

SAMPLE

PREPARE  ENRICH

Facilitator Report



PREPARE/ENRICH

PREPARE/ENRICH

Customized Version

Facilitator: <Your Name>

Date Completed: <Date Completed>

Couple Names: Daniel
Maria

Couple ID Code: 12A4-67B9

Customizations:

- Engaged
- Standard - Non Faith-Based
- Possibility of Children in Future

This Facilitator's Report is not to be given to the couple. It is for your use only.
Please print a copy of the Couple's Report for the couple.

Contents

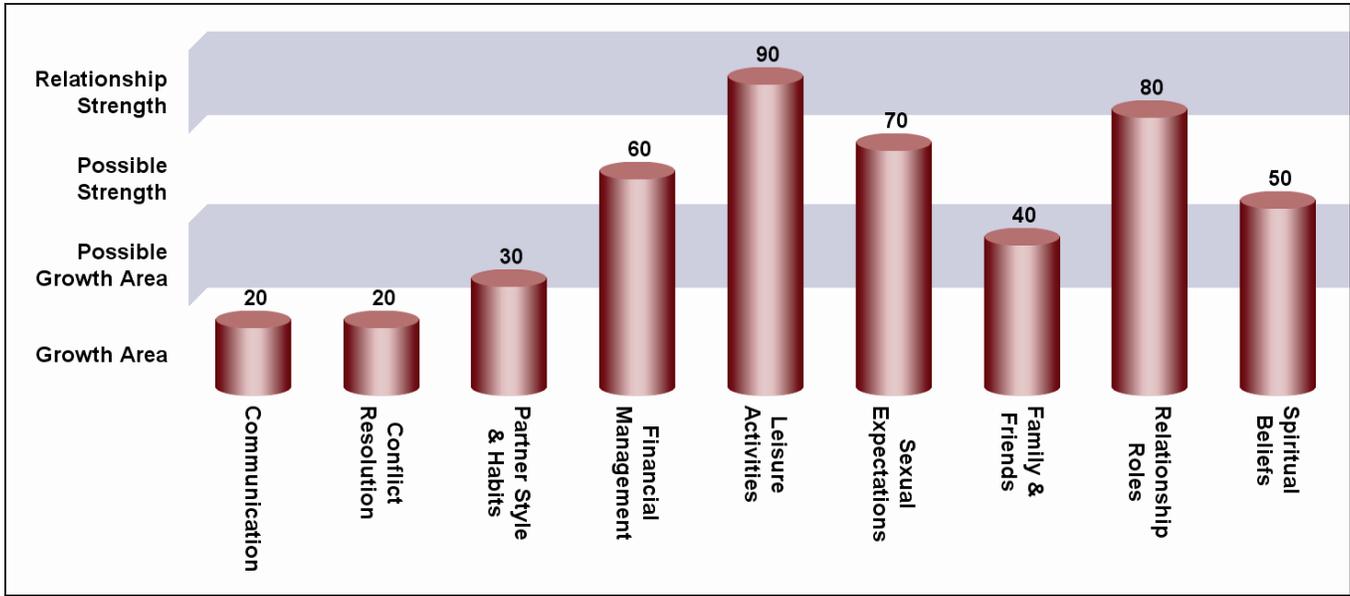
<u>Report Section</u>	<u>Page</u>
Background Information	3
Couple Typology/Strength & Growth Areas	4
Overall Satisfaction & Idealistic Distortion	5
Relationship Dynamics	6
Commitment & Abuse	7
Personal Stress Profile	8
Core Relationship Categories	9-17
Additional Customized Categories	18-19
Couple Map	20
Family Map	21
SCOPE Personality Scales	22-24

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Background Information

<u>Question</u>	<u>Daniel</u>	<u>Maria</u>
Gender	Male	Female
Age Range	26-30	26-30
Ethnic Background	Hispanic/Latino	Hispanic/Latino
Education Completed	Four-Year College	Graduate/Professional
Religious Affiliation	Protestant (Christian)	Protestant (Christian)
Area of Employment	Education	Retail/Wholesale
Role at work	Trained Professional	Support Staff
Employment Status	Full-time	Part-time
Individual Yearly Income	\$40,000 - \$49,999	\$10,000 - \$19,999
Birth Position in Family	Third	First
Number of children in your family	Five or more	One
Where do you live?	Large City	Suburban Area
Current Living Arrangement	Live Alone	With Others
How long known partner?	1-2 years	1-2 years
How long engaged?	6-12 months	6-12 months
Months until marriage	7-12 months	7-12 months
Friends' feelings about marriage plans	Mainly Positive	Very Positive
Family's feelings about marriage plans	Mainly Positive	Neutral
Number of children you have	None	None
How many children do you want?	Three	One
When do you want children?	1-2 years	3-4 years
Are you expecting a child?	No	No
Number of times broken up	Three times	Two times
Number of previous marriages	0 - never married before	0 - never married before
Parents' marital status	Divorced, 1 single/ 1 remarried	Married
Raised by	A combination of Biological and Stepparent(s)	Both Biological Parents

Couple Typology (based on Core Scales)



Conventional Couple Type

Based on the PCA scores across the core categories, this couple is best categorized as a **Conventional Couple**. Conventional couples are often highly committed and have more strengths in areas such as Relationship Roles and Spiritual Beliefs. They can improve the quality of their relationship by working on communication and conflict resolution skills.

Based on research PREPARE/ENRICH categorizes couple relationships into one of five common patterns:

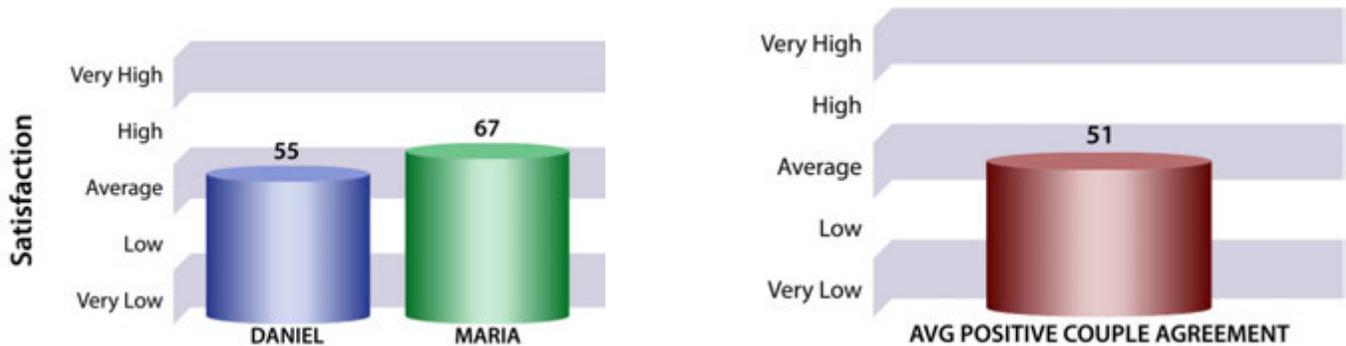
- **Vitalized** couples are typically the most satisfied with their relationship, skilled in communication and conflict resolution.
- **Harmonious** couples also enjoy high levels of satisfaction across most areas of their relationship.
- **Conventional** couples are often highly committed to one another, but not as skilled in communication or conflict resolution.
- **Conflicted** couples have a lower level of satisfaction and often struggle with many areas of their relationship.
- **Devitalized** couples have the lowest level of satisfaction and have growth areas in almost all aspects of their relationship.

Strength and Growth Areas

Levels of Positive Couple Agreement	Core Scale plus Customized Scales *
Relationship Strengths (PCA=80-100%) Areas with <i>High</i> Couple Agreement	Leisure Activities Parenting Expectations * Relationship Roles
Possible Relationship Strength (PCA=50-70%) Areas with <i>Moderately High</i> Couple Agreement	Financial Management Sexual Expectations Spiritual Beliefs
Possible Growth Areas (PCA=30-40%) Areas with <i>Moderately Low</i> Couple Agreement	Family & Friends Marriage Expectations * Partner Style & Habits
Growth Areas (PCA=0-20%) Areas with <i>Low</i> Couple Agreement	Communication Conflict Resolution

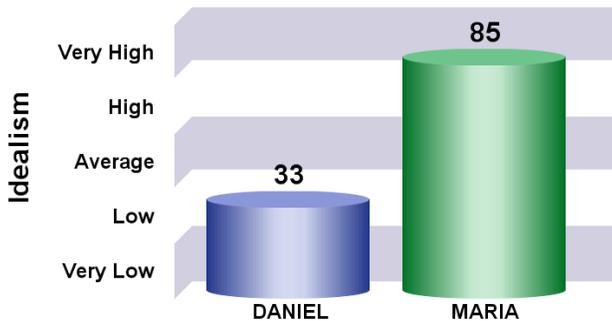
Overall Satisfaction

The graphs below plot the **Overall Satisfaction** for each individual and the couple, based on the Core Scales.



Idealistic Distortion

Idealistic Distortion measures the extent to which a person distorts the relationship in a positive direction.



Daniel is generally realistic and open to admitting limitations or problems in their relationship.

Maria is often idealistic about their relationship and may tend to deny or minimize problems.

Interpretation of Idealism

A high score (above 65%) indicates that a person describes the relationship in an overly positive manner and sees it through “rose colored” glasses. A lower score (below 40%) indicates a more realistic approach to describing the relationship.

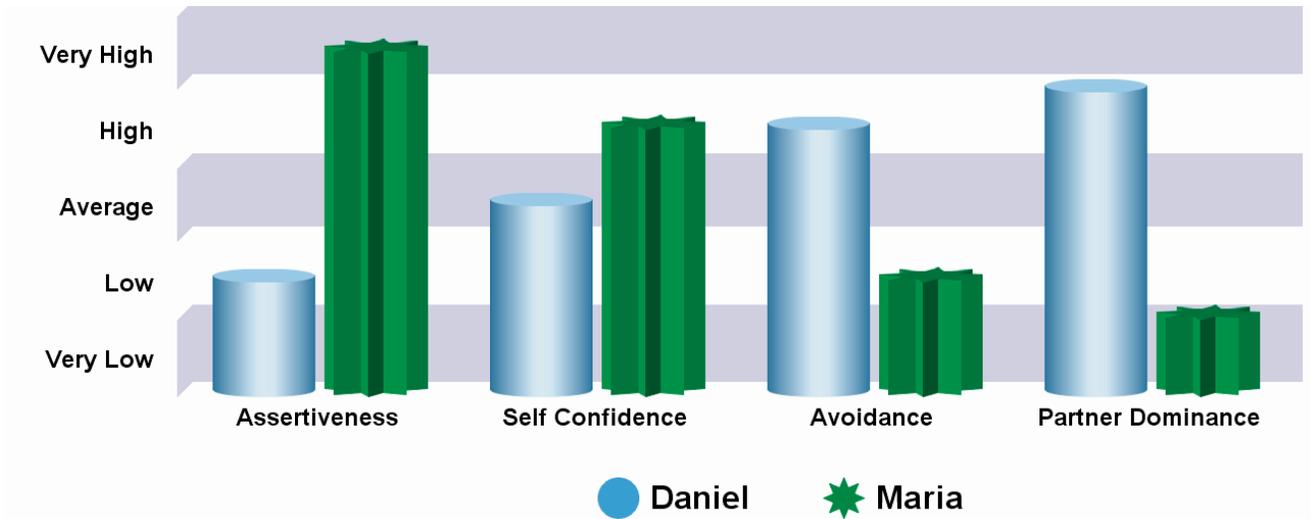
Revised Individual Scores

In order to provide more accurate Individual Scores for each category, each person’s Individual Scores are corrected based on how high their score is on Idealistic Distortion.

Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Idealistic Distortion Items
2	4	Every new thing I have learned about my partner has pleased me.
4	5	I have never regretted my relationship with my partner.
2	4	My partner always gives me the love and affection I need.
2	4	My partner and I understand each other completely.
1	4	My partner completely understands and sympathizes with my every mood.
3	3	My partner has all the qualities I've always wanted in a mate.
3	4	We are as happy as any couple could possibly be.

Relationship Dynamics



Assertiveness is the ability to express one’s feelings and ask for what one wants.

Daniel: **Low**
 Daniel has some difficulty expressing thoughts and feelings, and sometimes finds it difficult to ask for what he/she wants in the relationship.

Maria: **Very High**
 Maria is good at openly expressing thoughts and feelings and can easily ask for what he/she wants in the relationship.

Self-Confidence focuses on how good one feels about oneself and their ability to accomplish what they want in life.

Daniel: **Average**
 Daniel has a moderate level of Self Confidence and may generally have positive self-esteem, and typically feels good about his/her ability to accomplish what is wanted in life.

Maria: **High**
 Maria has a high level of Self Confidence, positive self-esteem, and feels assurance of his/her ability to effectively accomplish what is wanted in life.

Avoidance is the tendency to minimize issues and a reluctance to deal with issues directly.

Daniel: **High**
 Daniel scored in the high range and may tend to minimize problems and be reluctant to deal directly with issues.

Maria: **Low**
 Maria scored low in avoidance and will generally be open to identifying and discussing issues in their relationship.

Partner Dominance focuses on how much one feels controlled or dominated by their partner.

Daniel: **High**
 Daniel scored in the high range in Partner Dominance and may often feel his/her partner is dominant, controlling, or interested in managing his/her life.

Maria: **Very Low**
 Maria scored in the very low range in Partner Dominance and does not feel his/her partner is dominant, controlling, or interested in managing his/her life.

Commitment

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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<u>Questions</u>	<u>Daniel</u>	<u>Maria</u>
I am committed to making our marriage last a lifetime.	Agree	Strongly Agree
I am willing to doing whatever it takes to improve our relationship.	Agree	Strongly Agree
I believe my partner is committed to making our marriage last a lifetime.	Strongly Agree	Strongly Agree
I believe my partner is willing to doing whatever it takes to improve our relationship.	Strongly Agree	Strongly Agree

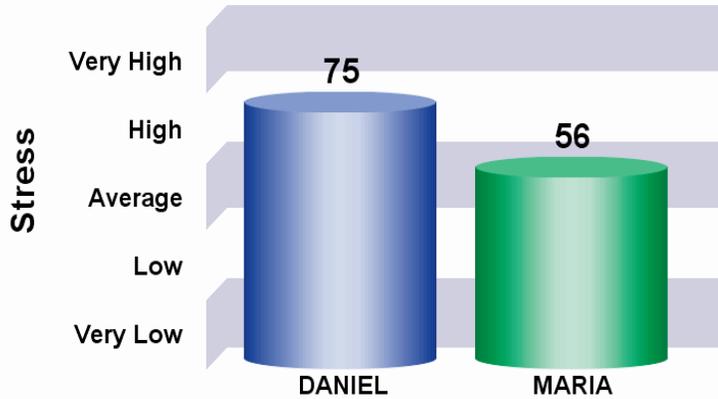
Abuse

Never 1	Seldom 2	Sometimes 3	Often 4	Very Often 5
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<u>Questions</u>	<u>Daniel</u>	<u>Maria</u>
Have your parents ever had problems with alcohol or drug use?	Sometimes	Never
Have you ever had problems with alcohol or drug use?	Seldom	Never
Has your partner ever had problems with alcohol or drug use?	Never	Sometimes
Have you ever observed abuse between your parents?	Sometimes	Never
Were you ever abused by your parents?	Never	Never
Have you ever been abused by your current partner?	Never	Never
Have you ever been abused by anyone else?	Never	Never
Do you struggle with unhealthy sexual behavior or use of pornography?	Seldom	Never
Does your partner struggle with unhealthy sexual behavior or use of pornography?	Never	Never

Personal Stress Profile

The **Personal Stress Profile** examines each individual's personal stress level over the last year. For engaged couples, stress levels are based on responses to 25 common sources of personal and wedding-related stress.



Daniel appears to have a very high level of personal stress, which can create demands on a person's time and energy. The stress may also contribute to problems with physical, relational, and emotional health. It will be helpful to learn and make use of effective coping resources to better manage personal stress.

Maria appears to have a moderate level of frustration or personal stress. Such frustrations and stressors may at times affect attitudes, health, and relationships. It will be helpful to identify effective coping resources so stress does not become overwhelming.

How often have these issues created stress for you?

Never 1 Seldom 2 Sometimes 3 Often 4 Very Often 5

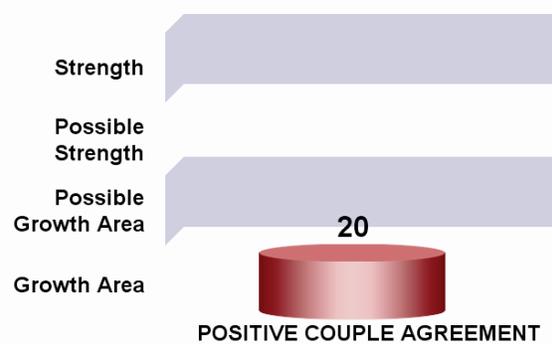
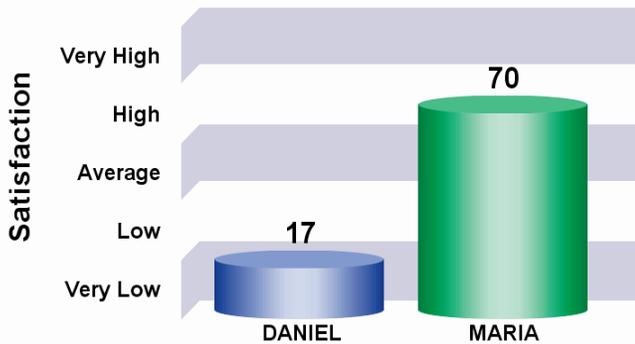
Daniel Top Stressors	Maria Top Stressors
<p><u>Very Often</u> Decisions about wedding details Your current living arrangement</p>	<p><u>Very Often</u> Dealing with the wedding party Decisions about wedding details Financial concerns</p>
<p><u>Often</u> Dealing with your in-laws Lack of exercise Lack of time for fiancé</p>	<p><u>Often</u> Lack of time for friends Your current living arrangement</p>
<p><u>Sometimes</u> Emotionally upset/emotional issues Fiancé not getting things done Fiancé stressed by wedding planning Your partner</p>	<p><u>Sometimes</u> Emotionally upset/emotional issues Lack of time for fiancé Opinions from friends or relatives Your job Your partner</p>

Help this couple compare their lists of top stressors. It is not uncommon for the lists to be somewhat different. Take a moment to help them discuss which stressors are similar and which are different. Key resources for coping with stress include healthy communication, conflict resolution, flexibility, and closeness.

PREPARE/ENRICH Exercises: *Identifying Most Critical Issues, Balancing your Priorities, Wedding Stress*

Communication

The **Communication** category measures how couples feel about the quality and quantity of communication in their relationship. It explores how they share feelings, understand, and listen to one another.



Daniel appears to be very concerned about the quality of their communication and feels they have few strengths in this area.

Maria feels positive about their communication and how they share feelings and listen to one another.

Growth Area: The couple disagrees or shares mutual concern about most items in this category. Help them discuss 1-2 Agreement items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. By practicing and learning new communication skills, such as assertiveness and active listening, they can improve their relationship.

Strongly Disagree
1

Disagree
2

Undecided
3

Agree
4

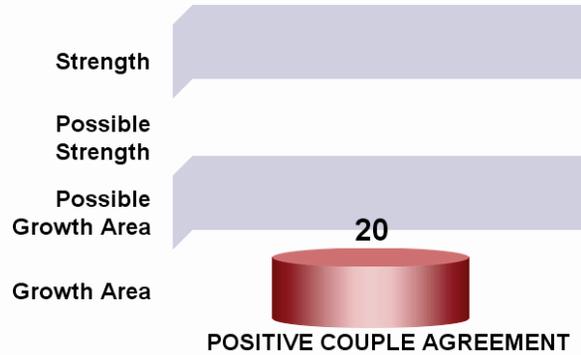
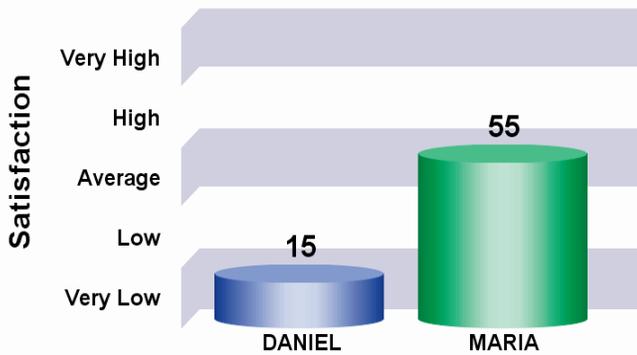
Strongly Agree
5

Daniel	Maria	Item
2	1	- I wish my partner were more willing to share his/her feelings with me.
1	1	- Sometimes I have trouble believing everything my partner tells me.
Disagreement (50%)		
5	1	- At times it is hard for me to ask my partner for what I want.
2	5	+ I can express my true feelings to my partner.
4	2	- It is difficult for me to share negative feelings with my partner.
2	5	+ My partner is a very good listener.
1	3	- When we are having a problem, my partner often refuses to talk about it.
Indecision (20%)		
2	3	+ I am very satisfied with how my partner and I talk with each other.
3	2	- My partner sometimes makes comments that put me down.
Special Focus (10%)		
4	4	- My partner often doesn't understand how I feel.

PREPARE/ENRICH Exercises: *Creating a Wish List using Assertiveness & Active Listening, Daily Dialogue, and Daily Compliments*

Conflict Resolution

The **Conflict Resolution** category looks at a couple's ability to discuss and resolve differences. It measures how effectively couples share opinions, ideas, and feelings, even during times of conflict.



Daniel appears to be very concerned about their ability to discuss and resolve differences, and feels they have few strengths in this area.

Maria feels generally good about their conflict resolution, but has concerns about some aspects of their ability to discuss and resolve differences.

Growth Area: The couple disagrees or shares mutual concern about most items in this category. Help them discuss 1-2 Agreement items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. By learning and practicing new skills such as the 10 Steps for Resolving Conflict, they can improve their relationship.

Strongly Disagree
1

Disagree
2

Undecided
3

Agree
4

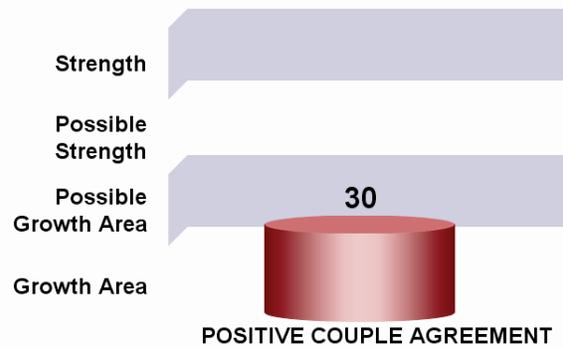
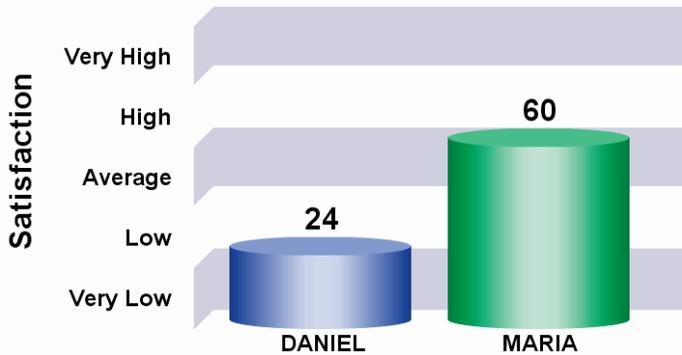
Strongly Agree
5

Daniel	Maria	Positive Couple Agreement (20%)
2	2	- At times my partner does not take our disagreements seriously.
2	1	- Sometimes we have serious disputes over unimportant issues.
Disagreement (60%)		
5	3	- At times I feel some of our differences never get resolved.
1	5	+ Even during disagreements, I can share my feelings and ideas with my partner.
3	1	- I go out of my way to avoid conflict with my partner.
5	1	- To end an argument, I tend to give in too quickly.
4	2	- When we argue, I usually end up feeling responsible for the problem.
1	3	+ When we discuss problems, my partner understands my opinions and ideas.
Indecision (10%)		
3	2	- To avoid hurting my partner's feelings during an argument, I tend to say nothing.
Special Focus (10%)		
5	4	- My partner and I have different ideas about the best way to solve our disagreements.

PREPARE/ENRICH Exercises: *Ten Steps for Resolving Conflict, How to Take a Time-Out, Seeking and Granting Forgiveness*

Partner Style and Habits

The **Partner Style and Habits** category measures each person's satisfaction with the personal characteristics and habits of their partner. It looks at each person's relationship style and habits as expressed in their behavior.



Daniel has some concerns about the personality traits, habits, and behaviors of his partner.

Maria feels generally good about the personality traits, habits, and behavior of her partner, but has some concerns that may need to be discussed.

Possible Growth Area: While the couple have some positive agreement, they disagree or share mutual concern on several items in this category. Help them discuss 2-3 Agreement items and 2-3 Disagreement, Special Focus, or Indecision items below. Reinforce good communication and problem solving skills as they discuss this difficult area.

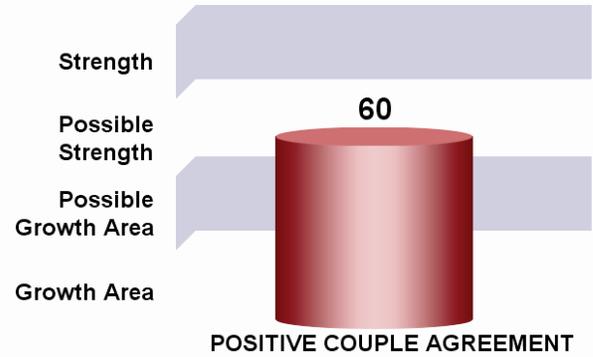
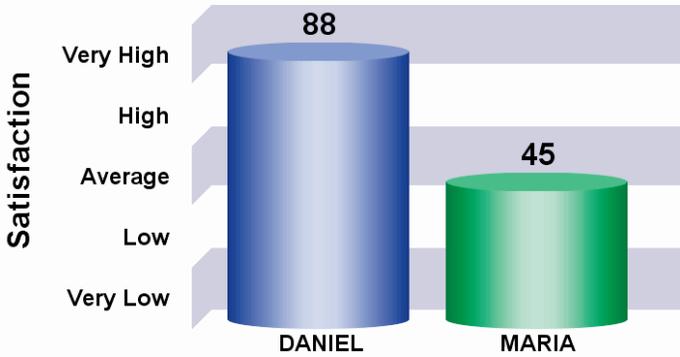
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Item
Positive Couple Agreement (30%)		
1	1	- I am sometimes upset or embarrassed by my partner's behavior.
2	1	- I wish my partner were more reliable and followed through on more things.
2	1	- Sometimes my partner is too stubborn.
Disagreement (40%)		
2	5	- I am sometimes concerned that my partner appears to be unhappy and withdrawn.
5	1	- I wish my partner were less critical or negative about some topics.
5	2	- Sometimes I am concerned about my partner's temper.
5	2	- Sometimes my partner seems to be too controlling.
Indecision (0%)		
Special Focus (30%)		
5	4	- I am unhappy with some of my partner's personality characteristics or personal habits.
4	5	- My partner has some personal habits that bother me.
5	4	- Sometimes I have difficulty dealing with my partner's moodiness.

PREPARE/ENRICH Exercises: *Assertiveness and Active Listening, Ten Steps for Resolving Conflict, How to Take a Time-Out*

Financial Management

The **Financial Management** category looks at having realistic financial plans and agreement in the area of finances. It explores opinions about spending habits, savings, debt, and making financial decisions.



Daniel feels they have very realistic financial plans and healthy agreement about spending and saving.

Maria feels they have somewhat realistic financial plans, but may have some concerns about spending and savings habits.

Possible Strength: The couple agreed on several items in this category. Review these agreement items, highlighting their strengths and resources. Next, review and talk about 1-2 Disagreement, Indecision, or Special Focus Items. Many couples report finances as the single biggest problem in their relationship. Determining a budget, savings plan, and financial plan are proactive ways to avoid later stress and conflict.

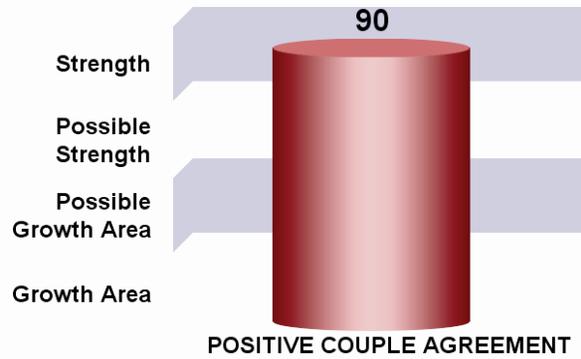
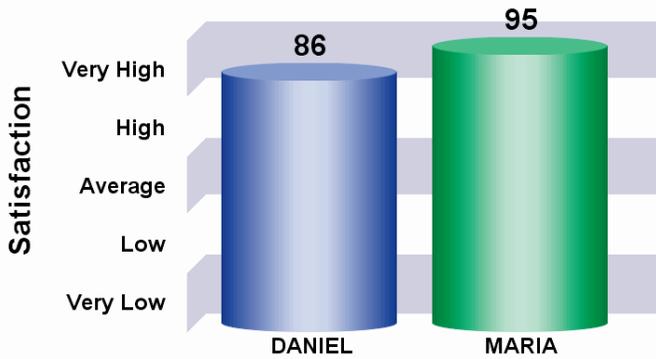
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Category	Description
1	2	-	Even after marriage, we plan on keeping our finances separate.
2	1	-	I am concerned that my partner is more of a spender than I am.
4	4	+	I am satisfied with our decisions about how much money we should save.
5	4	+	We have a specific plan for how much money we can spend each month.
1	2	-	We haven't decided how to handle our finances yet.
5	4	+	We usually agree on how to spend money.
Disagreement (20%)			
2	5	-	I have some concerns about whether our income will be sufficient.
4	2	-	Sometimes I wish my partner were more careful about spending money.
Indecision (10%)			
4	3	+	We have figured out what our financial status will be after we marry.
Special Focus (10%)			
4	5	-	One or both of us have unpaid bills or debts that concern me.

PREPARE/ENRICH Exercises: *Financial Goals, Budget Worksheet, The Meaning of Money*

Leisure Activities

The **Leisure Activities** category measures a couple's satisfaction with the amount and quality of leisure time spent together. It looks at similarities in interests, and satisfaction with the balance of time spent together and apart.



Both individuals feel very positive about their leisure activities and are very satisfied with the amount and quality of their shared interests.

Relationship Strength: The couple has positive agreement with most items in this category. Review some of their Agreement items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement, Indecision, or Special Focus items to discuss. Praise them for having a balanced level of shared interests which enhances the quality of their relationship.

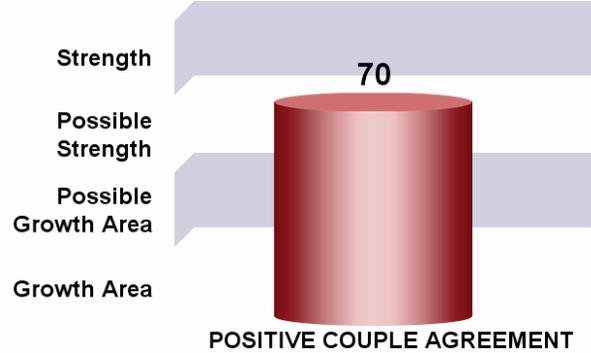
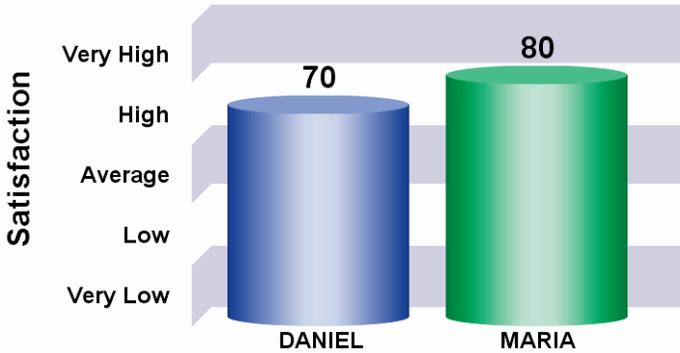
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (90%)
1	2	- I am concerned that my partner has too many activities or hobbies.
2	1	- I wish my partner and I shared more activities that we both found enjoyable.
2	2	- I wish my partner had more time and energy for recreation with me.
4	5	+ It is easy for us to become friends with new couples.
2	2	- My idea of a good time differs somewhat from my partner's.
4	4	+ My partner and I enjoy the same interests and recreational activities.
2	1	- My partner's activities (television, computer, sports, etc.) interfere with our time together.
4	5	+ We find it easy to think of things to do together.
2	1	- I sometimes feel pressured to participate in activities my partner enjoys.
		Disagreement (10%)
4	1	- As a couple, I wish we did a better job of balancing time together and time apart.
		Indecision (0%)
		Special Focus (0%)

PREPARE/ENRICH Exercises: *The Dating Exercise*

Sexual Expectations

The **Sexual Expectations** category measures a couple's satisfaction with the affection in their relationship. It also looks at their comfort in discussing sexual issues, expectations, and history.



Both individuals feel positive about their level of affection and how they handle sexual issues and expectations.

Possible Strength: The couple agreed on several items in this category. Review these agreement items, highlighting their strengths and resources. Next, review and talk about 1-2 Disagreement, Indecision, or Special Focus Items. It is important for premarital couples to learn how to discuss sensitive topics regarding their affection and sexual expectations.

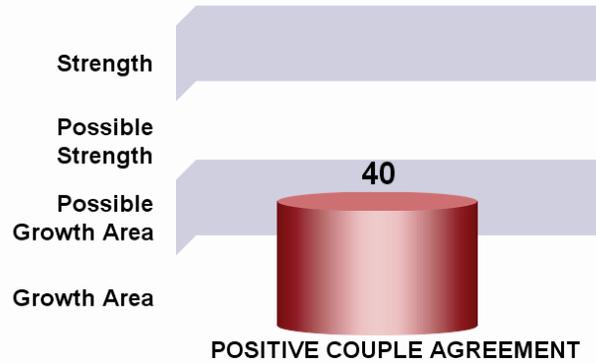
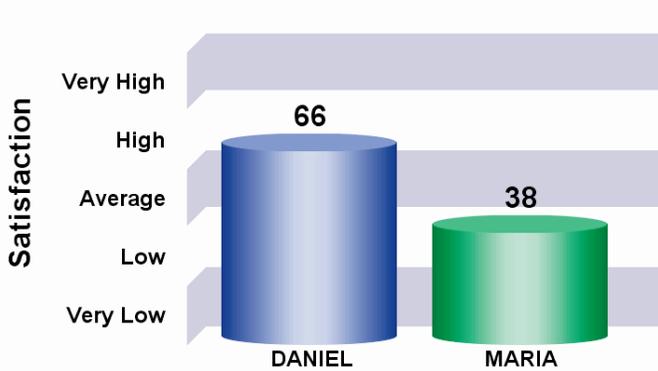
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (70%)
4	5	+ I am comfortable talking with my partner about sexual issues.
4	5	+ I am completely satisfied with the amount of affection my partner gives me.
1	2	- I am concerned that my partner is interested in viewing sexually explicit materials.
1	2	- I am reluctant to be affectionate with my partner because he/she often interprets it as a sexual advance.
1	1	- I have concerns about my partner's faithfulness to me.
4	5	+ My partner and I talk openly about our sexual expectations.
2	1	- My partner sometimes uses or refuses affection unfairly.
Disagreement (20%)		
4	2	- I am concerned that my partner's interest in sex might be different than mine.
3	5	+ We have discussed and decided on the best approach to family planning or birth control for us.
Indecision (10%)		
3	4	+ I am comfortable with our current level of sexual activity.
Special Focus (0%)		

PREPARE/ENRICH Exercises: *The Expression of Intimacy*

Family and Friends

The **Family and Friends** category measures relationship satisfaction with relatives and friends. It looks at each individual's opinions of the other's family and friends, as well as the level of influence and/or interference experienced from these relationships.



Daniel feels positive about how they relate to one another's family and friends.

Maria feels generally good about how they relate to one another's family and friends, but may be aware of 1-2 issues that need to be discussed.

Possible Growth Area: While the couple has some positive agreement, they disagree or share mutual concern on several items in this category. Family and friends can provide great encouragement and support for a relationship, but they can sometimes interfere with and undermine a relationship as well. Healthy boundaries with family and friends are important to finding balance in this area.

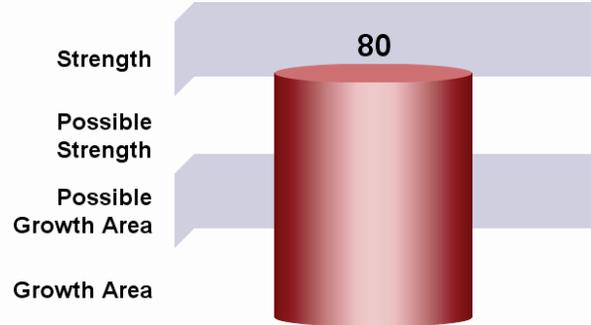
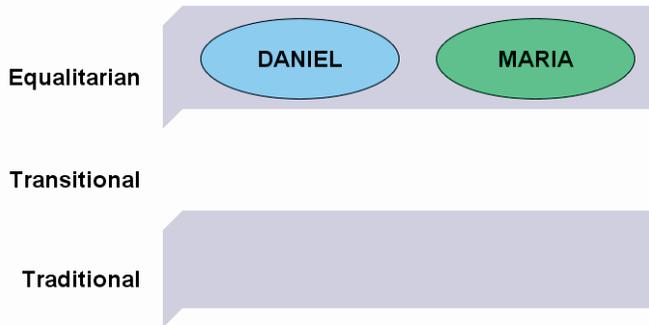
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (40%)
1	2	- I have concerns when my partner spends time with friends or co-workers of the opposite sex.
5	4	+ I really enjoy being with most of my partner's friends.
4	4	+ I really enjoy spending time with most of my relatives-to-be and future in-laws.
5	4	+ My partner gets along well with most of my friends.
Disagreement (30%)		
5	3	+ My family accepts me completely and respects the decisions I make.
4	2	- My partner is too involved with or influenced by his/her family.
4	1	- Sometimes my partner's friends or family interfere with our relationship.
Indecision (20%)		
3	2	- I am worried that accepting financial assistance or advice from our families will cause problems for us.
3	3	- I am worried that one or both of our families may cause trouble in our marriage.
Special Focus (10%)		
4	4	- Some relatives or friends have concerns about our getting married.

PREPARE/ENRICH Exercises: *Couple and Family Map: Balancing your Relationship, Practical Tips to Balance your Relationship*

Relationship Roles

The **Relationship Roles** category measures a couple's expectations about how decision making and responsibilities will be shared. It looks at each individual's preferences for traditional or egalitarian roles in their relationship.



POSITIVE COUPLE AGREEMENT

Both individuals prefer an egalitarian relationship where leadership and decision making are shared.

Relationship Strength: The couple has positive agreement with most items in this category. Review some of their Agreement items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement, Indecision, or Special Focus items to discuss. Encourage them to keep discussing expectations, increasing understanding, and creating a plan for their relationship roles.

Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria		Positive Couple Agreement (80%)
5	4	E	A career can be equally important to both partners.
2	1	T	A marriage functions best if one person assumes the role as head of the household.
4	5	E	I am happy with the flexibility we have in our roles and responsibilities.
4	5	E	I expect to have an equal relationship, where we will share leadership and decision making.
4	5	E	I think we will be happier if there is an even balance of power in our relationship.
4	4	E	If both partners are working, each person should do the same amount of household chores.
4	5	E	In our marriage, I expect my partner to consult me when making important decisions.
4	5	E	When it comes to roles and responsibilities, both partners should be willing to adjust.
Disagreement (20%)			
5	2	T	I am concerned about doing more than my share of the household tasks.
5	3	E	We expect to divide household chores based on our interests and skills rather than on traditional roles.

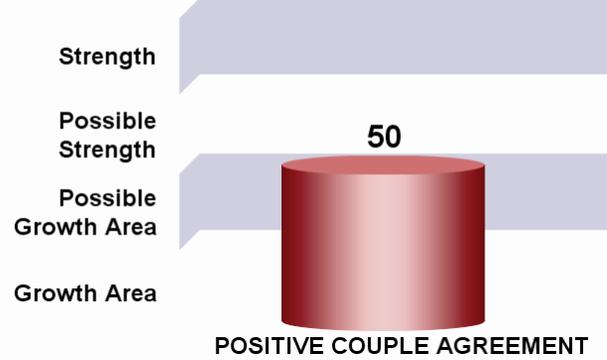
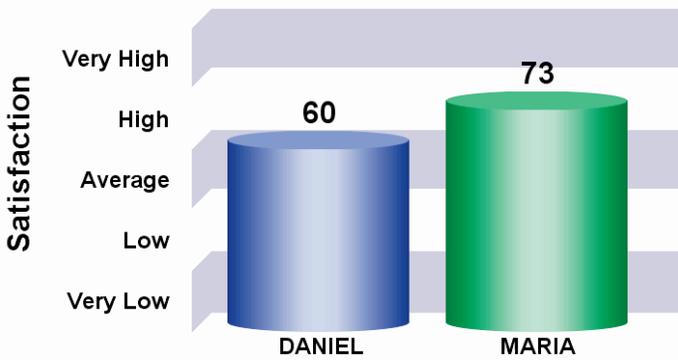
Indecision (0%)

E = Egalitarian Roles Statement **T** = Traditional Roles Statement

PREPARE/ENRICH Exercises: *Sharing Roles*

Spiritual Beliefs

The **Spiritual Beliefs** category measures how satisfied or involved couples are with the practice and expression of spiritual beliefs in their relationship. This category looks at similarities in spiritual beliefs and whether they are a resource or a source of tension.



Daniel feels generally good about the practice and expression of spiritual beliefs in their relationship, but may be aware of some issues that need to be discussed.

Maria feels positive about the practice and expression of spiritual beliefs in their relationship.

Possible Strength: The couple agreed on several items in this category. Review these agreement items, highlighting their strengths and resources. Next, review and talk about 1-2 Disagreement, Indecision, or Special Focus Items. A solid spiritual foundation can be a great resource for couples, while dissimilar beliefs can sometimes lead to tension.

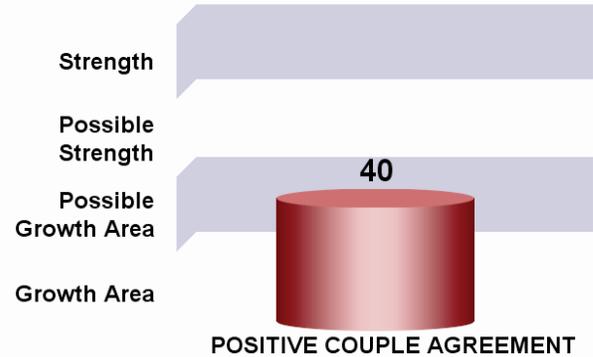
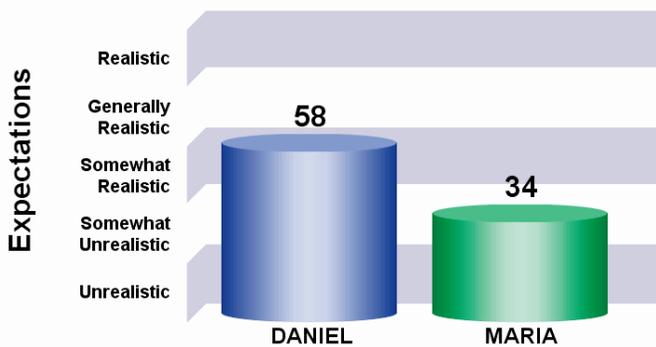
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Item
Positive Couple Agreement (50%)		
2	1	- My partner and I disagree about our spiritual beliefs.
4	5	+ My spiritual beliefs are an important part of the commitment I have to my partner.
1	1	- Spiritual differences cause some tension in our relationship.
4	5	+ We are satisfied with how we express our spiritual values and beliefs.
4	5	+ We share very similar spiritual beliefs.
Disagreement (20%)		
2	4	+ I believe our marriage must include active participation in a place of worship.
3	5	+ We rely on our spiritual beliefs during difficult times.
Indecision (20%)		
4	3	+ My partner and I feel closer because of our spiritual beliefs.
3	4	+ Sharing spiritual values helps our relationship grow.
Special Focus (10%)		
1	2	+ We have discussed the importance of our spiritual beliefs.

PREPARE/ENRICH Exercises: *Your Spiritual Journey*

Marriage Expectations

The **Marriage Expectations** category measures how realistic or unrealistic each individual is about love, marriage, and the typical challenges that all married couples face.



Daniel is somewhat realistic and may be partially aware of the typical challenges and difficulties of marriage.

Maria is somewhat unrealistic and may not be aware of the typical challenges of marriage.

Possible Growth Area: While the couple have some positive agreement, one or both have unrealistic expectations on several items in this category. Reviewing the myths that lead to later disappointment can help couples enter marriage with a mature understanding of the natural challenges all marriages face.

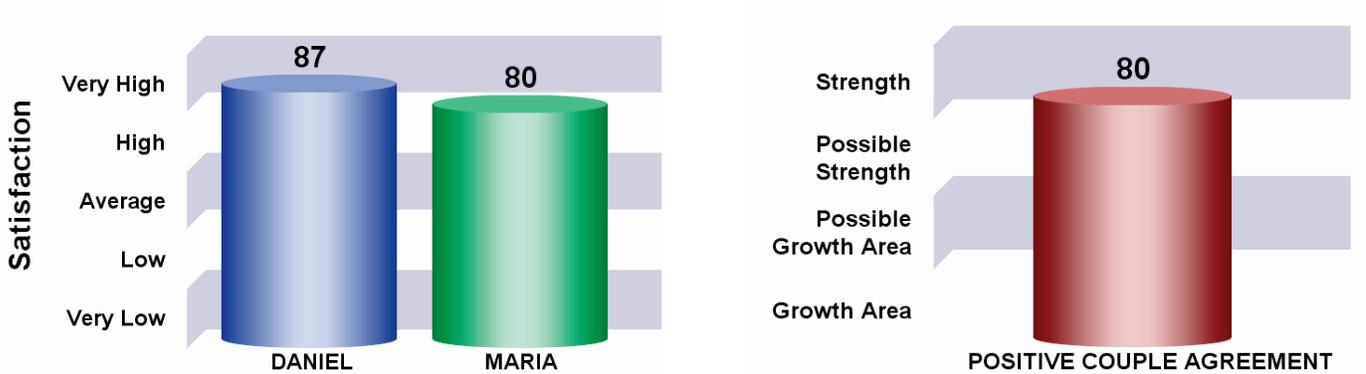
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (40%)
4	5	+ After marriage, some of my needs for friendship will be met by people other than my partner.
2	1	- I believe I've already learned everything there is to know about my partner.
2	2	- Increasing the amount of time we spend together will automatically improve our relationship.
2	1	- Time will resolve most of the problems we have as a couple.
Disagreement (30%)		
2	5	- I believe most of the difficulties we've experienced before marriage will fade after we're married.
3	5	- I do not expect that we will ever have serious problems in our marriage.
4	1	+ I expect the romantic love in our relationship to fade somewhat over time.
Indecision (20%)		
3	4	- Love is all we will need for a happy marriage.
3	4	- Nothing could cause me to question my love for my partner.
Special Focus (10%)		
2	2	+ At times, I expect our marriage will be disappointing and frustrating.

PREPARE/ENRICH Exercises: *Managing your Expectations*

Parenting Expectations

The **Parenting Expectations** category measures agreement on issues related to having and raising children. This category explores opinions about starting a family, handling discipline, and sharing parental responsibilities.



Daniel is confident that they have discussed and agreed on many issues related to having and raising children together.

Maria feels good about their communication and agreement on issues related to having and raising children together.

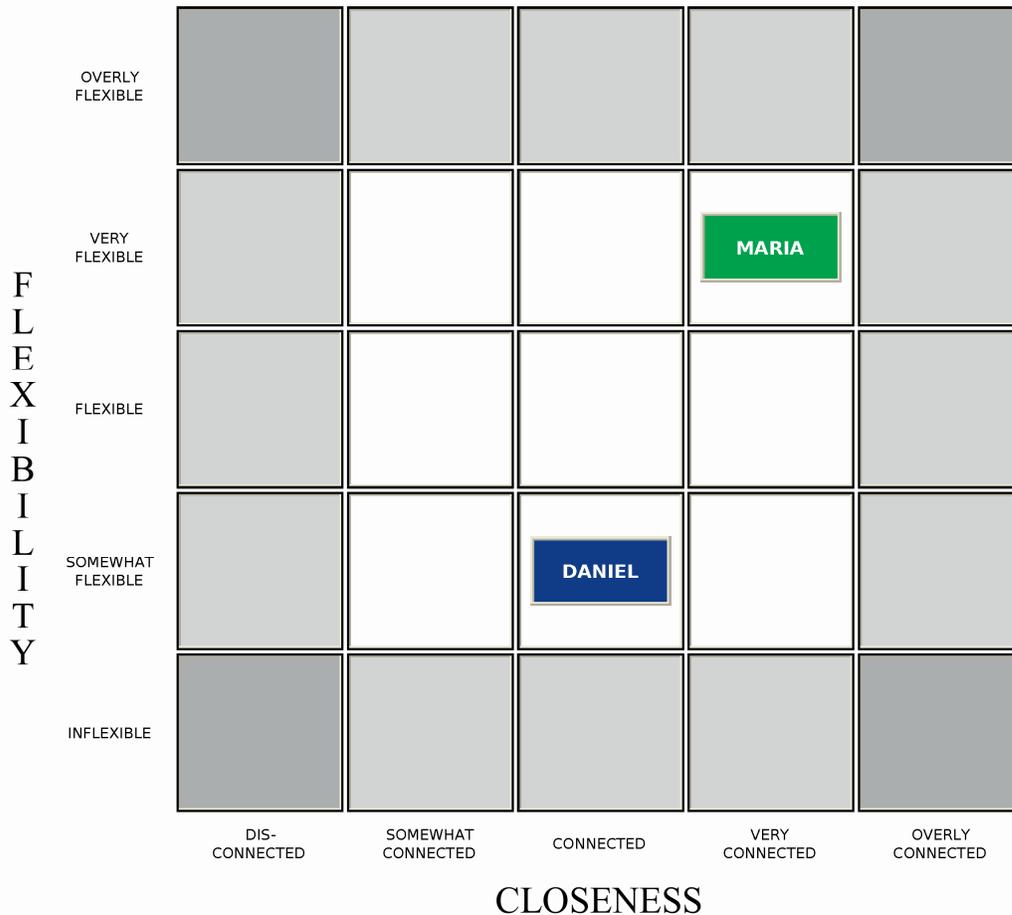
Relationship Strength: The couple has positive agreement with most items in this category. It is important for couples to share their opinions about if or when they would like to start a family. Praise this couple for already beginning to discuss how they want to raise children and share parenting responsibilities.

Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (80%)
1	2	- I am concerned that my partner was raised in a family very different from my own.
5	4	+ I have shared my feelings about having children with my partner.
4	4	+ I think having children will change our lifestyle.
1	1	- If we were to have problems as a couple, having children could help improve our relationship.
5	4	+ My partner and I agree on the type of religious upbringing for our future children.
4	5	+ My partner is very good with children and would be a great parent.
4	5	+ We have discussed if and when we would like to have children.
4	5	+ We have discussed the responsibilities of both parents in raising children.
Disagreement (0%)		
Indecision (10%)		
3	2	+ We agree on the number of children we would like to have.
Special Focus (10%)		
2	2	+ We have discussed how children should be disciplined.

PREPARE/ENRICH Exercises: *Children & Parenting: Discussion Questions*

Couple Map



Couple Closeness is defined as the emotional closeness one feels toward their partner. On this dimension, relationships can range from *disconnected* to *overly connected*.

- **Daniel** describes this relationship as **Connected**. These individuals experience a healthy balance of "We" and "I", or closeness and separateness, which reflects an interdependent relationship. Most healthy marriages not only foster connection, but also leave room for each partner to continue to grow and develop as individuals.
- **Maria** describes this relationship as **Very Connected**. Very connected couples often have a good balance of closeness and separateness, which reflects an interdependent relationship. Healthy marriages foster connection, but also leave room for each partner to pursue individual interests and activities.

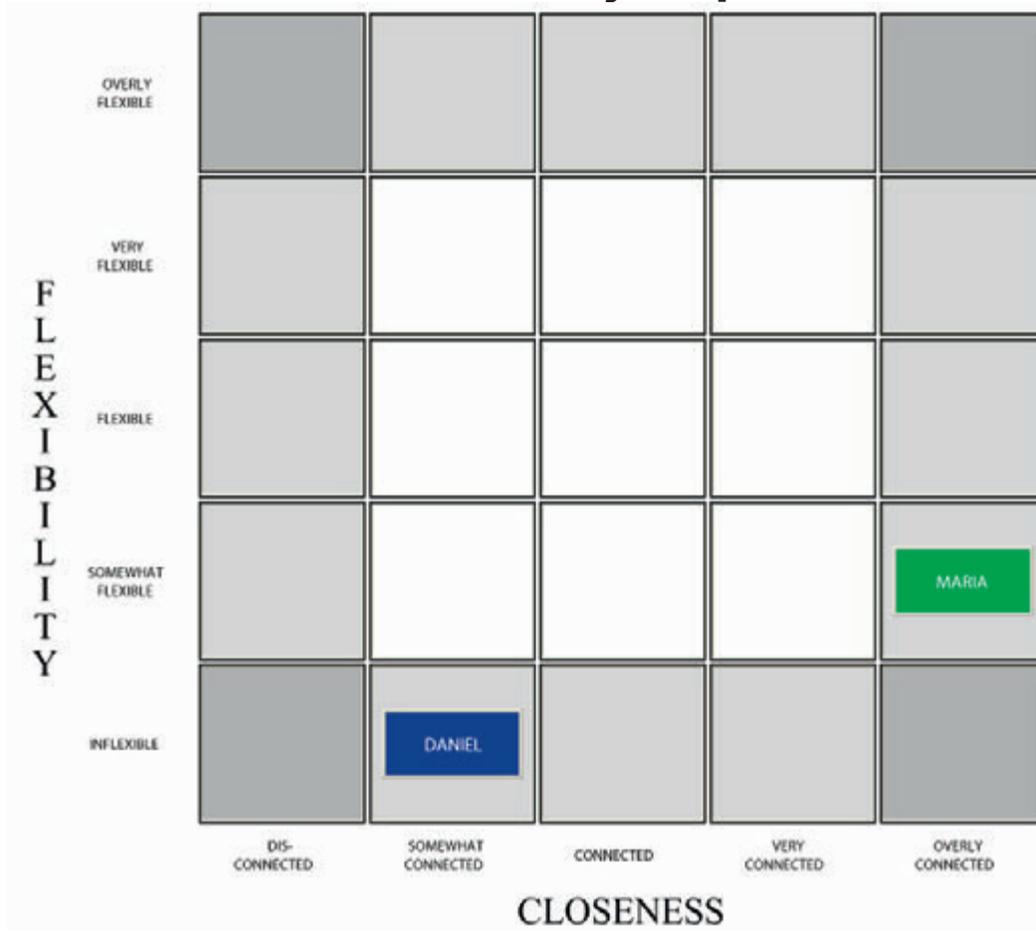
Couple Flexibility is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- **Daniel** feels the relationship is **Somewhat Flexible**, with more stability and less openness to change. The partners may sometimes resist changes in leadership or roles and may need to remember that healthy relationships often require the ability to be flexible while meeting the demands of busy lives.
- **Maria** feels the relationship is **Very Flexible**, with a good balance between stability and change. They may often share decision making and are able to adjust to ongoing issues. Most couples function well with this level of flexibility.

Couple Discussion: Review the Closeness and Flexibility results. It can be helpful to discuss what is positive about the current levels of closeness and flexibility. It can also be helpful to discuss any desired changes (increases or decreases) in closeness and flexibility.

PREPARE/ENRICH Exercises: *Mapping Your Relationship, Closeness Exercises, Flexibility Exercises*

Family Map



Family Closeness is defined as the emotional closeness one felt growing up in their family of origin. On this dimension, family relationships can range from *disconnected* to *overly connected*.

- **Daniel** grew up in a family that was **Somewhat Connected**. These individuals experienced some family closeness, with plenty of freedom to be an individual and pursue outside relationships.
- **Maria** grew up in an **Overly Connected** family. These individuals often describe feeling a high level of closeness in their family of origin, with closeness and loyalty being the priorities. At times they may have experienced too much connection and wished for more freedom from their family.

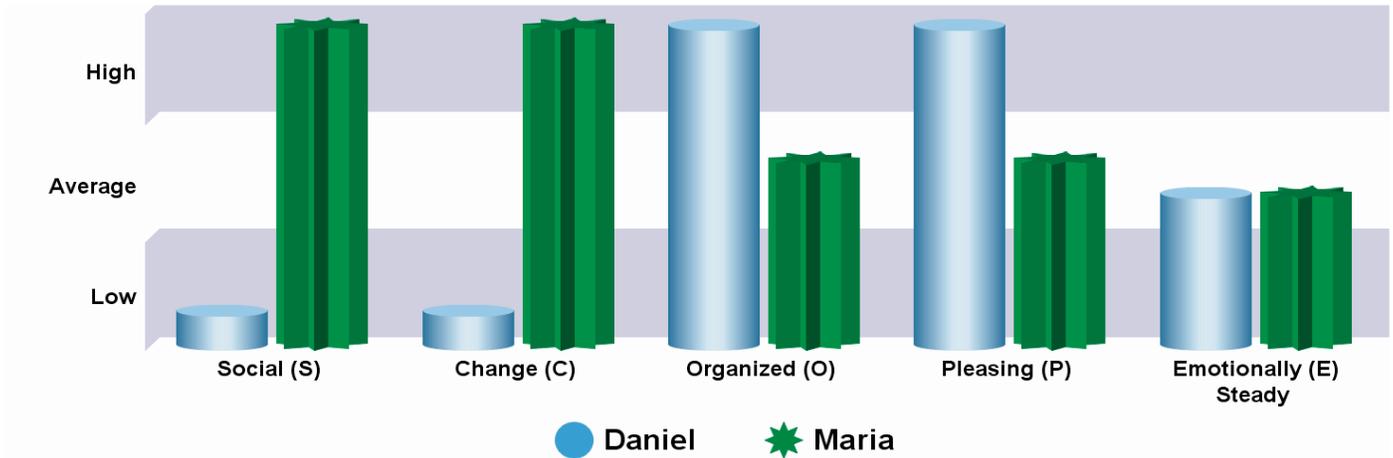
Family Flexibility is defined as a family's ability to adjust to changes in roles, leadership and discipline. On this dimension, family relationships can range from *inflexible* to *overly flexible*.

- **Daniel** experienced a family of origin that seemed **Inflexible**. These families are not very open to change. Family members are often too rigid and resist changes in leadership, roles, and routines. These families also have trouble adjusting to stress and finding new ways to deal with issues.
- **Maria** experienced a family of origin that seemed **Somewhat Flexible**. These families maintain a high level of structure and organization. Leadership, decision-making, and roles are clearly defined with little flexibility. Such families can have some difficulty adjusting to stress and finding new ways to deal with challenges.

Couple Discussion: Review family of origin Closeness and Flexibility results. Discuss family closeness and flexibility with actual examples, such as observing a holiday, celebrating a birthday, or handling discipline. What does each person want to bring from their family into the current relationship? What does each person want to leave behind?

PREPARE/ENRICH Exercises: *Mapping Your Relationship, Closeness Exercises, Flexibility Exercises*

SCOPE Personality Scales



The **SCOPE Personality** Assessment consists of five dimensions based on the Five Factor Model of Personality. The five dimensions and the couple's results are described below. Review the results of all five dimensions, rather than focusing on just one or two traits where individuals score high or low.

Compare where the Personality SCOPE results are similar and where they are different. Discuss the advantages and drawbacks to each.

PREPARE/ENRICH Exercise: *SCOPE out your Personality*

Social (S)

This trait reflects preference for, and behavior, in social situations.

- **Daniel** scored **Low** on being Social. Such individuals tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. They may be low-key, deliberate, and less connected socially. They often prefer to be alone or with just a few close friends. These individuals likely feel re-energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. If out of balance, they could appear reclusive or cut off from others.
- **Maria** scored **High** on the Social dimension. These individuals are generally outgoing. Social extroverts enjoy being with people and are often full of energy. They may be enthusiastic and action-oriented. They often enjoy their ability to make friends and acquaintances easily and do not prefer solitude. In groups they like to talk, assert themselves, and may often be the center of attention. If out of balance, they could appear to be attention seeking or shallow.

Couple Results: Couples with one person scoring higher than the other will need to communicate openly with one another about attending social events and getting together with others. One person receives energy from socializing, while the other prefers more privacy and alone time. This difference may become more apparent when they are experiencing greater amounts of stress. They can avoid unnecessary conflict in their relationship by seeking agreement with each other before saying "yes" or "no" to making social plans.

SCOPE Personality Scales

Change (C)

This trait reflects openness to change, flexibility, and interest in new experiences.

- **Daniel** scored **Low** on Change. These individuals are more down to earth, practical in nature, and relatively less interested in new ideas and experiences. Change may be difficult for them and increase their level of stress. These individuals prefer the familiar and things they are accustomed to. Their attitudes are likely to be more conventional or traditional. When out of balance, they could appear rigid or closed off to new experiences.
- **Maria** scored **High** on Change. These individuals will tend to be flexible, unconventional, and very open to new experiences. They are open to change, and often have a broad range of interests. They thrive on developing new and creative solutions to problems, even when a tried and true method might work just as well. When out of balance, they may appear to be too interested in new ideas and adventures. Others may wonder why they are constantly trying to reinvent the wheel.

Couple Results: One person scoring higher than the other may represent a case of being attracted to their opposite. The more practical person is often attracted to the other's free-thinking and open attitudes. Conversely, the more open person may recognize the value of their partner's steady approach to life. There may be times when the other's attitudes, preferences, or behavior will be challenging or frustrating. They'll want to remember to work with differences rather than attempt to change or criticize one another. Building off each other's strengths can help them appreciate their differences.

Organized (O)

This trait reflects how organized and persistent a person is in their daily life and work. It also reflects persistence in pursuing goals.

- **Daniel** scored in the **High** range on this personality dimension. These individuals are methodical and well organized. They tend to be persistent and reliable and place great emphasis on this type of behavior. They are quite goal-oriented, and have a well-thought-out plan as they strive to achieve their goals. When out of balance, they could be perceived as perfectionist or overly driven. Others may even see them as being too organized or controlling in their approach to life.
- **Maria** scored in the **Average** range on this personality dimension. These individuals are generally organized. They are often dependable and goal-oriented, but can also be flexible, setting aside work and agendas. They know how to get organized, but it is not always a high priority. Their home and workspace are likely to be somewhat cluttered, but they know where things are located.

Couple Results: Couples with one person scoring higher than the other will need to communicate openly with one another about their goals, roles, and expectations. It is likely that their partner's tendencies may be endearing at times, but these qualities can also become annoying, distracting, or even maddening when stressful events come their way. The partners can balance one another out and avoid the extremes of perfectionism versus sloppiness. Potential challenges include different expectations for housekeeping, relationship roles, and long-term goals. They can work with their strengths and allow the more organized individual to handle necessary details. But they will also need to guard against expecting the organized individual to function more like a "parent" and less like a "partner."

SCOPE Personality Scales

Pleasing (P)

This trait reflects how considerate and cooperative one is in their interactions with others.

- **Daniel** scored **High** on the Pleasing dimension. These individuals will be trusting, friendly, and cooperative. They value getting along with others, and are considerate, and helpful. Optimistic about people, they view others as basically honest, decent, and trustworthy. When out of balance, they may sacrifice their own feelings and opinions to please others. Some acquaintances may even see them as a push-over. In their partner relationship, they may find it difficult to ask for what they need.
- **Maria** scored in the **Average** range on Pleasing. These individuals can be warm and cooperative, but occasionally somewhat competitive, stubborn, or assertive. When they feel their rights are violated, they are able to respond and stand up for themselves. They might occasionally find themselves arguing about little matters, but generally know how to get along well with others and are well liked.

Couple Results: Couples with one person scoring higher than the other may need to practice their communication and conflict resolution skills. One partner may need to develop their ability to honestly express both positive and negative opinions and feelings. In so doing, they can allow the more assertive partner the opportunity to truly understand how they feel. The other partner will benefit from working to be a good listener. Looking for the positives in each other's personality styles can strengthen the relationship.

Emotionally Steady (E)

This trait reflects the tendency to stay relaxed and calm even when faced with stress, versus those who are more reactive to stress in their life.

- Both individuals scored in the **Average** range on Emotionally Steady. These individuals are generally calm and able to cope with stress. Others likely see them as capable of handling the everyday stressors that face most people. When under high levels of stress, they could experience negative feelings of anxiety, depression or anger, but are generally emotionally steady and in control of their lives.

Couple Results: Both individuals may find it helpful to avoid unnecessary stress. They will benefit by being realistic about what they can handle individually and together. Skills such as communication, problem solving and flexibility can help navigate stressful times without extreme emotions or negative reactions.

