



Spirituality



Individually, what does your current religious/spiritual practice look like?

As partners, what does your current religious/spiritual practice look like?

How were you raised in relation to religion or spirituality?

What did you like about it? What did you dislike?

Do you have any specific positive memories about your spiritual upbringing? If so, what are they?

While you were dating one another, was religion/spirituality something that you discussed?

How would you rate your spiritual compatibility with your partner? 1-10 (1-not compatible, 10-very compatible)

If spirituality is a place of value for you, how could you improve your spiritual relationship with one another?

Spirituality: Notes



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