

10 Questions to Ask *Before* You Say “I Do”

Conversations about intimacy, trust, and your future together

Growing up in the Church, I had so many questions about sex, and very few safe, reliable places to turn for answers. As a therapist, I've walked with many couples through pain rooted in shame, secrecy, and misconceptions that could have been prevented if these conversations had happened before marriage.

These ten questions are a place to start. Each one comes from real people and their lived experiences. Let them spark honest conversations that build a foundation of openness, trust, and lasting connection.

Before you begin

- **Go at your own pace.** You don't need to finish in one sitting. It's okay to pause and come back later.
- **Set your boundaries first.** Decide together how you'll handle a topic that feels like too much.
- **Expect some discomfort.** It's normal, and it's a small trade-off to avoid bigger struggles later.
- **Listen to understand.** Patience, empathy, and emotional safety come first.

— Sarah Hughes, LMFT, CST

The Present *where you are right now*

01 Do you feel like you can be open and honest with me in discussing sex?

02 Is there a word we can use to stop if we start to feel uncomfortable in sexual conversations or acts?

03 What are your expectations for the first time that we have sex?

04 How do you think we can best prepare emotionally and spiritually for our first time?

05 Do you see sex as a sacred or spiritual experience? Why or why not?

The Past *what shaped you*

06 What messages did you get about your body growing up?

07 What messages did you get from church about sex?

The Future *the life you're building*

08 What would you do if I wasn't in the mood for sex but you really wanted it?

09 What do you consider cheating?

10 What values would we teach our kids about intimacy?

KEEP THE CONVERSATION GOING

That was ten.
There are *290 more.*

THE FULL BOOK

Before We Say I Do: *Let's Talk About Intimacy*

300 questions for engaged and newly married LDS couples, organized into The Present, The Past, and The Future. From wedding night expectations and spirituality to trust, boundaries, and raising kids with healthy views of intimacy.

Built to be a safe middle ground between resources that are only anatomical and ones that aren't aligned with your values.

Find it on Amazon

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About Sarah

Sarah Hughes is a licensed marriage and family therapist and AASECT Certified Sex Therapist. A member of The Church of Jesus Christ of Latter-day Saints, she helps faith-based couples build intimacy that strengthens their emotional, physical, and spiritual bonds. She has also taught human sexuality at the university level.

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