

SAMPLE

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PREPARE  ENRICH

# Facilitator Report



PREPARE/ENRICH

# PREPARE/ENRICH

## Customized Version

**Couple Names:** Daniel  
Maria

**Couple Login Code:** A4J289-A3T3F4

**Customizations:**

- Engaged
- Catholic
- Possibility of Children in Future

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

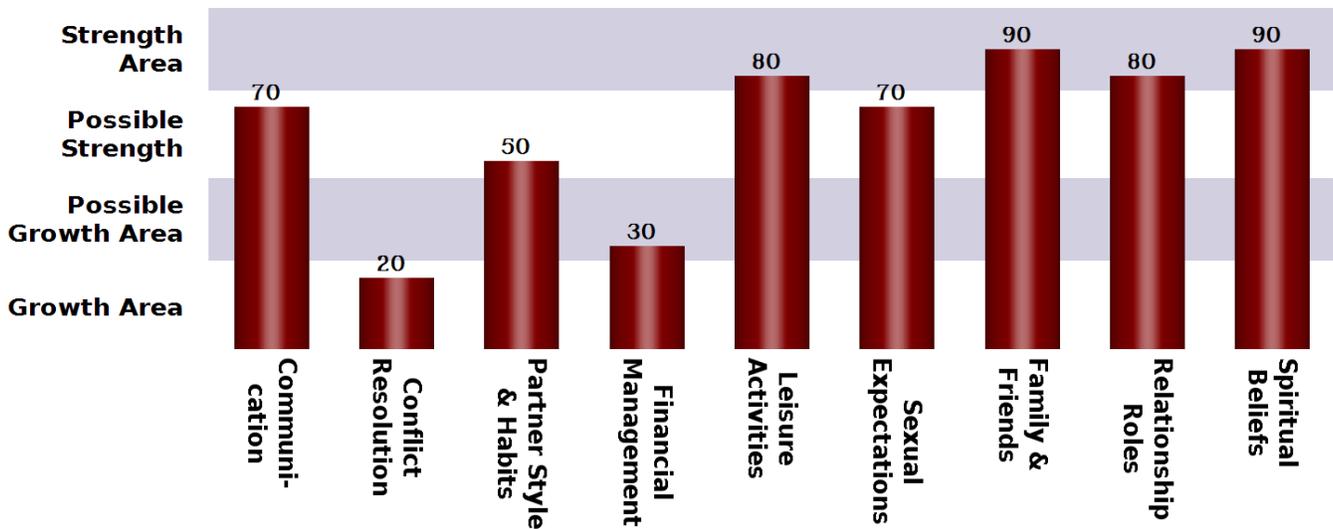
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## Background Information

<u>Question</u>	<u>Daniel</u>	<u>Maria</u>
Gender	Male	Female
Age Range	21 - 25	21 - 25
Ethnic Background	Caucasian	More than one ethnicity
Education Completed	Four-Year College	Graduate/Professional
Religious Affiliation	Catholic (Christian)	Catholic (Christian)
Which category best describes your area of employment?	Retail/Wholesale	Military or Government
Role at work	Other	Support Staff
Employment Status (paid)	Full-time	Part-time
Individual Yearly Income	\$30,000 - \$39,999	No Answer
What is your birth position in your family?	Second	Fourth
No. children in your family	Three	Four
Where do you live?	Rural Area	Suburban Area
What is your current living arrangement?	With parents or other family members	With parents or other family members
How long known partner?	1-2 years	1-2 years
How long engaged?	Less than 6 months	Less than 6 months
Months until marriage	7-12 months	7-12 months
Friends feelings about marriage plans	Very Positive	Mainly Positive
Family feelings about your marriage plans	Very Positive	Very Positive
No. children you have	None	None
How many children do you want?	Three	Two
When do you want children?	1-2 years	1-2 years
Are you expecting a child?	No	No
No. times broken up	Never	Never
Number of previous marriages	0 - never married before	0 - never married before
Parents' marital status	Married	Married
Raised by	Both Biological Parents	Both Biological Parents

# Couple Typology (based on CORE Scales)



## Harmonious Couple Type

Based on the PCA scores across the core categories, this couple is best categorized as a **Harmonious Couple**. Generally, harmonious couples have a high degree of relationship satisfaction and both feel good about many aspects of their relationship. There are likely some relationship areas that have room for improvement. It will be helpful for them to clearly identify their strengths and growth areas as they continue to build their relationship.

Based on past research with thousands of couples, PREPARE/ENRICH categorizes couple relationships into one of four common relational patterns:

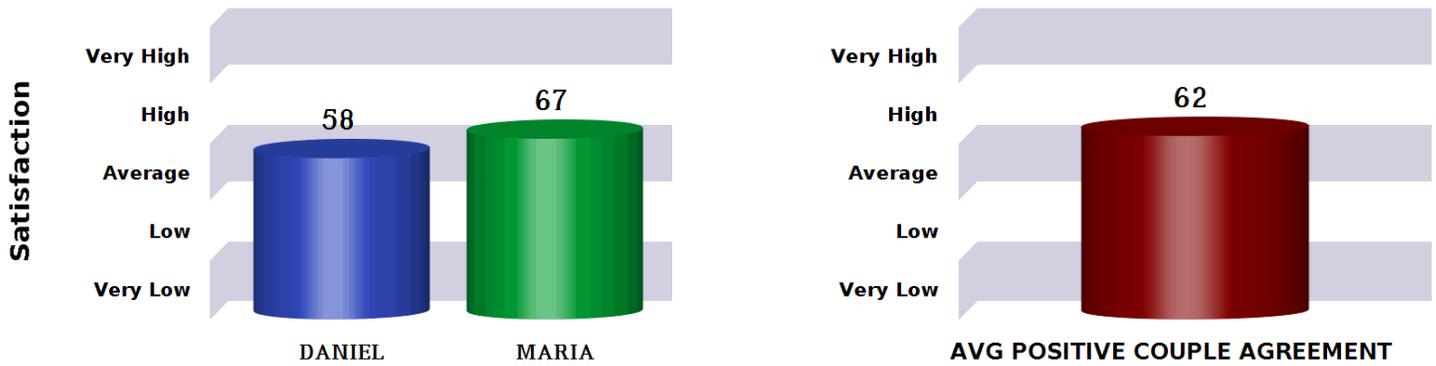
- **Vitalized** couples are typically most satisfied with their relationship, skilled in communication and conflict resolution.
- **Harmonious** couples also enjoy high levels of satisfaction across most areas of their relationship.
- **Conventional** couples are often highly committed to one another, 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.

## Strength and Growth Areas

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

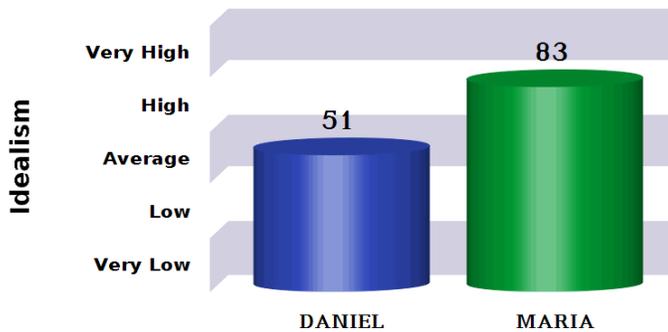
# Overall Satisfaction

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 their relationship in a positive direction.



### Interpretation of Idealism

A high score (above 65%) indicates that a person describes their 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. Revised Individual scores are graphed and defined in many of the following relationship categories.

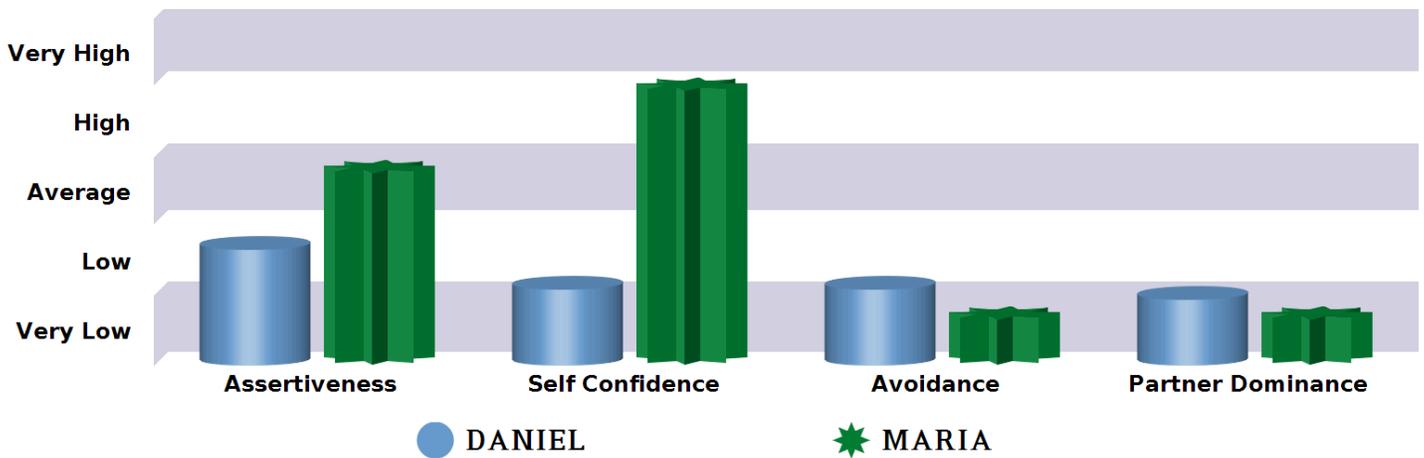
**Daniel** may be somewhat realistic, but sometimes denies or minimizes problems in their relationship.

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

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

Daniel	Maria	Idealistic Distortion Items
4	4	Every new thing I have learned about my partner has pleased me.
4	5	I have never regretted my relationship with my partner.
4	5	My partner always gives me the love and affection I need.
4	4	My partner and I understand each other completely.
3	4	My partner completely understands and sympathizes with my every mood.
4	5	My partner has all the qualities I've always wanted in a mate.
4	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:**  **Average**

Maria is generally good at expressing thoughts and feelings, and is sometimes able to 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:**  **Low**

Daniel is low in Self Confidence and may not have positive self-esteem, and often lacks confidence in his/her ability to accomplish what is wanted in life.

**Maria:**  **High**

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

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

**Daniel:**  **Low**

Daniel scored low in Avoidance and will generally be open to identifying and discussing issues in their relationship.

**Maria:**  **Very Low**

Maria scored very low in Avoidance and will often be open to identifying and discussing issues in their relationship.

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

**Both:**  **Very Low**

Both individuals scored in the very low range in Partner Dominance and do not feel their partner is dominant, controlling, or interested in managing their life.

# Commitment

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

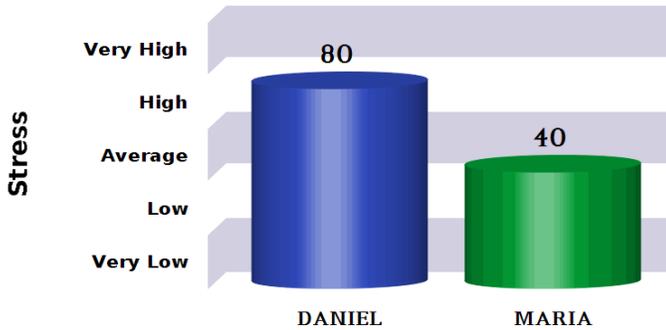
# Abuse

<b>Never</b> 1	<b>Seldom</b> 2	<b>Sometimes</b> 3	<b>Often</b> 4	<b>Very Often</b> 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?	Never	Never
Have you ever had problems with alcohol or drug use?	Never	Never
Has your partner ever had problems with alcohol or drug use?	Never	Never
Have you ever observed abuse between your parents?	Never	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	Seldom
Do you struggle with unhealthy sexual behavior or use of pornography?	Never	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 stress.



**Daniel** appears to have a high level of personal stress which can create many 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. These 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 10 Stressors

#### Very Often

Fiancé stressed out by wedding planning  
Financial concerns  
Your job

#### Often

Lack of time for family  
Lack of time for fiancé  
Lack of time for friends  
Owe too much money (credit cards, loans, etc.)  
Your current living arrangement

#### Sometimes

Cost of wedding  
Decisions about wedding details

### Maria Top 10 Stressors

#### Very Often

Financial concerns  
Overweight or underweight  
Owe too much money (credit cards, loans, etc.)

#### Often

Lack of sleep

#### Sometimes

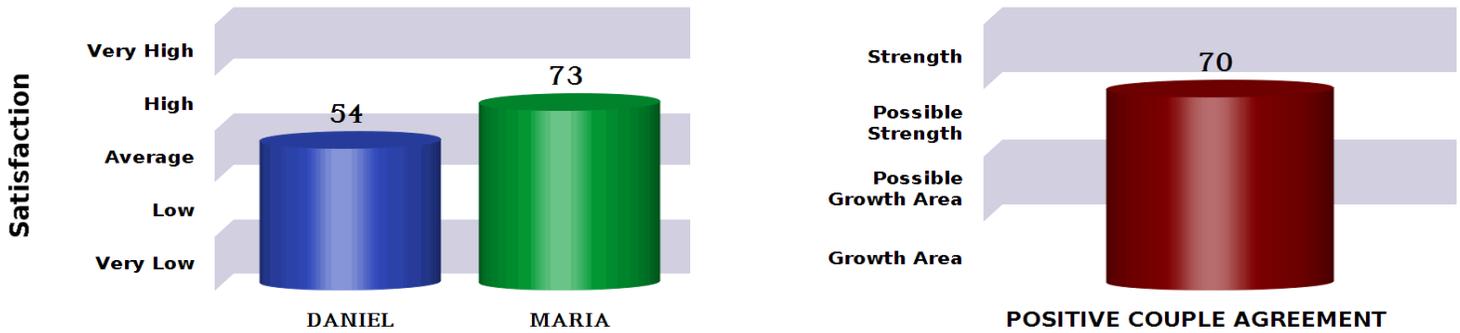
Cost of wedding  
Dealing with your parents  
Eating too much or too little  
Feeling overwhelmed by wedding details  
Lack of exercise

Help this couple compare their lists of top stressors. It is not uncommon for their lists to be somewhat different. Take a moment to help them discuss where things are similar and where they 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** feels generally good about their communication, but has some concerns about sharing feelings and listening to each other.

**Maria** feels positive about their communication and how they share feelings and listen to each other.

**Possible Strength:** The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. Learning and practicing assertiveness and active listening will help make this a relationship strength.

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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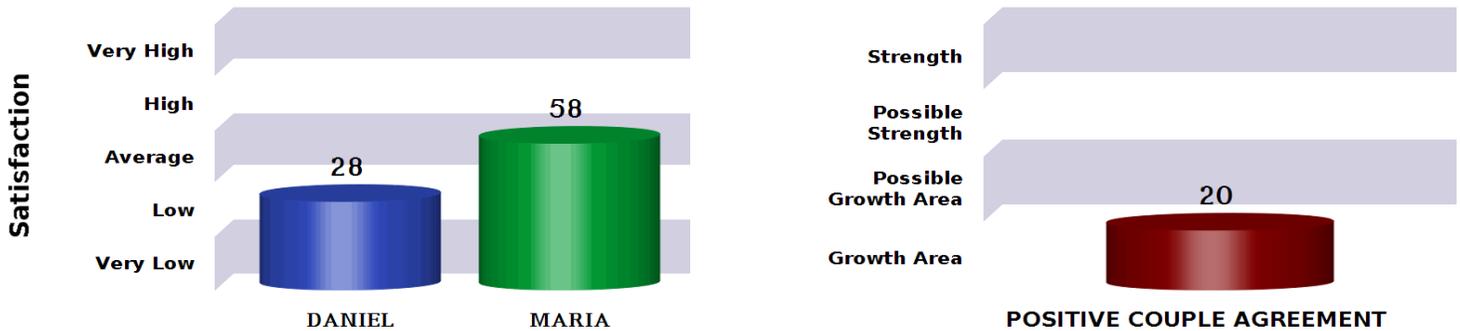
Daniel	Maria	
		<b>Positive Couple Agreement (70%)</b>
2	1	- At times it is hard for me to ask my partner for what I want.
4	4	+ I am very satisfied with how my partner and I talk with each other.
5	4	+ I can express my true feelings to my partner.
4	4	+ My partner is a very good listener.
2	2	- My partner often doesn't understand how I feel.
2	1	- My partner sometimes makes comments that put me down.
2	1	- Sometimes I have trouble believing everything my partner tells me.
		<b>Disagreement (20%)</b>
4	2	- It is difficult for me to share negative feelings with my partner.
5	2	- When we are having a problem, my partner often refuses to talk about it.
		<b>Indecision (0%)</b>
		<b>Special Focus (10%)</b>
5	4	- I wish my partner were more willing to share his/her feelings with me.

## 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** has some concerns about their ability to discuss and resolve differences, and has difficulty identifying 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 of the 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.

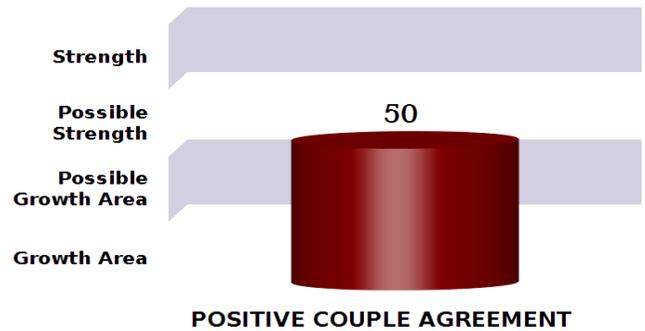
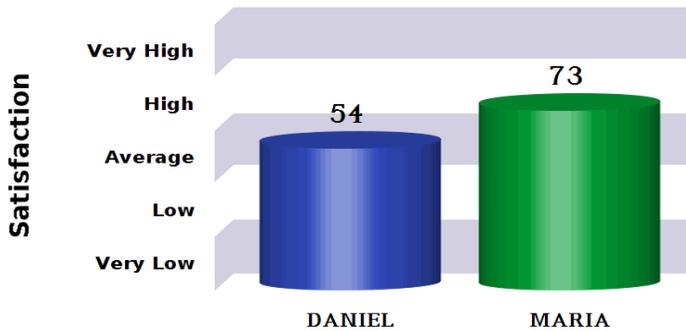
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	
<b>Positive Couple Agreement (20%)</b>		
2	2	- At times my partner does not take our disagreements seriously.
4	4	+ Even during disagreements, I can share my feelings and ideas with my partner.
<b>Disagreement (60%)</b>		
4	2	- At times I feel some of our differences never get resolved.
2	4	- I go out of my way to avoid conflict with my partner.
4	2	- My partner and I have different ideas about the best way to solve our disagreements.
4	2	- To avoid hurting my partner's feelings during an argument, I tend to say nothing.
4	2	- To end an argument, I tend to give in too quickly.
2	4	+ When we discuss problems, my partner understands my opinions and ideas.
<b>Indecision (0%)</b>		
<b>Special Focus (20%)</b>		
5	4	- Sometimes we have serious disputes over unimportant issues.
4	5	- When we argue, I usually end up feeling responsible for the problem.

**PREPARE/ENRICH Exercises:** *10 Steps for Resolving Conflict, How to Take a Time-Out, Seeking and Granting Forgiveness*

# Partner Style & Habits

The **Partner Style & 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** feels generally good about the personality traits, habits, and behaviors of his/her partner, but has some concerns that may need to be discussed.

**Maria** feels positive about the personality traits, habits, and behaviors of his/her partner.

**Possible Strength:** The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. Reinforce healthy communication and problem solving skills as they talk about these difficult topics.

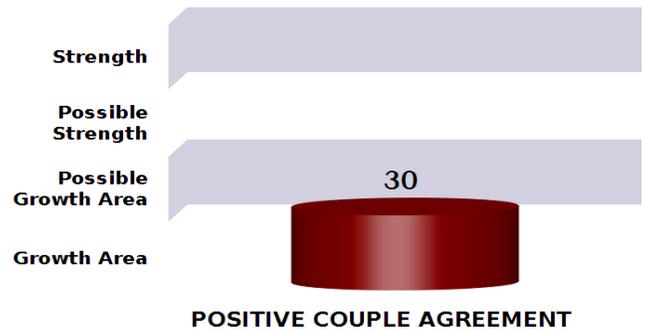
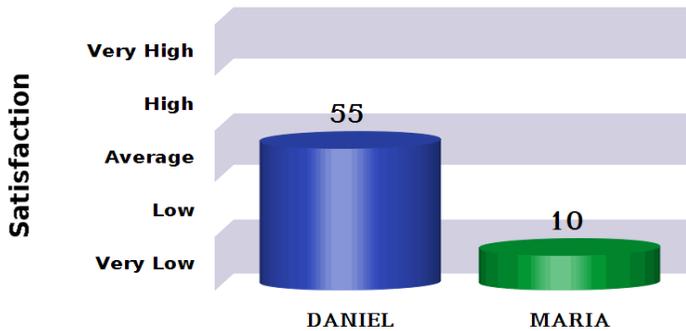
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (50%)
2	2	- I am sometimes upset or embarrassed by my partner's behavior.
2	1	- I am unhappy with some of my partner's personality characteristics or personal habits.
2	1	- I wish my partner were more reliable and followed through on more things.
2	1	- Sometimes I am concerned about my partner's temper.
2	1	- Sometimes my partner seems to be too controlling.
<b>Disagreement (40%)</b>		
3	1	- I am sometimes concerned that my partner appears to be unhappy and withdrawn.
4	2	- I wish my partner were less critical or negative about some topics.
2	4	- My partner has some personal habits that bother me.
4	2	- Sometimes I have difficulty dealing with my partner's moodiness.
<b>Indecision (0%)</b>		
<b>Special Focus (10%)</b>		
4	4	- Sometimes my partner is too stubborn.

**PREPARE/ENRICH Exercises:** *Assertiveness and Active Listening, 10 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 somewhat realistic financial plans, but may have some concerns about spending and saving habits.

**Maria** feels very unclear about how they plan to handle finances and has several concerns about spending and saving money.

**Possible Growth Area:** While the couple has 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 of the Disagreement, Indecision, or Special Focus items listed below. Many couples report finances as the biggest single problem in their relationship. Determining a budget, savings plan, and financial goals are proactive ways to avoid later stress and conflict.

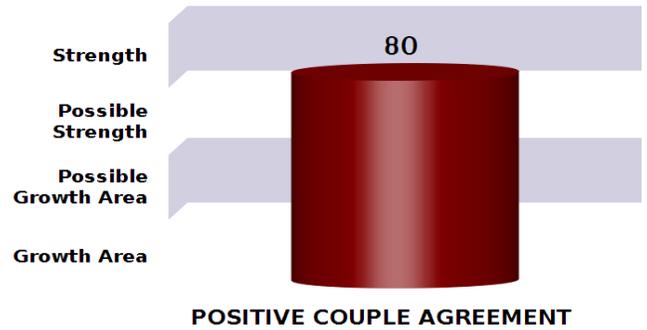
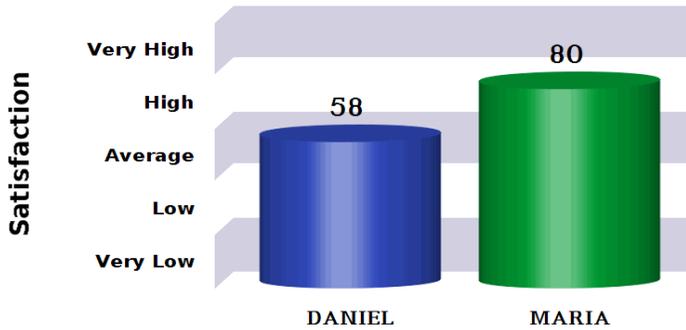
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Daniel	Maria	Positive Couple Agreement (30%)
2	2	- I am concerned that my partner is more of a spender than I am.
2	2	- Sometimes I wish my partner were more careful about spending money.
4	4	+ We usually agree on how to spend money.
<b>Disagreement (40%)</b>		
2	5	- One or both of us have unpaid bills or debts that concern me.
3	1	+ We have a specific plan for how much money we can spend each month.
4	1	+ We have figured out what our financial status will be after we marry.
2	5	- We haven't decided how to handle our finances yet.
<b>Indecision (20%)</b>		
3	2	- Even after marriage, we plan on keeping our finances separate.
4	3	+ I am satisfied with our decisions about how much money we should save.
<b>Special Focus (10%)</b>		
4	5	- I have some concerns about whether our income will be sufficient.

**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.



**Daniel** feels generally good about their leisure activities, but has some concerns about the amount and quality of their shared interests.

**Maria** feels positive about their leisure activities and the amount and quality of their shared interests.

**Relationship Strength:** The couple has positive agreement with most of the 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 that increase the quality of their relationship.

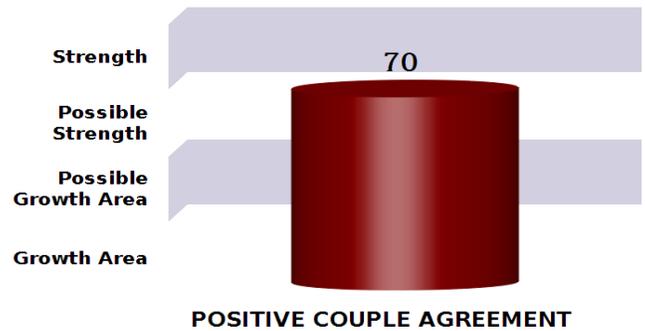
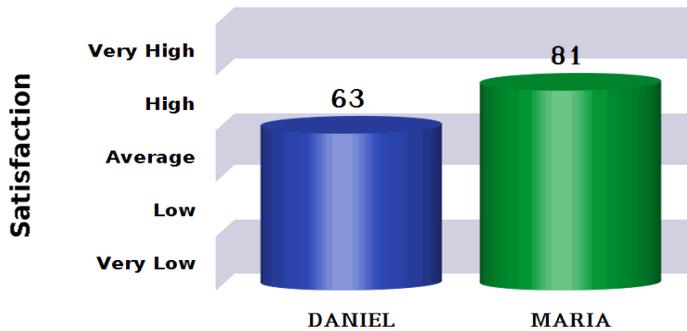
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (80%)
2	1	- I am concerned that my partner has too many activities or hobbies.
2	1	- I sometimes feel pressured to participate in activities my partner enjoys.
2	2	- I wish my partner had more time and energy for recreation with me.
4	4	+ It is easy for us to make new couple friends.
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	2	- My partner's activities (television, computer, sports, etc.) interfere with our time together.
4	4	+ We find it easy to think of things to do together.
<b>Disagreement (20%)</b>		
4	2	- As a couple, I wish we did a better job of balancing time together and time apart.
4	2	- I wish my partner and I shared more activities that we both found enjoyable.
<b>Indecision (0%)</b>		
<b>Special Focus (0%)</b>		

**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.



**Daniel** feels generally satisfied with their level of affection, but may have some concerns that need to be discussed.

**Maria** feels positive about their level of affection and how they handle sexual issues and expectations.

**Possible Strength:** The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the 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.

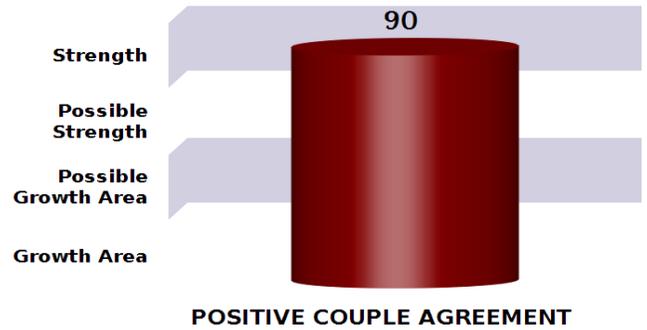
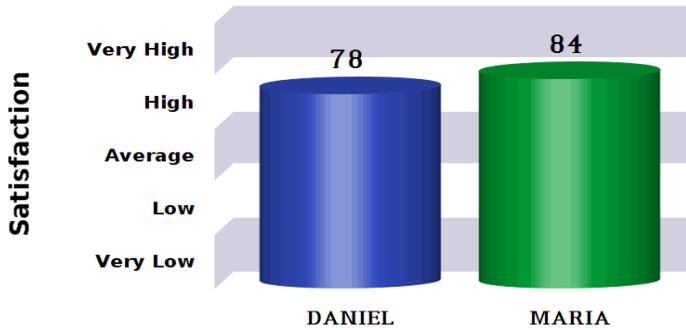
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (70%)
5	4	+ I am comfortable talking with my partner about sexual issues.
4	5	+ I am completely satisfied with the amount of affection my partner gives me.
2	1	- I am concerned that my partner is interested in viewing sexually explicit material (pornography).
2	1	- 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	4	+ My partner and I talk openly about our sexual expectations.
4	5	+ We have discussed and agreed on the boundaries of our premarital sexual activity.
<b>Disagreement (20%)</b>		
3	1	- I am concerned that my partner's interest in sex might be different from mine.
3	1	- My partner sometimes uses or refuses affection unfairly.
<b>Indecision (10%)</b>		
3	3	+ We have discussed and decided to use natural family planning.
<b>Special Focus (0%)</b>		

**PREPARE/ENRICH Exercises:** *The Expression of Intimacy*

# Family & Friends

The **Family & 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.



Both individuals feel positive about how they relate to one another's family and friends.

**Relationship Strength:** The couple has positive agreement with most of the items in this category. Family and friends can provide great encouragement and support for a relationship. Praise the couple for maintaining healthy boundaries and balanced relationships in this area.

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

Daniel	Maria	Item
<b>Positive Couple Agreement (90%)</b>		
2	1	- I am worried that one or both of our families may cause trouble in our marriage.
2	1	- I have concerns when my partner spends time with friends or co-workers.
4	4	+ I really enjoy being with most of my partner's friends.
4	5	+ I really enjoy spending time with most of my relatives-to-be and future in-laws.
4	5	+ My family accepts me completely and respects the decisions I make.
5	5	+ My partner gets along well with most of my friends.
2	2	- My partner is too involved with or influenced by his/her family.
2	1	- Some relatives or friends have concerns about us getting married.
2	1	- Sometimes my partner's friends or family interfere with our relationship.
<b>Disagreement (10%)</b>		
2	4	- I am worried that accepting financial assistance or advice from our families will cause problems for us.
<b>Indecision (0%)</b>		
<b>Special Focus (0%)</b>		

**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 equalitarian roles in their relationship.



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

**Relationship Strength:** The couple has positive agreement with most of the items in this category. Review some of their Agreement Items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement or Indecision 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	
<b>Positive Couple Agreement (80%)</b>		
5	5	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.
2	1	T I am concerned about doing more than my share of the household tasks.
4	4	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.
5	5	E In our marriage, I expect my partner to consult me when making important decisions.
4	4	E We expect to divide household chores based on our interests and skills rather than on traditional roles.
4	5	E When it comes to roles and responsibilities, both partners should be willing to adjust.
<b>Disagreement (20%)</b>		
2	4	E I think we will be happier if there is an even balance of power in our relationship.
4	2	E If both partners are working, each person should do the same amount of household chores.

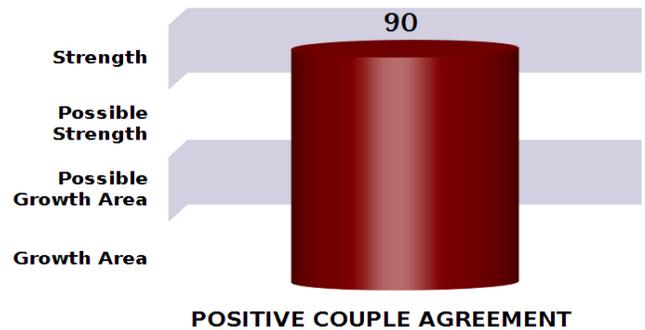
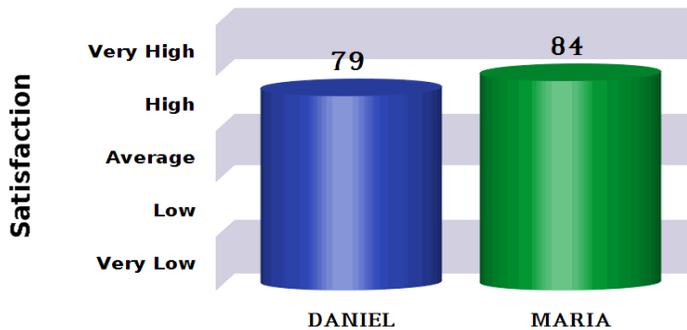
### Indecision (0%)

**E** = Equalitarian 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.



Both individuals feel positive about the practice and expression of spiritual beliefs in their relationship.

**Relationship Strength:** The couple has positive agreement with most of the 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. A shared spiritual foundation can be a great resource for couples, helping them increase their commitment and connection.

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	<b>Positive Couple Agreement (90%)</b>
4	4	+ I believe our marriage must include active participation in a church.
5	5	+ I embrace the teaching that marriage is a permanent commitment.
4	5	+ I understand what the Church teaches about marriage as a sacrament.
4	4	+ It is important to me to go to Mass every Sunday.
4	5	+ Prayer is an important part of my daily life.
2	1	- Spiritual differences cause some tension in our relationship.
4	4	+ We both support the practice of giving a portion of our income to the church.
4	4	+ We have discussed the importance of our Catholic beliefs.
4	4	+ We rely on our faith in God during difficult times.

### Disagreement (0%)

### Indecision (10%)

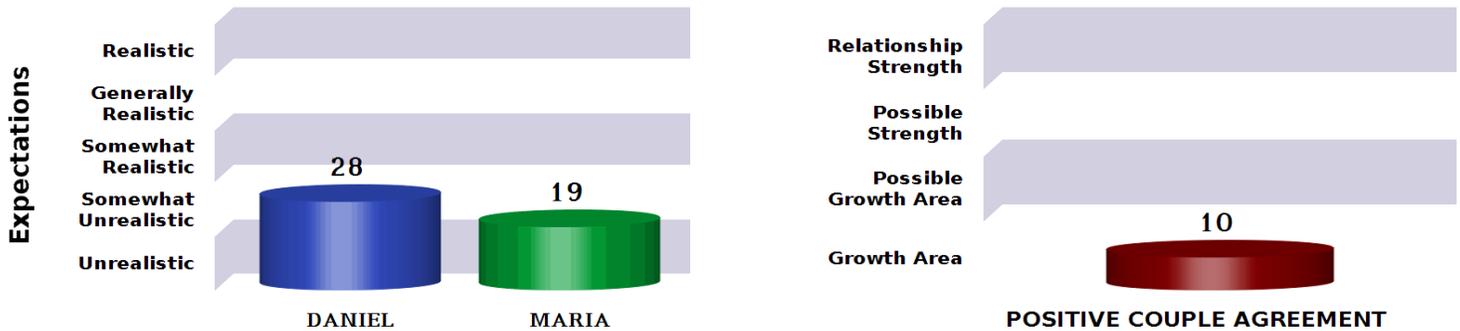
3	2	+ We share very similar spiritual beliefs.
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### Special Focus (0%)

**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.



Both individuals are somewhat unrealistic and may not be aware of the typical challenges and difficulties of marriage.

**Growth Area:** One or both of these individuals holds unrealistic expectations about most of the 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.

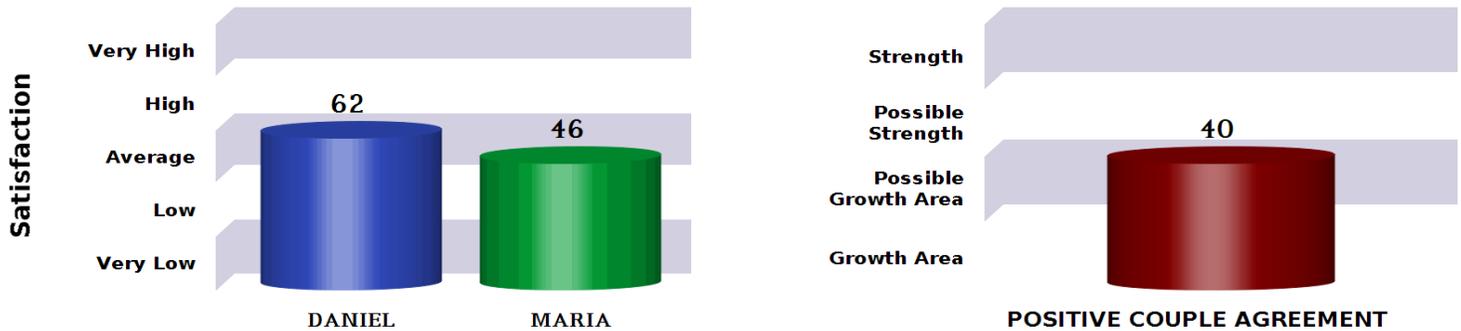
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Daniel	Maria	Positive Couple Agreement (10%)
2	2	- I believe I've already learned everything there is to know about my partner.
<b>Disagreement (30%)</b>		
2	4	- I believe most of the difficulties we've experienced before marriage will fade after we're married.
4	1	- Increasing the amount of time we spend together will automatically improve our relationship.
2	4	- Time will resolve most of the problems we have as a couple.
<b>Indecision (10%)</b>		
3	4	+ After marriage, some of my needs for friendship will be met by people other than my partner.
<b>Special Focus (50%)</b>		
2	2	+ At times, I expect our marriage will be disappointing and frustrating.
4	5	- I do not expect that we will ever have serious problems in our marriage.
2	1	+ I expect the romantic love in our relationship to fade somewhat over time.
4	4	- Love is all we will need for a happy marriage.
4	5	- Nothing could cause me to question my love for my partner.

**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 parenting responsibilities.



Both individuals are somewhat satisfied with their communication about having and raising children, but may need to discuss the topic further.

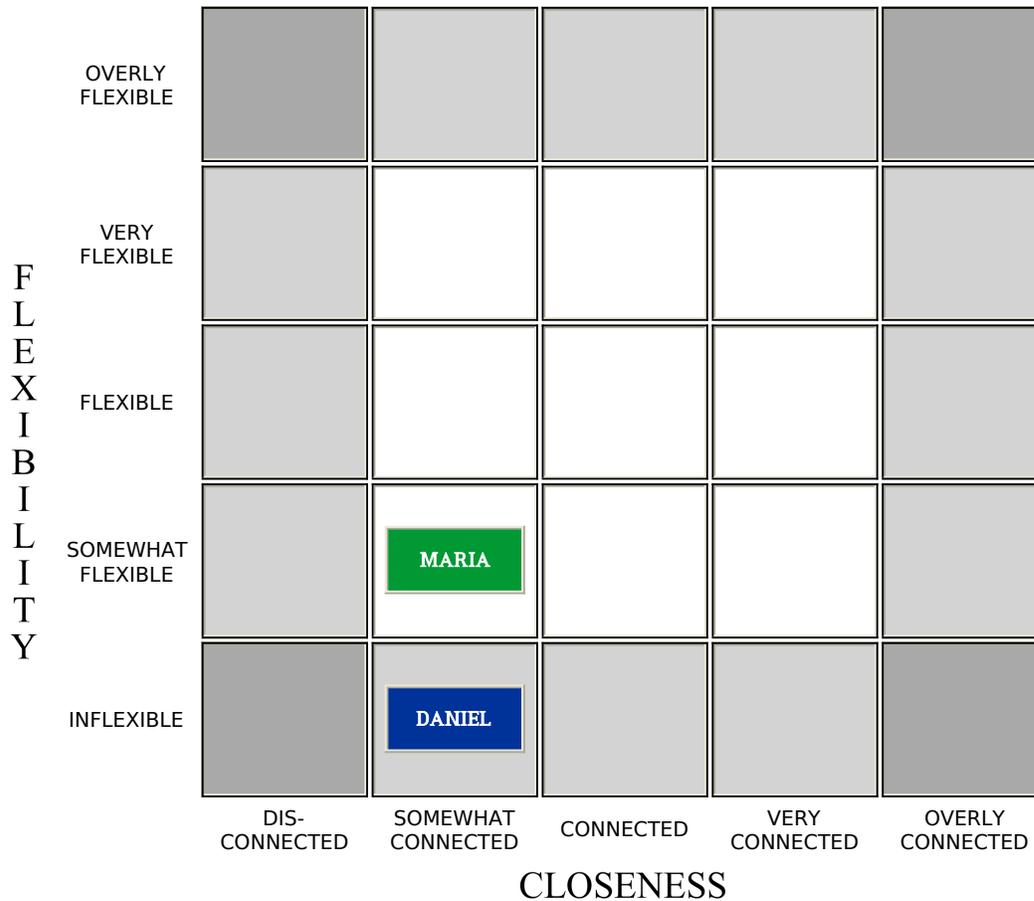
**Possible Growth Area:** While the couple has some positive agreement, they disagree or share mutual concern on several items in this category. It is important for engaged couples to share their opinions about if or when they would like to start a family. For those that plan on having children, it is not too early to begin discussing how they want to raise children or share parenting responsibilities.

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

Daniel	Maria	
<b>Positive Couple Agreement (40%)</b>		
5	4	+ I have shared my feelings about having children with my partner.
5	4	+ I think having children will change our lifestyle.
4	4	+ We agree on the number of children we would like to have.
4	4	+ We agree to teach Catholic values to our children.
<b>Disagreement (30%)</b>		
3	1	- If we were to have problems as a couple, having children could help improve our relationship.
4	2	+ My partner and I agree on the type of religious education our future children should have.
4	2	+ We have discussed how children should be disciplined.
<b>Indecision (10%)</b>		
3	2	+ We have discussed a mother's responsibilities in raising children.
<b>Special Focus (20%)</b>		
2	2	+ It is important to me to send our children to Catholic school.
2	2	+ We have discussed a father's responsibilities in raising children.

**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*.

- Both individuals described their relationship as **Somewhat Connected**, meaning they may feel somewhat disconnected or emotionally distant from each other. Less connected partners are often more independent from one another. They need to guard against allowing their relationship to get too disconnected.

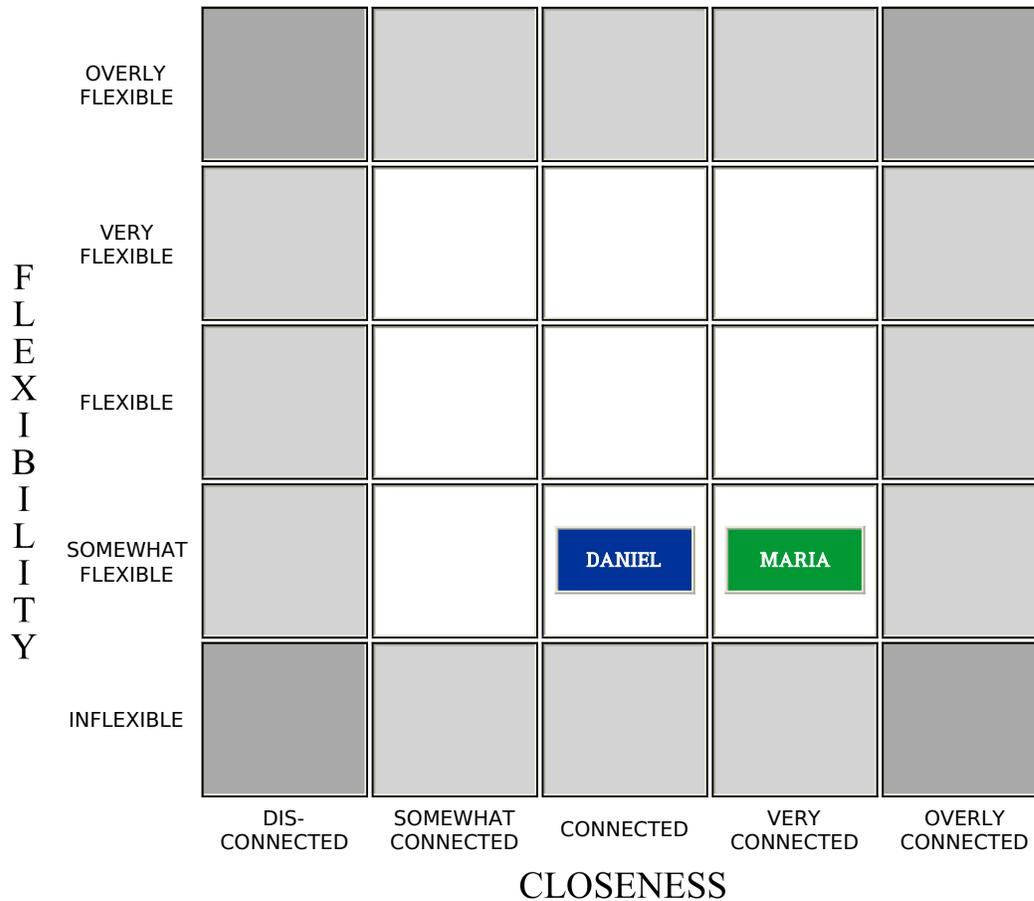
**Couple Flexibility** is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- Daniel feels the relationship is **Inflexible**, resisting changes in leadership or roles. These relationships need to guard against becoming too rigid with unbending roles and structure. Some structure is good, but marriage requires the ability to be flexible in order to remain healthy and balanced while meeting the demands of busy schedules.
- Maria feels the relationship is **Somewhat Flexible**, with more stability and less openness to change. They 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.

**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 **Connected** family. Individuals in these families generally feel close to one another and have a good balance of closeness and separateness.
- Maria grew up in a **Very Connected** family. Individuals in this type of family likely felt very close to one another. Most healthy families are connected and enjoy being together, yet permit some independence of their family members.

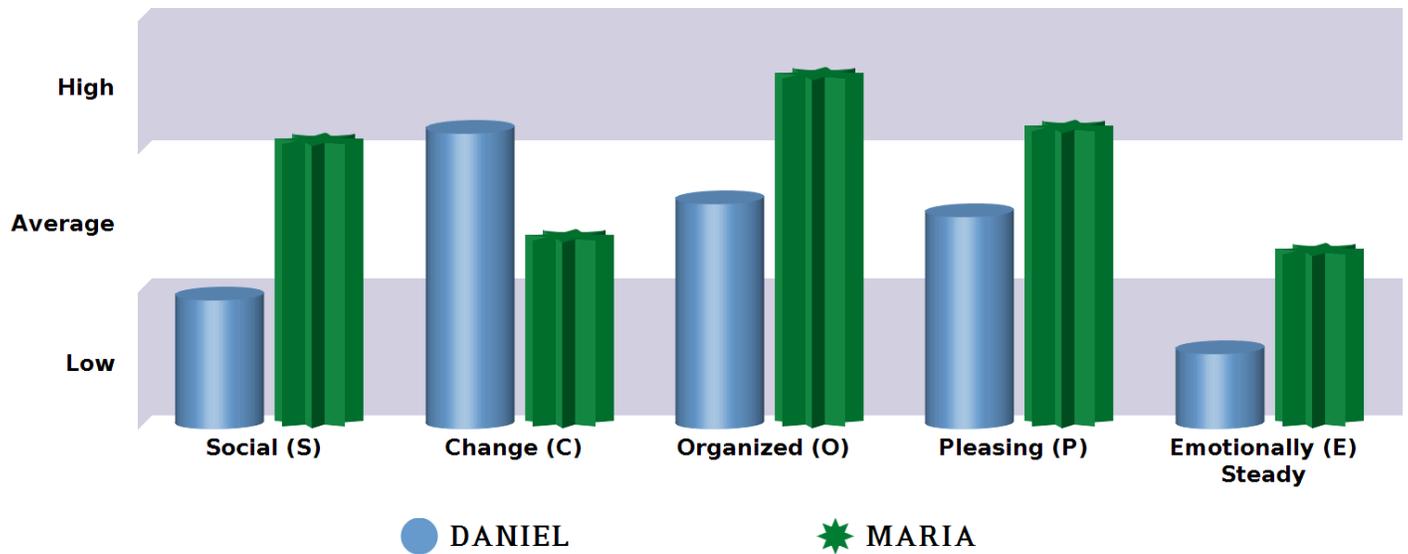
**Family Flexibility** is defined as a family's ability to adjust to changes in roles, leadership and discipline. On this dimension, family relationships can range from *inflexible* to *overly flexible*.

- Both individuals experienced families of origin that felt **Somewhat Flexible**. These families maintain a high level of structure and organization. Leadership, decision-making, and roles are clearly defined with little flexibility. They 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 Exercises:** SCOPE out Your Personality

## Social (S)

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

- **Daniel** scored **Low** on being Social. These 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 Discussion:

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 with others, 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 checking it out 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 **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.
- **Maria** scored in the **Average** range on Change. These individuals balance new, abstract, and creative ideas with more traditional or down to earth approaches to life. Depending on the situation, they may fluctuate between being flexible and keeping things the same. While practical, they are generally open to new ideas and ways to handle their relationship.

### **Couple Discussion:**

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 **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 somewhat cluttered, but they know where things are located.
- **Maria** 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 a perfectionist or too driven. Others may even see them as being too organized or controlling in their approach to life.

### **Couple Discussion:**

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 can also become annoying, distracting, or even maddening when stressful events come their way. They 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 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.
- **Maria** scored **High** on the Pleasing dimension. These individuals will be trusting, friendly, and cooperative. They value getting along with others, 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.

### **Couple Discussion:**

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.**

- **Daniel** scored **Low** on Emotionally Steady. These individuals are more emotionally sensitive and may be easily upset. They have more difficulty handling stress in their life. They often don't enjoy new situations, and may tend to avoid such experiences. They may be prone to anxiety, anger or depression when faced with stressful situations. When out of balance, these individuals appear fragile or overly sensitive. Some acquaintances may see their reactions as difficult to handle and pull away leaving them to feel even more isolated.
- **Maria** 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 life.

### **Couple Discussion:**

Couples with one person scoring higher than the other may experience occasional challenges. In times of stress, the more emotionally calm person may need to take control and help the other feel less frustrated. The one experiencing anxiety, anger or sadness might wonder why their partner doesn't feel the same way. They will need to remember to work with one another's differences rather than attempting to change each other. Flexibility, problem solving and communication are key skills to help them deal with stress as a couple.