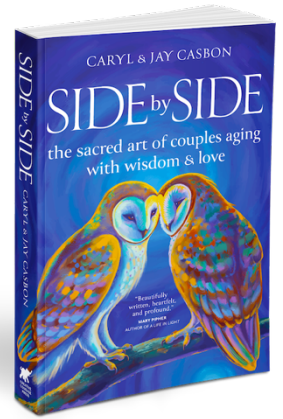


Ten Questions to Reflect on Your Marriage

A sample of the nearly 200 questions in the Reader's Guide

Side by Side: the Sacred Art of Couple Aging with Wisdom & Love

by Caryl & Jay Casbon SidebySideAging.com



1. Take time to share with one another about when you feel most loved in your relationship.
2. What small gestures and other ways of being together communicate love, nurturing, kindness, and care?
3. What elder couples have you known who are models for aging? How do you hope to be like them?
4. Reflect on your parent's relationships, and discuss how you have followed some of the same paths and where you may have diverged and changed.
5. What is the nature of your commitment or the vows you made with each other as a couple? In practice, what has most helped you "stick it out" through the dark times?
6. In what ways must you "honor your limits" at this time? How has that impacted how you live together as a couple?
7. How do you seek and find support for your relationship when you come across roadblocks and troubles that are bigger than the two of you? To whom do you turn for help?
8. What are your hopes for the younger generation's relationships and lives? If they asked, what would you share with them about parenting? Life? Gender roles? Marriage?
9. In what ways have you created structures for your days post-retirement? As a couple, what advantages and challenges have you encountered regarding spending more time together?
10. Have there been medical challenges that have led you to a deeper understanding of your interdependence?