



COMMITMENT EXERCISE

PREMARITAL COURSE

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This activity is aimed to help you create definitions to key terms that build your relationship.

Below are questions that you will explore individually and later together. Each question provides the opportunity to strengthen your relationship and build the foundation to commitment:

FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

PARTNER A: QUESTIONS TO EXPLORE INDIVIDUALLY

PARTNER A:

- **What does commitment mean to me?**

- **What are 4 core values that must be in the relationship?**

1.

2.

3.

4.

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- **How will I help my partner during difficult times in life?**

- **Why I am willing to go through good and not-so-good times with my partner?**

- **How has my partner helped me achieve goals?**

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PARTNER B: QUESTIONS TO EXPLORE INDIVIDUALLY

PARTNER B:

- **What does commitment mean to me?**

- **What are 4 core values that must be in the relationship?**

1.

2.

3.

4.

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- **How will I help my partner during difficult times in life?**

- **Why I am willing to go through good and not-so-good times with my partner?**

- **How has my partner helped me achieve goals?**

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QUESTIONS TO EXPLORE TOGETHER

- **How do our definitions of commitment compare?**
- **How can we combine our definition of commitment?**
- **How can we put our definition of commitment into action?**
(take time to explore your definition and identify key ways that you can practice actions that highlight the definition)
- **How do your values compare?**
- **How can we put our values into action?** (take time to explore your values and identify key ways that you can practice actions that highlight the definition)
- **How can we help each other achieve life goals?**
- **How can we help each other navigate life challenges?**
- **How do we support each other?**
- **What are our 1 year plans?** (take time to explore work, relationship, travel, personal, etc.)
- **What are our 5 year plans?** (take time to explore work, relationship, travel, personal, etc.)
- **What are our 10 year plans?** (take time to explore work, relationship, travel, personal, etc.)
- **What does retirement look like for us?**
- **What led us to each other?**

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- **Why do we want to remain committed to each other?**
- **Will our relationship change over the years?** (If so, take time to explore why and what you will do to navigate life together).
- **What are my partners triggers?**
- **How do we support each other with triggers?** (Triggers can be defined as things that provoke you. Such as, lack of eye contact being a trigger that makes you feel frustrated or neglected. Or confrontation being a trigger that makes you feel anxious).
- **What are my partners habits?**
- **How does religion play in our life?**
- **What is my partners physical and mental health history?**

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