

OUR PRENUPTIAL

- Until I, N --- (the male)¹ am totally porn-free for at least six months, we will not get married. I agree that any violation puts back the marriage by six months.²
- Until I, N.---- (the female)³ am totally off the pill for six months, because it may significantly change our perception of each other, we will not get married. I may not like you and you may not like me when I am “pill free”.⁴
- Until both of us have become habitual good listeners, we will not get married. ⁵
- Until we have become skilled at coming to agreements and have done so on at least twenty different occasions on “small” matters, we will not get married.
- Until we agree in writing⁶ that we will renegotiate both our lifestyles after each baby is born, we will not get married.
- Until we have a joint budget (even though we live apart) by which we spend less than we earn and live with it for 6 months, we will not get married.
- Until we have selected our marriage-support couple (an experienced older couple), we will not get married.
- Until we have written down our “marriage emergency” steps with this marriage support couple, we will not get married.
- Until we have identified the three biggest areas of disagreements we have⁷ and have resolved them with real working agreements, we will not get married.
- Until each of us has written a convincing letter to the other pledging “till death do us part” despite everything – “for better” --- and much more important --- “for worse”, we will not get married.
- And finally, until we each agree, in a special letter to the other, “I will die to myself a bit more each day so that ‘the we’ of our marriage can be born”, we will not get married.
- Out of love for you I am ready to undertake this preparation for our marriage,

Signed, _____ and _____.

¹ Should it be necessary.

² To look at pornography is to be unfaithful and is committing adultery in mind and heart. This is one of the most hidden, easy to do, yet most anti-marriage acts a person can engage in.

³ Should it be necessary.

⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3282363/> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5050240/>

⁵ “My husband-to-be will tell me when I have understood him correctly. My wife-to-be will tell me when I have understood her correctly.”

⁶ Because this one is easy to forget

⁷ have (maybe hidden from us so we have to identify them)