



This Is The Evolution Of Us

This worksheet is meant to act as a guide to stimulate honest conversation between you and your partner to see how you've evolved as a couple. This worksheet was designed for those couples with kids or thinking about having kids. There are no wrong answers, and this exercise should be fun.

Before Kids:

01. DID YOU WANT TO HAVE KIDS? HOW OLD WERE YOU GOING TO BE WHEN YOU HAD A KID?
02. HOW DID THE IDEA OF HAVING KIDS CHANGE AFTER WE MET?
03. WHAT DID YOU THINK HAVING KIDS WOULD BE LIKE?
04. IF YOU'VE ALREADY HAD KIDS OR ARE CURRENTLY PREGNANT, WHAT WAS YOUR GUT REACTION TO FINDING OUT ABOUT IT?

After Kids:

01. HOW WAS HAVING KIDS DIFFERENT THAN WHAT YOU EXPECTED?
02. WHAT'S THE MOST IMPORTANT LESSON HAVING KIDS HAS TAUGHT YOU ABOUT YOURSELF?
03. WHAT HAS HAVING KIDS TAUGHT YOU ABOUT YOUR PARTNER?
04. IN YOUR MIND, HOW MANY KIDS IS IDEAL?
05. HAVE YOU LIVED UP TO THE PARENT YOU WANTED TO BE?

Intimacy:

01. IN WHAT WAYS HAVE YOUR KIDS BROUGHT YOU CLOSER?
02. IN WHAT WAYS HAS IT MADE THINGS HARDER?
03. HAS HAVING KIDS CHANGED YOUR DEFINITION OF INTIMACY?

Work / Life Balance:

01. HOW DO YOU MAKE IT WORK?
02. HOW DO WE WORK TOGETHER TO SHARE THE LOAD?
03. WOULD YOU SAY WE'RE A 50/50 PARTNERSHIP?
04. WHAT ADVICE DO WE HAVE FOR PEOPLE THAT DON'T HAVE KIDS YET?
05. DO YOU HAVE ANY REGRETS?

— EVERY STORY
— SEDIS OML² —