussions to actively improve and enhance your relationship.

### **Summary of Insights**

#### *Reflections:*

Review each section and note down the most significant insights or changes in perspective you've gained. Consider how these insights impact your relationship.



# SUMMARY OF INSIGHTS



## **Reflections:**

Review each section and note down the most significant insights or changes in perspective you've gained. Consider how these insights impact your relationship.

### VALUES & BELIEFS

### FUTURE PLANNING & GOALS

### COMMUNICATION STYLES



# SUMMARY OF INSIGHTS



## FAMILY & FRIENDS

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## FINANCES

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## CONFLICT RESOLUTION

Empty rounded rectangular box for notes related to Conflict Resolution.

## TRUST & SECURITY

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# FINAL ACTION PLAN



## Moving Forward:

Based on your insights, set specific goals and actions for areas you both agree to work on. These should be realistic and measurable.

### GOAL #1

**Goal:**

**Actions:**

**Timeline (Checklist):**

1.

2.

3.

4.

5.

6.

7.



# FINAL ACTION PLAN



## GOAL #2

**Goal:**

**Actions:**

**Timeline (Checklist):**

1.

2.

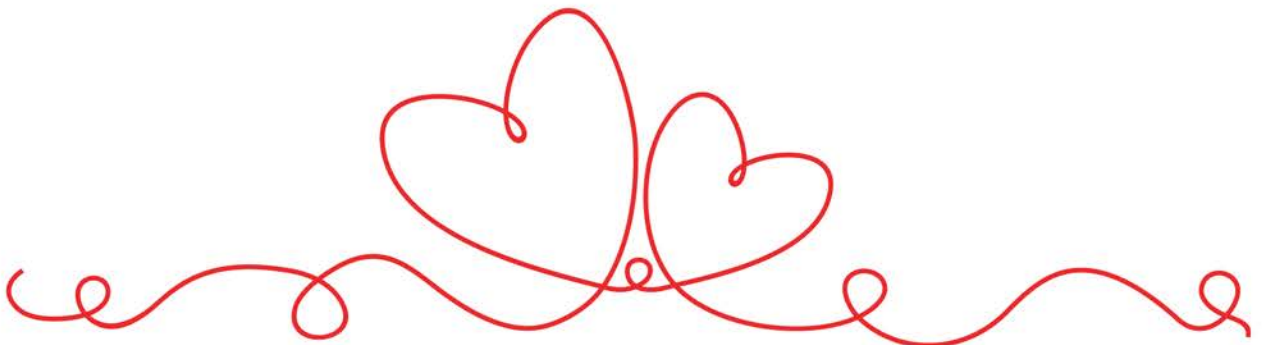
3.

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7.



# NOTES



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