

How to Keep Your Post-Baby Marriage Strong Worksheet

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To Determine your own feelings, ask yourself:

1. What were my expectations of mommy, child and daddy life?
2. If I had my ideal version of post-baby marriage, what would it look like?
3. What am I afraid to say to my husband, and why am I afraid to say it?
4. What, really, is bothering me most?

To reduce marital conflicts, answer the following questions with your partner:

1. What household roles does each of us have?
2. How do we want to resolve our future conflicts?

3. How do we want to share raising our child?

4. What is our economic plan (meaning who earns what, and how much can you afford to spend day-to-day)?

5. How do we want to treat and speak to one another?

5. How can we create a unified front when issues of discipline arise?