

## Catholic Customized Version of PREPARE/ENRICH

The following is an overview of the Catholic Version of PREPARE/ENRICH. If a facilitator trained in PREPARE/ENRICH wants the couple to take the Catholic version, they would pre-select this option for the couple as they are registered to take the inventory. This step means the couple will have several scales automatically included in their inventory including: *Catholic Spiritual Beliefs, Parenting Expectations and Sexual Expectations* (see sample scale items below). If the couple has different faith backgrounds, the facilitator can select an *Interfaith/Interchurch* version in place of the Catholic version.

### Sample Catholic Inventory Items

#### Catholic Spiritual Beliefs

- I understand what the Church teaches about marriage as a sacrament.
- I embrace the teaching that marriage is a permanent commitment.
- It is important to me to go to Mass every Sunday.
- Prayer is an important part of my daily life.

#### Catholic Parenting Expectations (premarital)

- We have discussed how children should be disciplined.
- We agree on the number of children we would like to have.
- We agree to teach Catholic values to our children.
- It is important to me to send our children to Catholic school.

#### Catholic Sexual Expectations (premarital)

- I am comfortable talking with my partner about sexual issues.
- We have discussed and decided to use natural family planning.
- We have discussed and agreed on the boundaries of our premarital sexual activity.
- I am concerned that my partner is interested in viewing sexually explicit material (pornography).

#### Interchurch/Interfaith Couples

- Differences in our spiritual beliefs cause tension in our relationship.
- My family is concerned about our religious differences.
- We have discussed the challenges associated with raising children in an interfaith family.

### **Scales Selected based on Background Questions answered by the Couple**

From a Catholic perspective, there are a variety of new scales that are automatically selected based on the background information the couple provides while taking the assessment. Note that some items are negative or unhealthy and the desired response is “disagree”. Many of these scales were developed in collaboration with our Catholic partners.

### **Sample Inventory Items**

#### Cohabitation Issues (premarital couples)

- Living together has been more challenging than I had anticipated.
- Living together is a good test before committing to marriage.
- We have had more power struggles as a couple since we began living together.

#### Commitment Questions

- I believe my partner is committed to making our marriage last for a lifetime.
- I am open to doing whatever it takes to improve our marriage.

#### Cultural/Ethnic Issues

- Even though we come from different ethnic/cultural backgrounds, we share very similar beliefs and values.
- It is very important to me that we find traditions, rituals, and holidays we can both feel good about observing.
- My partner is very sensitive and respectful toward my cultural background.

#### Forgiveness (married couples)

- My partner has done or said some things I may never be able to forgive.
- Tension remains in our relationship, even after we work through hurts and disappointments.
- I feel closer to my partner after we work through a disappointment.

#### Previously Married:

- I am worried that past relationships will present problems for us.
- We have both had sufficient time to work out the issues and hurts from our past relationships.
- I now have a clear understanding of the reasons why previous relationships/marriages didn't work out.

Customized Version with Catholic Content Highlighted

	Dating	Engaged	Married
<b>Correction Scale</b>	Idealistic Distortion	Idealistic Distortion	Idealistic Distortion
<b>Core Scales</b>	Communication Conflict Resolution Partner Style & Habits Family & Friends Financial Management Leisure Activities <b>Sexual Expectations</b> <b>Spiritual Beliefs</b> Relationship Expectations Character Traits	Communication Conflict Resolution Partner Style & Habits Family & Friends Financial Management Leisure Activities <b>Sexual Expectations</b> <b>Spiritual Beliefs</b> Marriage Expectations Relationship Roles	Communication Conflict Resolution Partner Style & Habits Family & Friends Financial Management Leisure Activities <b>Sexual Relationship</b> <b>Spiritual Beliefs</b> <b>Forgiveness</b> Roles & Responsibilities
<b>Couple &amp; Family Map</b>	Couple Flexibility Couple Closeness Family Closeness Family Flexibility	Couple Flexibility Couple Closeness Family Closeness Family Flexibility	Couple Flexibility Couple Closeness Family Closeness Family Flexibility
<b>Relationship Dynamics</b>	Assertiveness Self-Confidence Avoidance Partner Dominance	Assertiveness Self-Confidence Avoidance Partner Dominance	Assertiveness Self-Confidence Avoidance Partner Dominance
<b>SCOPE Personality Scales</b>	Social Change Organized Pleasing Emotionally Steady	Social Change Organized Pleasing Emotionally Steady	Social Change Organized Pleasing Emotionally Steady

<b>Stress Scales</b>	Personal Stress	Premarital Stress	Personal Stress
<b>Customized Spiritual Beliefs Scales</b>	<b>Interfaith/Interchurch</b> Catholic Spiritual Beliefs Protestant Spiritual Beliefs Jewish Spiritual Beliefs	<b>Interfaith/Interchurch</b> Catholic Spiritual Beliefs Protestant Spiritual Beliefs Jewish Spiritual Beliefs	<b>Interfaith/Interchurch</b> Catholic Spiritual Beliefs Protestant Spiritual Beliefs Jewish Spiritual Beliefs
<b>Customized Parenting Scales</b>	<b>Parenting Expectations</b> Becoming Parents <b>Children &amp; Parenting</b> Intergenerational Issues Step Parenting Expectations	<b>Parenting Expectations</b> Becoming Parents <b>Children &amp; Parenting</b> Intergenerational Issues Step Parenting Expectations	<b>Parenting Expectations</b> Becoming Parents <b>Children &amp; Parenting</b> Intergenerational Issues Step Parenting Issues
<b>Over 55 Customized Scales</b>		Health Issues Role Transitions	Health Issues Role Transitions
<b>Other Customized Scales</b>	<b>Cultural/Ethnic Issues</b> Cohabitation Issues Commitment Previous Marriage	<b>Cultural/Ethnic Issues</b> Cohabitation Issues Commitment Previous Marriage	<b>Cultural/Ethnic Issues</b> Commitment