

100+ Questions for Marriage Counselors to Ask

Questions for the First Session

“An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.” Proverbs 18:15

Initial Questions

1. I'd love to help you however I can, but in order to do that I need to know some things about your lives. Do I have your permission to ask detailed questions, even about some things that may be uncomfortable?
2. Tell me yourself. What should I know about you? Give me the 10 minute version of your life story.
3. Tell me about your family. What was it like growing up? Do you still have a relationship with your father, mother, siblings, etc?
4. How and where were you educated - public, private, or homeschool? College, university, or trade schools?
5. What is your occupation? What other jobs have you had? Do you have any side hustles?
6. Tell me about your walk with God. Are you a Christian? How did you come to know Christ?
7. Can you tell me, what is the Gospel?
8. If you were to die today and stand before God, and he asked you why he should let you into heaven, what would you say?
9. What makes you happy? What gives you joy?
10. What makes you sad, anxious, or fearful?

Time & Influences

11. Do you read the Bible? How often? What does your time in Scripture look like?
12. Do you pray? When, where, and for what?
13. Do you go to church? What church? Are you a member? How often do you attend?
14. Are you a part of any small groups, studies, or ministries?

15. Are you close friends with anyone at church? Are you close friends with other Christians? Who are your closest friends, who do you spend the most time with?

16. Do you serve at the church?

17. Does your family do devotions or family worship together?

18. What are some of the biggest influences in your life?

19. What do you read, watch, and listen to?

20. What do you do in your free time?

21. Do you have any hobbies, follow sports, collect things?

22. What would a perfect day look like? The perfect weekend? The ideal vacation?

23. What do you hope your retirement looks like?

24. How do you want to be remembered by your family and friends?

Health, Diet, Exercise

25. Do you keep to a daily schedule? What does that look like?

26. How much do you sleep each night? Do you get up at the same time every day?

27. Do you exercise? What type, and how often?

28. Do you take any medication?

29. Do you have any diagnoses, physical conditions, or impairments?

30. Do you take any drugs? Do you smoke, or use energy drinks? Do you drink alcohol? How much?

31. What is your diet like?

32. How would you rate your overall health?

33. Have you seen a doctor recently? What did they say?

Marriage Relationship

34. How did you two meet?

35. How long did you know each other before dating or courting? How long did you date before getting engaged? How long were you engaged for?

36. How long have you been married? Do you have any kids? (Tell me about your children.)

37. How much time do you spend together? How much time do you spend apart from one another?

38. What does quality time look like in your marriage?

39. Do you do regular date nights?

40. Do you regularly get together to organize your schedules, finances, and family activities? What does that meeting look like?

41. Do you share any common interests? What are they?

42. How often do you two engage in important conversations together? What does that look like?

43. Do you share any common goals? What are they?

44. What is the best time you've had together?

45. What are some hard things you've been through together?

46. What is your role in the marriage?

Questions to Identify the Main Issues

"If one gives an answer before he hears, it is his folly and shame." Proverbs 18:13

47. What is the main reason you are here today? What is the biggest issue you want to see addressed?

48. When did this issue start?

49. When this issue comes up, what do you say, how do you say it? What is your tone and volume?

50. How long does the argument last? How does it end?

51. What does it mean to forgive?

52. What is your priority when dealing with this issue? What is your goal, what are you trying to accomplish?

53. How did your family handle this type of thing when you were growing up? Do you see any similarities or differences?

54. Do you know your spouse's perspective on this issue? Can you describe it to me?

55. What counsel have you received about this?

56. What does God have to say about this issue? What Scriptures do you think apply?

57. What do you think it takes to make a marriage work? What would it take to make *your* marriage work?

58. What disappointments do you struggle with in your marriage?

Questions About Past Conflicts

"The one who states his case first seems right, until the other comes and examines him."
Proverbs 18:17

59. What other issues have you faced together?

60. What issues have you successfully worked through?

61. What unresolved issues keep coming up that you deal with on a regular basis?

62. What unresolved issues do you avoid, ignore, or try to stuff away?

63. Do you have any ongoing arguments or disagreements?

64. What time of day, day of the week, time of the month, or season is it when this occurs?

65. What makes you tense, frustrated, angry, or worried?

66. How does your spouse respond when you make mistakes?

67. What do you do when he/she makes mistakes?

68. How does this issue affect your relationship with God? Do you go to church, fellowship, read Scripture, pray, serve, etc when these issues are going on, or when you have a bad day?

Questions About Communication & Intimacy

“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” Ephesians 4:29

69. What does effective communication look like in a marriage?
70. Who typically brings up issues for discussion?
71. What are some of the common arguments you have with your husband/wife?
72. What are some things that you both agree on?
73. Would you describe your sex life as satisfying? Why or why not?
74. What do you consider your “sexual needs”?
75. *How would you rate the level of intimacy (physical, emotional, spiritual) in your marriage?
76. *Is there anything you are afraid to share with each other?
77. When do you struggle with lust? Do you look at pornography? When, where, how often?
78. When do you struggle with bitterness?
79. When do you struggle with guilt?
80. When do you struggle with regret?
81. When do you struggle with envy? Do you look at ‘successful couples’ and wish your relationship (or your spouse) was more like that? What makes them successful?
82. When do you struggle with anger?
83. When do you put pressure on your spouse?
84. When do you withdraw from your spouse?

Questions to Promote a Successful Marriage

“Let each one of you love his wife as himself, and let the wife see that she respects her husband.” Ephesians 5:33

85. What is the first place you turn to when you experience conflict? (Heb 4:12)

86. What makes a good marriage? (Eph 5, 1 Pet 3, 1 Cor 13)
87. What is marriage, anyways? What is it for? (Gen 2:18–24)
88. Who designed marriage? What was God’s purpose in giving us the institution of marriage?
89. Why did God say, “It is not good that the man should be alone”? (Gen 2:18)
90. What does “a helper fit for him” mean? (Gen 2:18, 20)
91. What does “bone of my bones and flesh of my flesh” mean? (Gen 2:23)
92. *What does it mean to leave your parents? (Gen 2:24)
93. What does it mean to “hold fast” or “cleave” to your wife? What does it mean that “they shall become one flesh”? (Gen 2:24)
94. *What keeps you from experiencing this oneness?
95. What are you doing to foster a stronger bond of one-flesh unity in your marriage? (Rom 15:2, Eph 4:25–32, Col 3:12–19)
96. How could the man and his wife be naked and not ashamed? (Gen 2:25)
97. What are some things you appreciate about your spouse?
98. What are some things you used to do for your spouse, but now you don’t?
99. How do you contribute to the problems that you’ve described? (Jas 1:14–16, 1 Jn 1:8–10)
100. How do you blame your spouse for these problems? (Gen 3:12)
101. How have you practiced repentance in your marriage? (2 Pet 3:9, 2 Chron 7:14, Mat 3:8)
102. How have you practiced forgiveness? (Mat 6:14–15, Eph 4:32)
103. How have you worked towards pleasing and obeying God in your marriage? (2 Cor 5:9)
104. What changes do you need to make? (Eph 4:22–24)
105. How does your agenda need to change?
106. How does your heart (your desires, lusts, wants, needs) need to change?

107. How will you work towards that this week?

*From *Strengthening Your Marriage* by Wayne Mack

Clarifying Questions to Ask Regularly

Can you explain what you meant by that? (*“What do you mean when you say ‘lack of intimacy’ or ‘red flags’ or ‘trust issues’ or ‘bad phase,’ etc?”*)

Could you be more specific?

What were you hoping to accomplish by doing that?

How would you evaluate yourself on that issue?

Why was that important to you?

What does the Bible call that?

What do the Scriptures say about that?

Should I be aware of anything else?