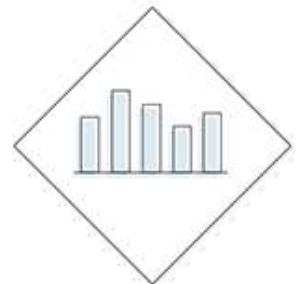


PREPARE  ENRICH.

Facilitator Report

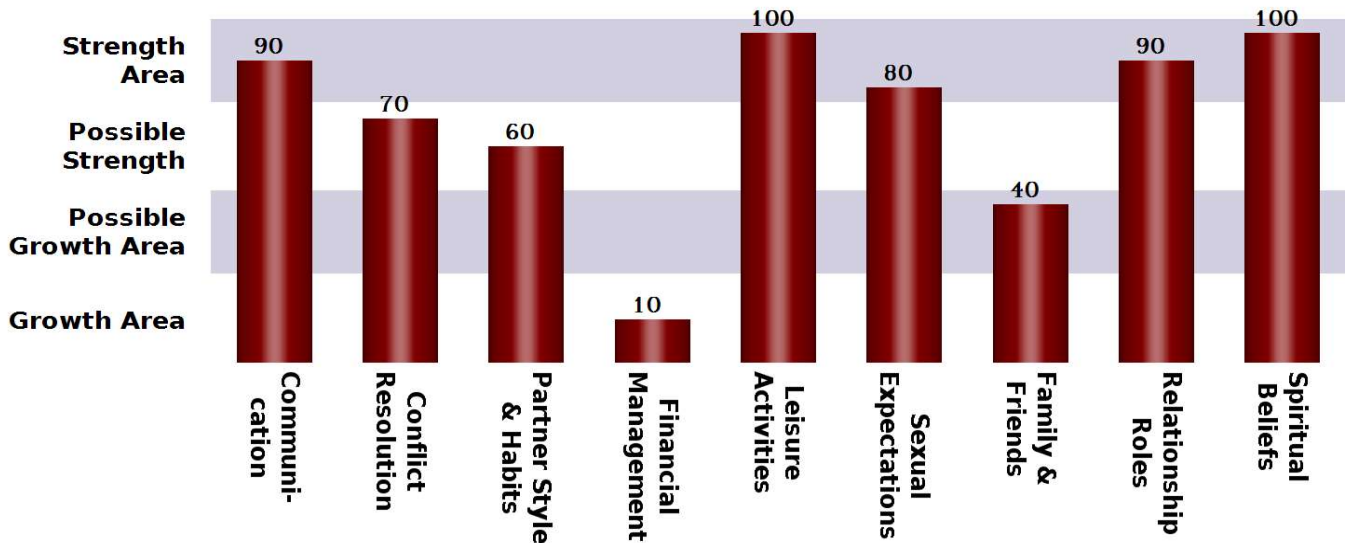


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Background Information

<u>Question</u>	<u>Clive</u>	<u>Tessa</u>
Gender	Male	Female
Age Range	21 - 25	21 - 25
Ethnic Background	Caucasian	More than one ethnicity
Education Completed	Four-Year College	Four-Year College
Religious Affiliation	Protestant (Christian)	Protestant (Christian)
Which category best describes your area of employment?	Professional, Business, or Financial Services	Retail/Wholesale
Role at work	Trained Professional	Support Staff
Employment Status (paid)	Full-time	Part-time
Individual Yearly Income	\$30,000 - \$39,999	\$20,000 - \$29,999
What is your birth position in your family?	First	Third
No. children in your family	Three	Three
Where do you live?	Suburban Area	Suburban Area
What is your current living arrangement?	Live alone	With parents or other family members
How long known partner?	7-12 months	7-12 months
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	Very Positive
Family feelings about your marriage plans	Mainly Positive	Mainly Positive
No. children you have	None	None
How many children do you want?	None	Three
When do you want children?	3-4 years	3-4 years
Are you expecting a child?	No	No
No. times broken up	One time	One time
Number of previous marriages	0 - never married before	0 - never married before
Parents' marital status	Married	Divorced, 1 single/1 remarried
Raised by	Both Biological Parents	Both Biological Parents

Couple Typology (based on CORE Scales)



Vitalized Couple Type

Based on the PCA scores across the core categories, this couple is best categorized as a **Vitalized Couple**. Vitalized couples typically have many strength areas and a high level of relationship satisfaction. Still, they may have some growth areas in their relationship that can be improved. Strong relationship skills should provide a good foundation for improving any growth areas.

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

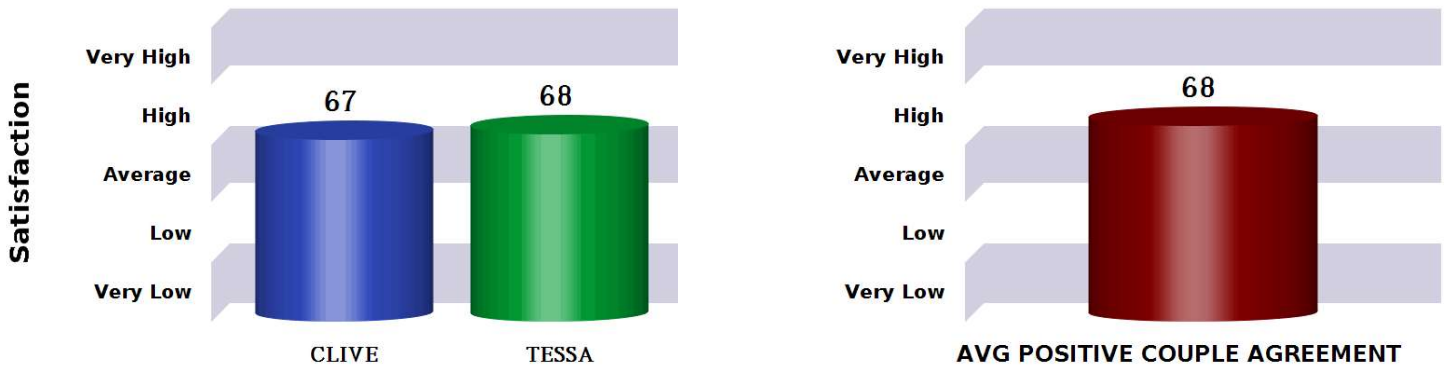
- **Vitalized** couples are typically most satisfied with their relationship, skilled in communication and conflict resolution.
- **Harmonious** couples also enjoy high levels of satisfaction across most areas of their relationship.
- **Conventional** couples are often highly committed to one another, 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>
Relationship Strengths (PCA=80 - 100%) Areas with <i>High</i> Couple Agreement	* Cultural/Ethnic Issues * Health and Wellness * Parenting Expectations Communication Leisure Activities Relationship Roles Sexual Expectations Spiritual Beliefs
Possible Relationship Strengths (PCA=50 - 70%) Areas with <i>Moderately High</i> Couple Agreement	Conflict Resolution Partner Style & Habits
Possible Growth Areas (PCA=30 - 40%) Areas with <i>Moderately Low</i> Couple Agreement	* Marriage Expectations Family & Friends
Growth Areas (PCA=0 - 20%) Areas with <i>Low</i> Couple Agreement	Financial Management

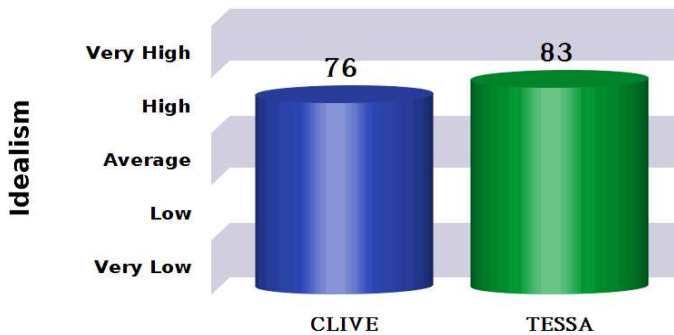
Overall Satisfaction

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

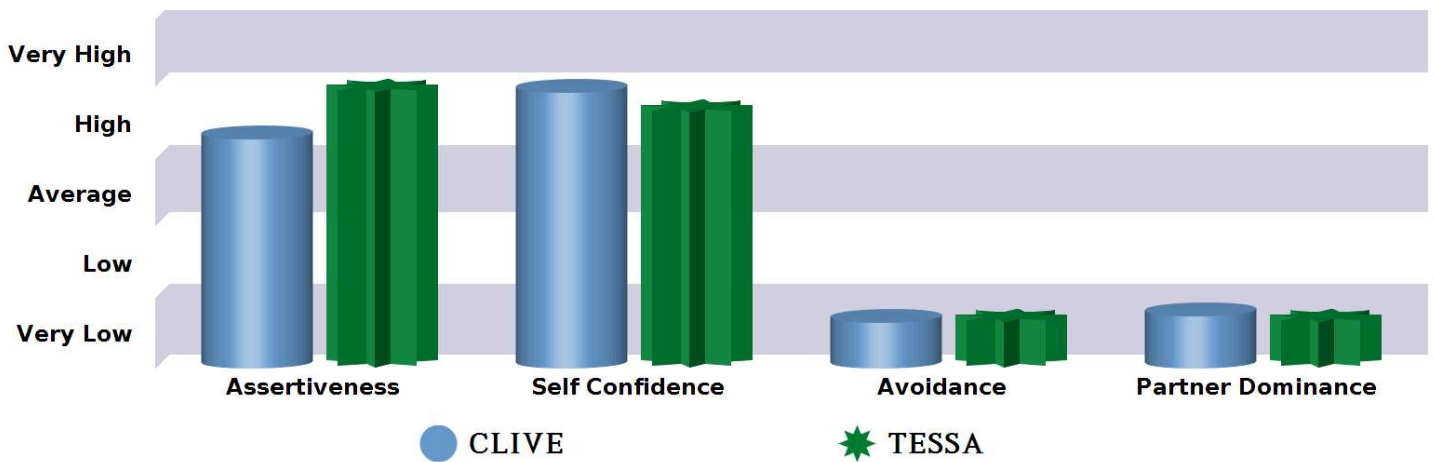
In order to provide more accurate individual scores for each category, each person's Individual Scores are corrected based on how high their score is on Idealistic Distortion. Revised Individual scores are graphed and defined in many of the following relationship categories.

Both individuals are often idealistic about their relationship and may tend to deny or minimize problems.

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

Clive	Tessa	Idealistic Distortion Items
4	4	Every new thing I have learned about my partner has pleased me.
5	5	I have never regretted my relationship with my partner.
5	5	My partner always gives me the love and affection I need.
4	3	My partner and I understand each other completely.
2	4	My partner completely understands and sympathizes with my every mood.
5	5	My partner has all the qualities I've always wanted in a mate.
5	5	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.

Both: **High**

Both individuals are good at expressing their thoughts and feelings, and are able to ask for what they want from their partner.

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

Both: **High**

Both individuals have a high level of Self Confidence and positive self-esteem. They both feel good about their ability to effectively accomplish what they want in life.

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

Both: **Very Low**

Both individuals 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

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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<u>Questions</u>	<u>Clive</u>	<u>Tessa</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

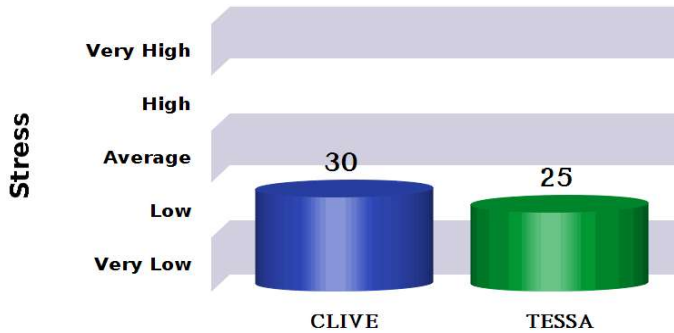
Abuse

Never 1	Seldom 2	Sometimes 3	Often 4	Very Often 5
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<u>Questions</u>	<u>Clive</u>	<u>Tessa</u>
Have your parents ever had problems with alcohol or drug use?	Never	Seldom
Have you ever had problems with alcohol or drug use?	Seldom	Never
Has your partner ever had problems with alcohol or drug use?	Never	Seldom
Have you ever observed abuse between your parents?	Never	Seldom
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?	Sometimes	Never
Does your partner struggle with unhealthy sexual behavior or use of pornography?	Never	Sometimes

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.



Both individuals appear to have low levels of frustration or personal stress. While the wedding creates some demands on time, patience, and energy, it appears to be at a manageable level. It may still be helpful to identify and understand effective coping resources for stress.

How often have these issues created stress for you?

Never
1

Seldom
2

Sometimes
3

Often
4

Very Often
5

Clive Top 10 Stressors

Often

Fiancé stressed out by wedding planning
Financial concerns

Sometimes

Cost of wedding
Feeling overwhelmed by wedding details
Lack of time for family
Opinions from friends or relatives
Owe too much money (credit cards, loans, etc.)
Who is paying for wedding and reception
Your job
Your partner

Tessa Top 10 Stressors

Often

Cost of wedding
Decisions about wedding details
Feeling overwhelmed by wedding details
Financial concerns
Who is paying for wedding and reception

Sometimes

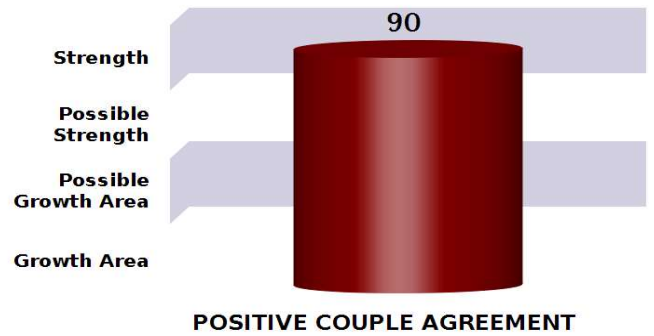
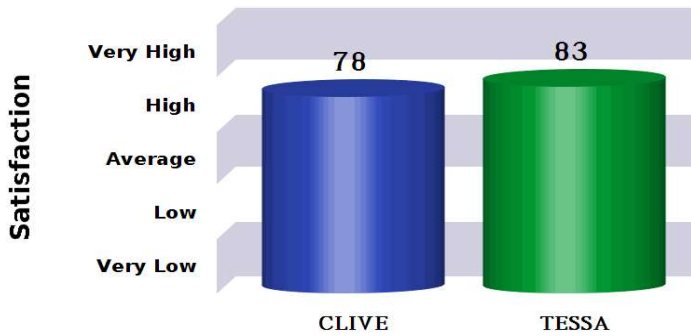
Fiancé stressed out by wedding planning
Your current living arrangement

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.



Both individuals feel positive about their communication and how they share feelings and listen to each other.

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. Congratulate them! Having strong communication skills provides a great foundation for many aspects of their relationship.

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

Clive	Tessa	Positive Couple Agreement (90%)
2	1	- At times it is hard for me to ask my partner for what I want.
5	5	+ I am very satisfied with how my partner and I talk with each other.
4	5	+ I can express my true feelings to my partner.
1	2	- I wish my partner were more willing to share his/her feelings with me.
1	2	- It is difficult for me to share negative feelings with my partner.
4	5	+ My partner is a very good listener.
2	1	- My partner often doesn't understand how I feel.
1	1	- Sometimes I have trouble believing everything my partner tells me.
1	1	- When we are having a problem, my partner often refuses to talk about it.

Disagreement (10%)

4	2	- My partner sometimes makes comments that put me down.
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Indecision (0%)

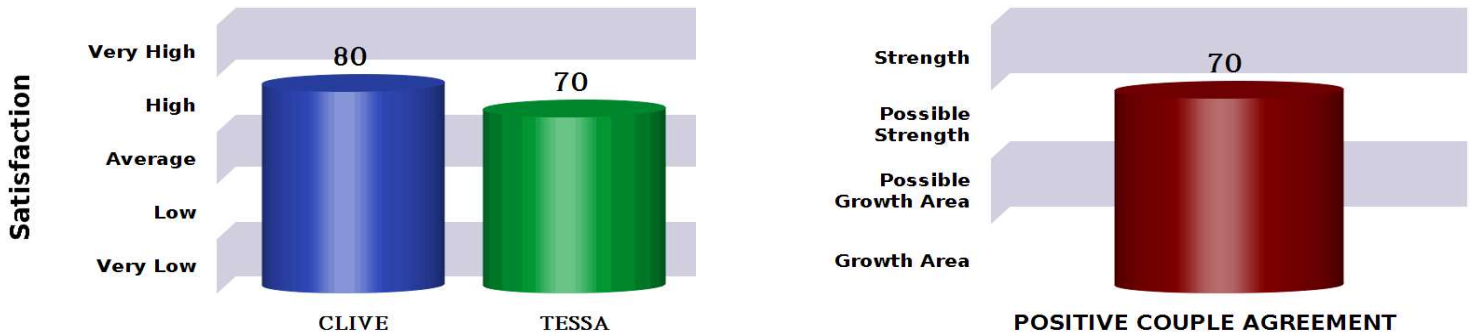
Special Focus (0%)

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.



Both individuals feel positive about their conflict resolution and their ability to discuss and resolve differences.

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 skills such as the 10 Steps for Resolving Conflict will help them improve their relationship.

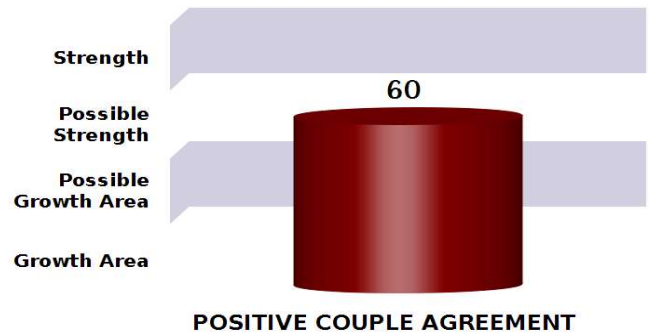
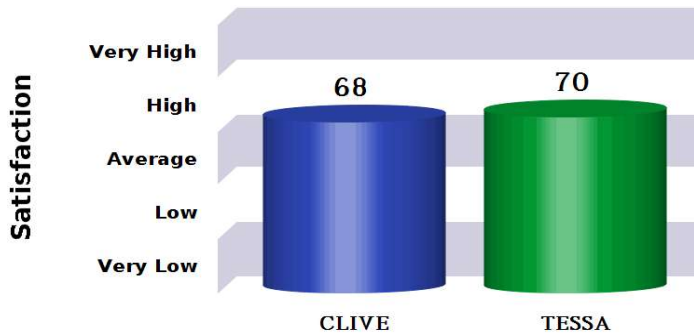
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Clive	Tessa	Item
		Positive Couple Agreement (70%)
1	1	- At times I feel some of our differences never get resolved.
1	1	- At times my partner does not take our disagreements seriously.
4	4	+ Even during disagreements, I can share my feelings and ideas with my partner.
2	2	- My partner and I have different ideas about the best way to solve our disagreements.
1	2	- Sometimes we have serious disputes over unimportant issues.
2	1	- To avoid hurting my partner's feelings during an argument, I tend to say nothing.
4	4	+ When we discuss problems, my partner understands my opinions and ideas.
		Disagreement (10%)
2	4	- To end an argument, I tend to give in too quickly.
		Indecision (10%)
3	4	- When we argue, I usually end up feeling responsible for the problem.
		Special Focus (10%)
4	4	- I go out of my way to avoid conflict with my partner.

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.



Both individuals feel positive about the personality traits, habits, and behaviors they observe in 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. Reinforce healthy communication and problem solving skills as they talk about these difficult topics.

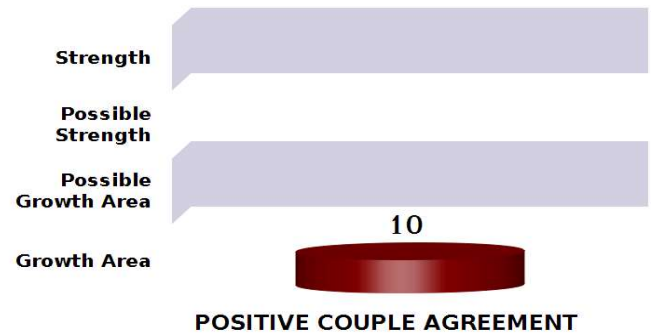
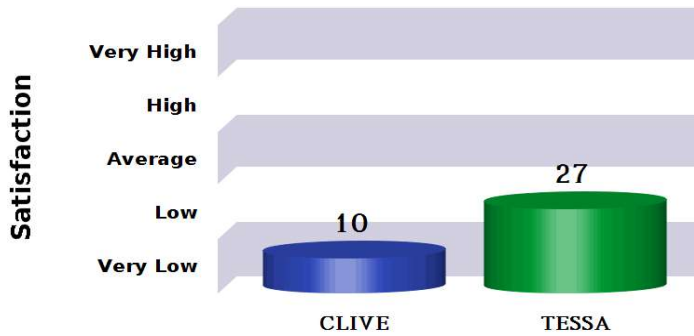
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Clive	Tessa	Positive Couple Agreement (60%)
1	1	- I am sometimes concerned that my partner appears to be unhappy and withdrawn.
1	1	- I am sometimes upset or embarrassed by my partner's behavior.
1	2	- I am unhappy with some of my partner's personality characteristics or personal habits.
2	2	- I wish my partner were less critical or negative about some topics.
1	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.
Disagreement (30%)		
1	4	- My partner has some personal habits that bother me.
4	2	- Sometimes I have difficulty dealing with my partner's moodiness.
4	2	- Sometimes my partner seems to be too controlling.
Indecision (0%)		
Special Focus (10%)		
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.



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

Tessa feels somewhat unclear about how they plan to handle finances and has some concerns about spending and saving money.

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. 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.

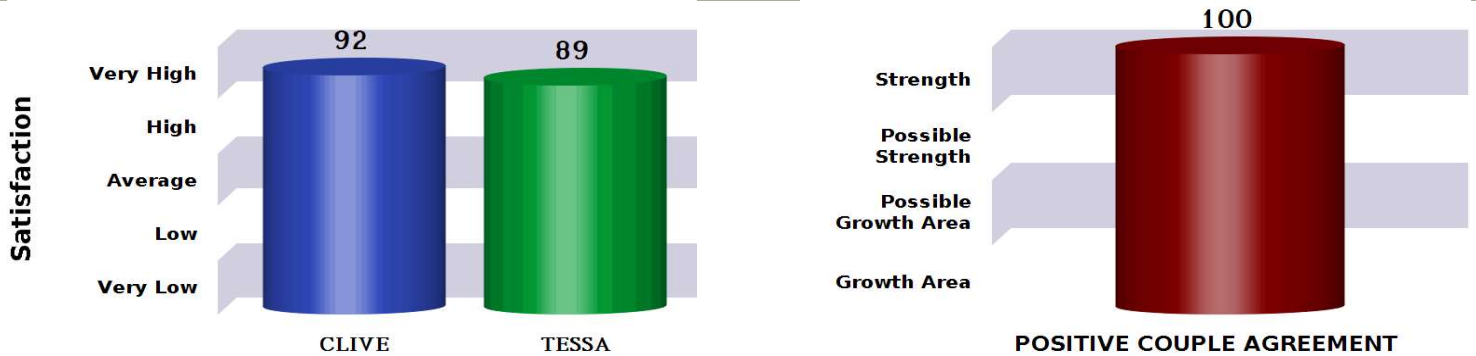
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

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

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 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	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Clive	Tessa	Positive Couple Agreement (100%)
2	1	- As a couple, I wish we did a better job of balancing time together and time apart.
1	2	- I am concerned that my partner has too many activities or hobbies.
2	2	- I sometimes feel pressured to participate in activities my partner enjoys.
1	1	- I wish my partner and I shared more activities that we both found enjoyable.
1	1	- I wish my partner had more time and energy for recreation with me.
5	5	+ 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.
1	2	- My partner's activities (television, computer, sports, etc.) interfere with our time together.
5	5	+ We find it easy to think of things to do together.

Disagreement (0%)

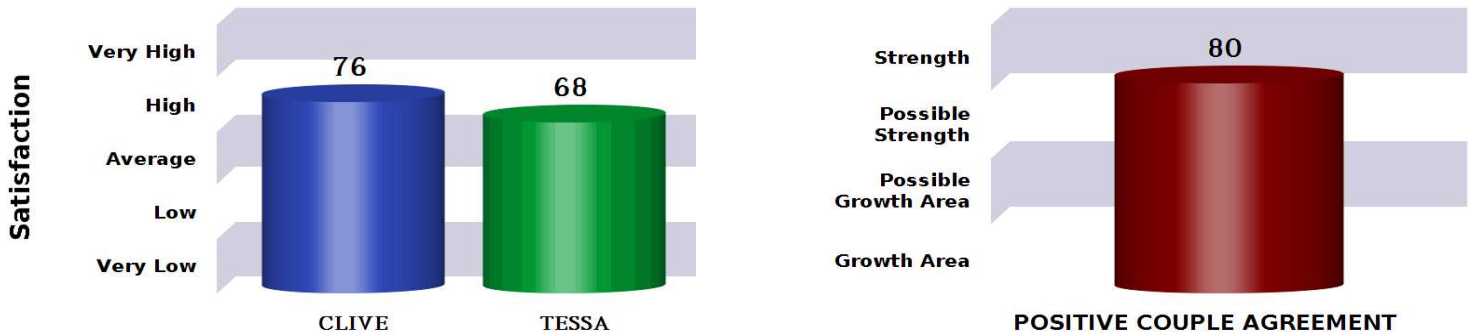
Indecision (0%)

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.



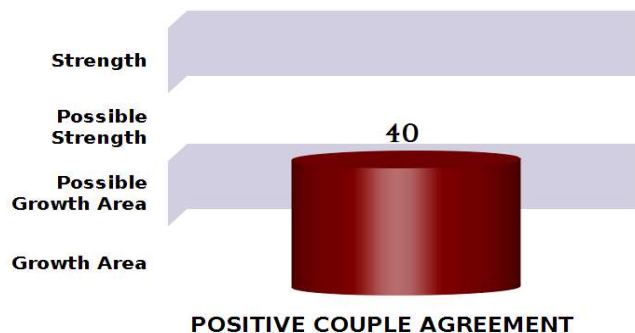
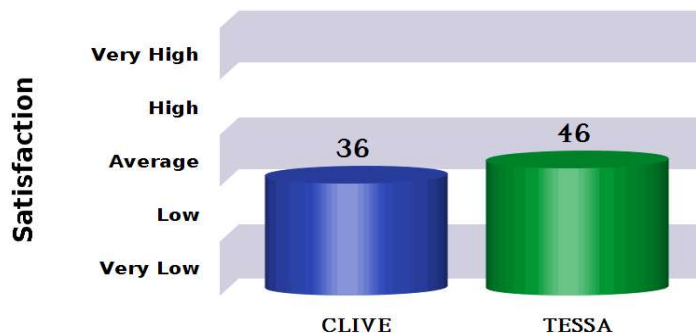
Both individuals feel positive about their level of affection and how they handle sexual issues and expectations.

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. Congratulate them! 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
Clive	Tessa	Positive Couple Agreement (80%)				
4	4	+ I am comfortable talking with my partner about sexual issues.				
4	4	+ I am comfortable with our current level of sexual activity.				
4	4	+ I am completely satisfied with the amount of affection my partner gives me.				
1	1	- I am concerned that my partner's interest in sex might be different from mine.				
1	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.				
1	1	- My partner sometimes uses or refuses affection unfairly.				
5	5	+ We have discussed and decided on the best approach to family planning or birth control for us.				
		Disagreement (10%)				
1	4	- I am concerned that my partner is interested in viewing sexually explicit material.				
		Indecision (0%)				
		Special Focus (10%)				
2	2	+ My partner and I talk openly about our sexual expectations.				
PREPARE/ENRICH Exercises: <i>The Expression of Intimacy</i>						

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 generally good about how they relate to 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 and undermine a relationship as well. Healthy boundaries with family and friends are important to finding balance in this area.

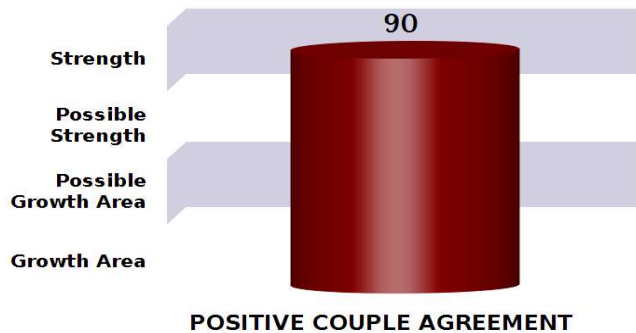
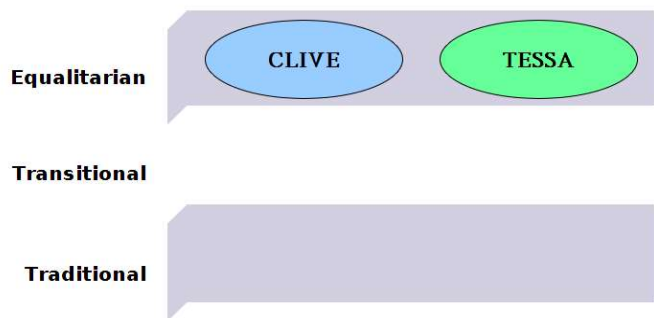
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

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

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
------------------------	---------------	----------------	------------	---------------------

Clive	Tessa	Positive Couple Agreement (90%)
4	4	E A career can be equally important to both partners.
2	2	T A marriage functions best if one person assumes the role as head of the household.
5	5	E I am happy with the flexibility we have in our roles and responsibilities.
5	5	E I expect to have an equal relationship, where we will share leadership and decision making.
5	4	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.
5	5	E In our marriage, I expect my partner to consult me when making important decisions.
5	4	E We expect to divide household chores based on our interests and skills rather than on traditional roles.
5	5	E When it comes to roles and responsibilities, both partners should be willing to adjust.

Disagreement (10%)

2	4	T I am concerned about doing more than my share of the household tasks.
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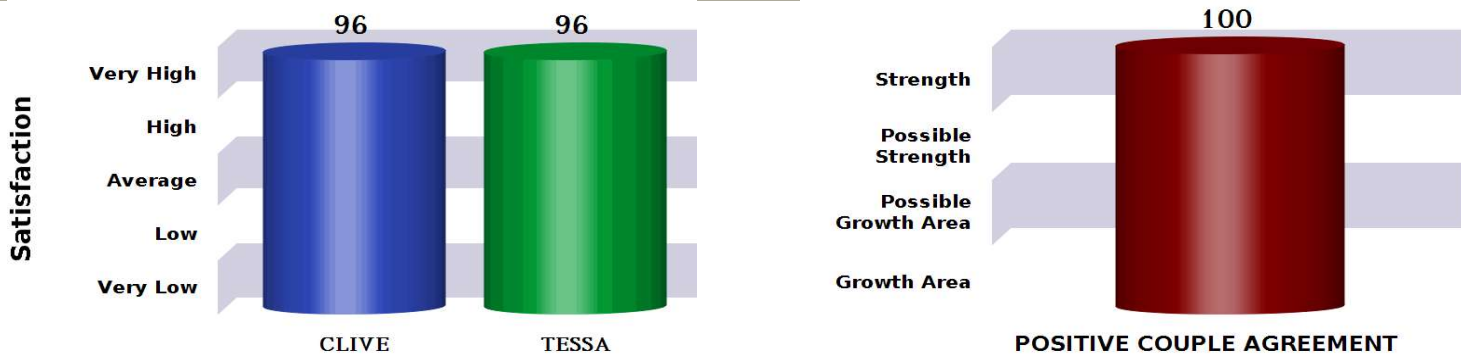
Indecision (0%)

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 very positive about the practice and expression of spiritual beliefs in their relationship and recognize several strengths in this area.

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
------------------------	---------------	----------------	------------	---------------------

Clive	Tessa	Positive Couple Agreement (100%)
5	5	+ I believe our marriage must include active participation in a place of worship.
1	1	- My partner and I disagree about our spiritual beliefs.
5	5	+ My partner and I feel closer because of our spiritual beliefs.
5	5	+ My spiritual beliefs are an important part of the commitment I have to my partner.
5	5	+ Sharing spiritual values helps our relationship grow.
1	1	- Spiritual differences cause some tension in our relationship.
5	5	+ We are satisfied with how we express our spiritual values and beliefs.
5	5	+ We have discussed the importance of our spiritual beliefs.
5	5	+ We rely on our spiritual beliefs during difficult times.
5	5	+ We share very similar spiritual beliefs.

Disagreement (0%)

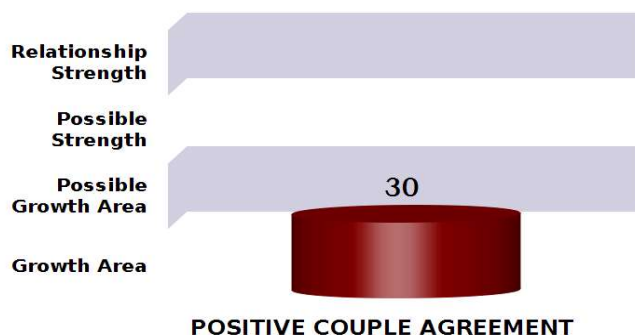
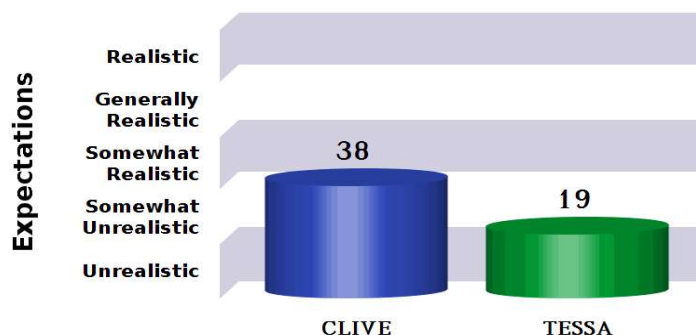
Indecision (0%)

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.



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

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

Possible Growth Area: While the couple has some positive agreement, one or both has 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.

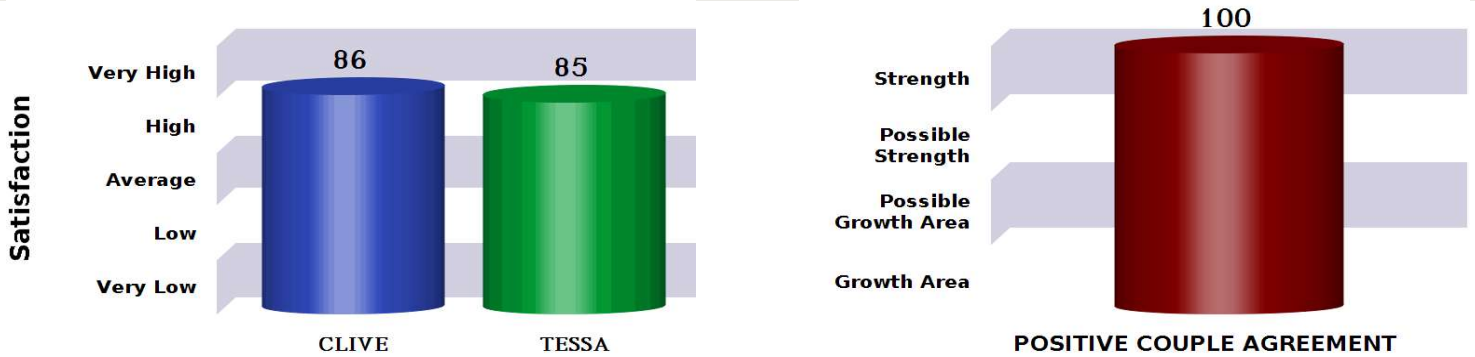
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Clive	Tessa	Positive Couple Agreement (30%)
4	4	+ After marriage, some of my needs for friendship will be met by people other than my partner.
4	4	+ At times, I expect our marriage will be disappointing and frustrating.
2	2	- I believe I've already learned everything there is to know about my partner.
Disagreement (30%)		
2	4	- I believe most of the difficulties we've experienced before marriage will fade after we're married.
2	5	- I do not expect that we will ever have serious problems in our marriage.
2	4	- Time will resolve most of the problems we have as a couple.
Indecision (0%)		
Special Focus (40%)		
2	2	+ I expect the romantic love in our relationship to fade somewhat over time.
5	4	- Increasing the amount of time we spend together will automatically improve our relationship.
4	4	- Love is all we will need for a happy marriage.
5	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.



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

Tessa 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 of the 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	Disagree	Undecided	Agree	Strongly Agree
1	2	3	4	5

Clive	Tessa	Positive Couple Agreement (100%)
2	2	- I am concerned that my partner was raised in a family very different from my own.
5	5	+ I have shared my feelings about having children with my partner.
5	5	+ I think having children will change our lifestyle.
1	2	- If we were to have problems as a couple, having children could help improve our relationship.
5	5	+ 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.
5	5	+ We agree on the number of children we would like to have.
5	5	+ We have discussed how children should be disciplined.
5	5	+ We have discussed if and when we would like to have children.
5	5	+ We have discussed the responsibilities of both parents in raising children.

Disagreement (0%)

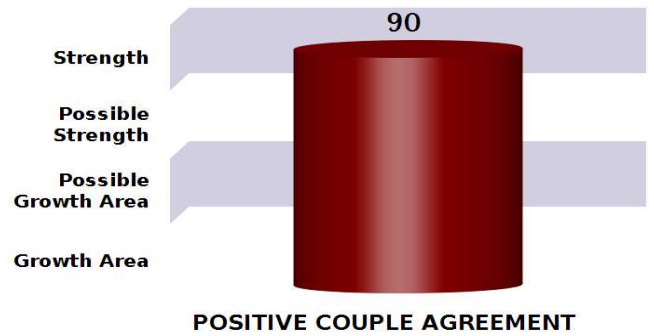
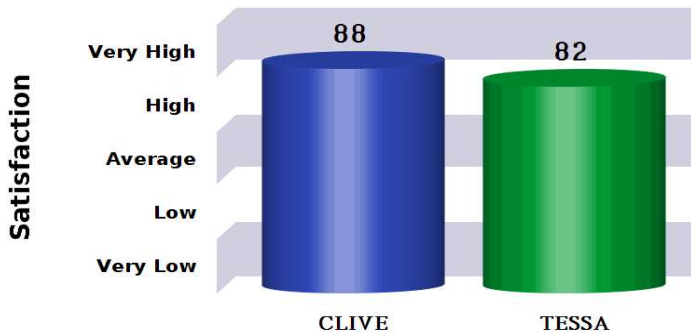
Indecision (0%)

Special Focus (0%)

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

Health and Wellness

The **Health and Wellness** category explores challenges and attitudes towards maintaining a healthy and active life together.



Clive feels very positive about health issues and their overall wellness will affect their lives and relationship.

Tessa feels positive about health issues and how their overall wellness will affect their lives and 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. Congratulate them! Maintaining a healthy lifestyle will help them enjoy a long and active life together.

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Clive	Tessa	Positive Couple Agreement (90%)
1	1	- I am concerned that my or my partner's health will become a problem.
5	5	+ I am looking forward to growing old with my partner.
5	5	+ I feel confident that we will have a long and healthy life together.
1	1	- I wish my partner would take better care of their health.
1	1	- I worry about my partner's lack of concern for health and wellness.
1	1	- I worry our lifestyle will negatively impact our quality of life.
5	5	+ My partner and I are supportive of each other's health and wellness.
5	5	+ We both feel it is important to have an active and healthy lifestyle.
5	5	+ We generally have good health and wellness habits.

Disagreement (10%)

1	4	- My partner has some unhealthy habits that concern me.
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Indecision (0%)

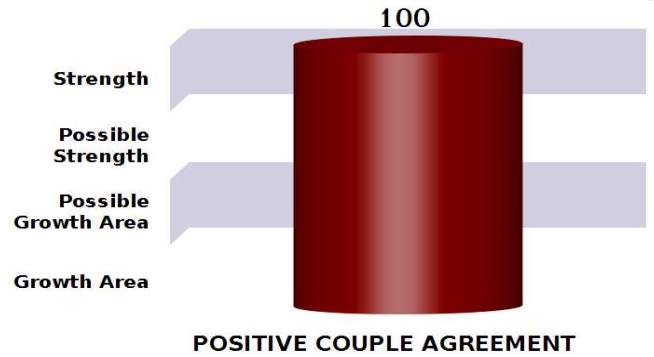
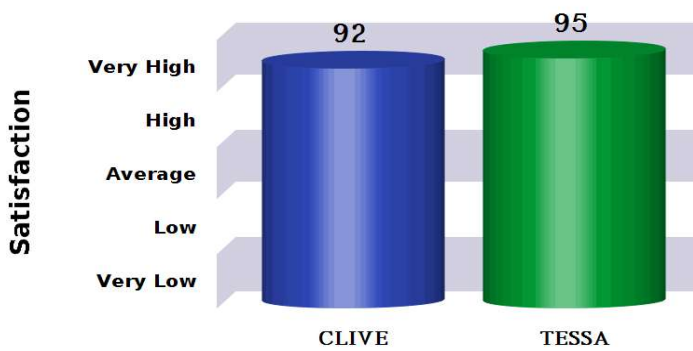
Special Focus (0%)

PREPARE/ENRICH Exercises:

Daily Dialogue and Daily Compliments, Defining Personal, Couple and Family Goals, The Dating Exercise

Cultural/Ethnic Issues

The **Cultural/Ethnic Issues** category measures how concerned each individual is about differences in their ethnic or cultural background negatively affecting their relationship.



Both individuals feel very positive about how they deal with their unique ethnic/cultural backgrounds, and recognize several strengths in this area.

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. Congratulate them! Their unique ethnic/cultural backgrounds coming together adds richness to their lives.

Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Clive	Tessa	Item
2	2	- Differences in our ethnic/cultural background can sometimes strain our relationship.
5	5	+ Even though we come from different ethnic/cultural backgrounds, we share similar beliefs and values.
1	2	- I am concerned about what others think of our ethnic/cultural differences.
4	4	+ It is very important to me that we find traditions, rituals, and holidays we can both feel good about observing.
2	1	- My family is concerned about our ethnic/cultural differences.
5	5	+ My partner is very respectful toward my ethnic/cultural background.
4	5	+ We both agree that our different ethnic/cultural heritages are positive for our relationship and add richness to our lives.
4	5	+ We both have a good understanding of the roles, traditions, and rituals associated with one another's ethnic/cultural background.
4	4	+ We have discussed the challenges associated with raising children in a family with diverse ethnic/cultural backgrounds.
5	5	+ We support each other in maintaining our own ethnic/cultural identity.

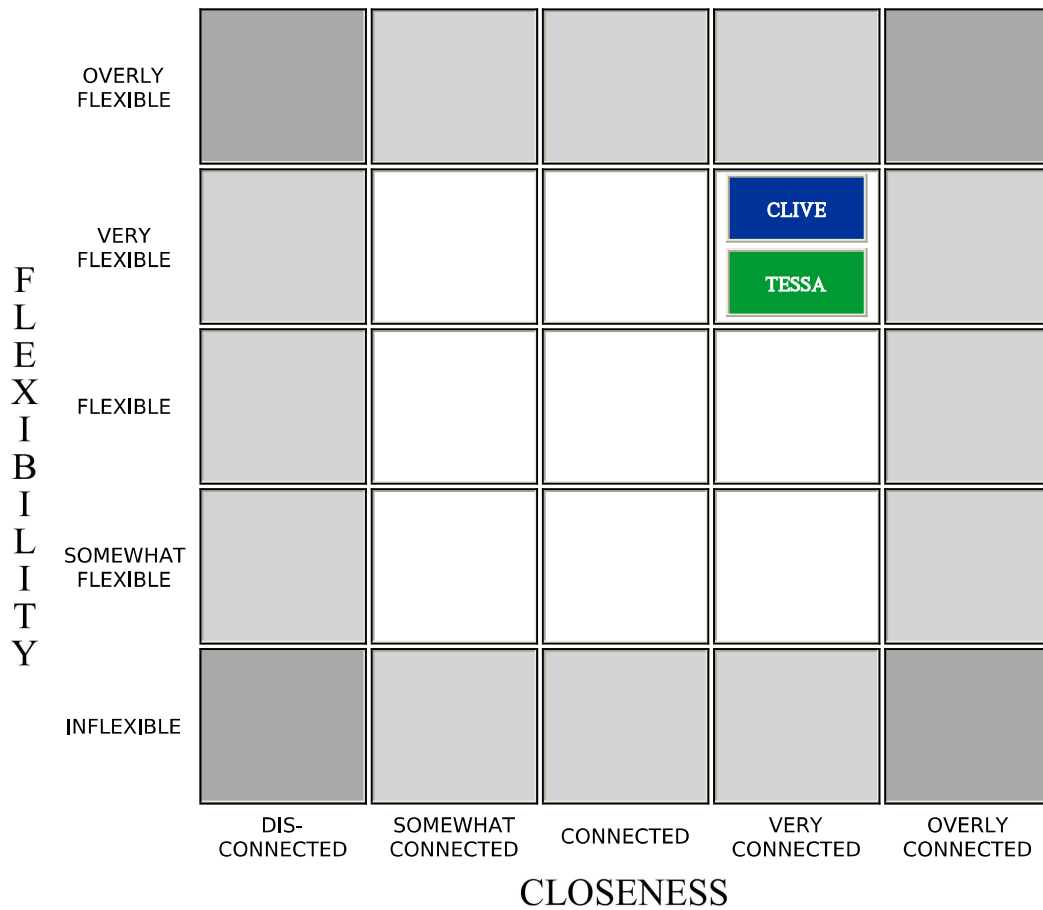
Disagreement (0%)

Indecision (0%)

Special Focus (0%)

PREPARE/ENRICH Exercises: *Mapping Your Relationship, Daily Dialogue and Daily Compliments*

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 **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.

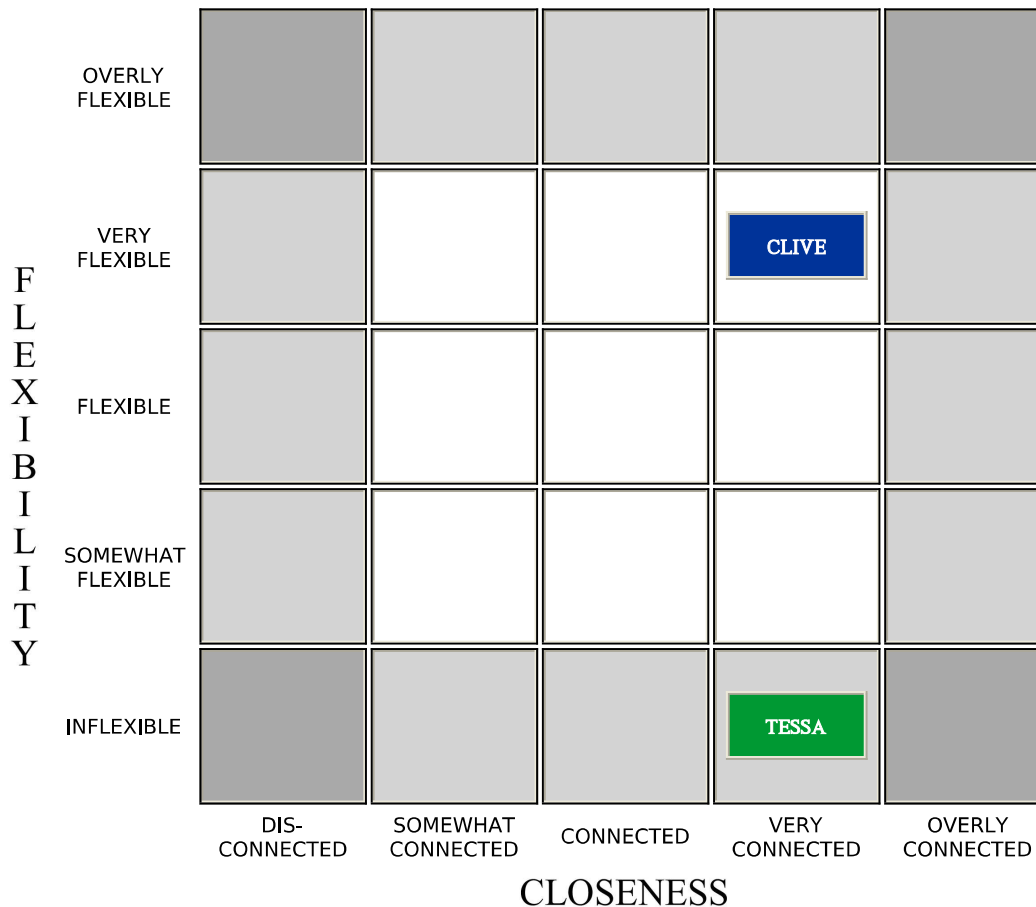
Couple Flexibility is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- Both individuals feel their 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*.

- Both individuals grew up in **Very Connected** families, meaning they likely felt very close to their families of origin. Most healthy families are connected and enjoy being together, yet permit some independence of their family members.

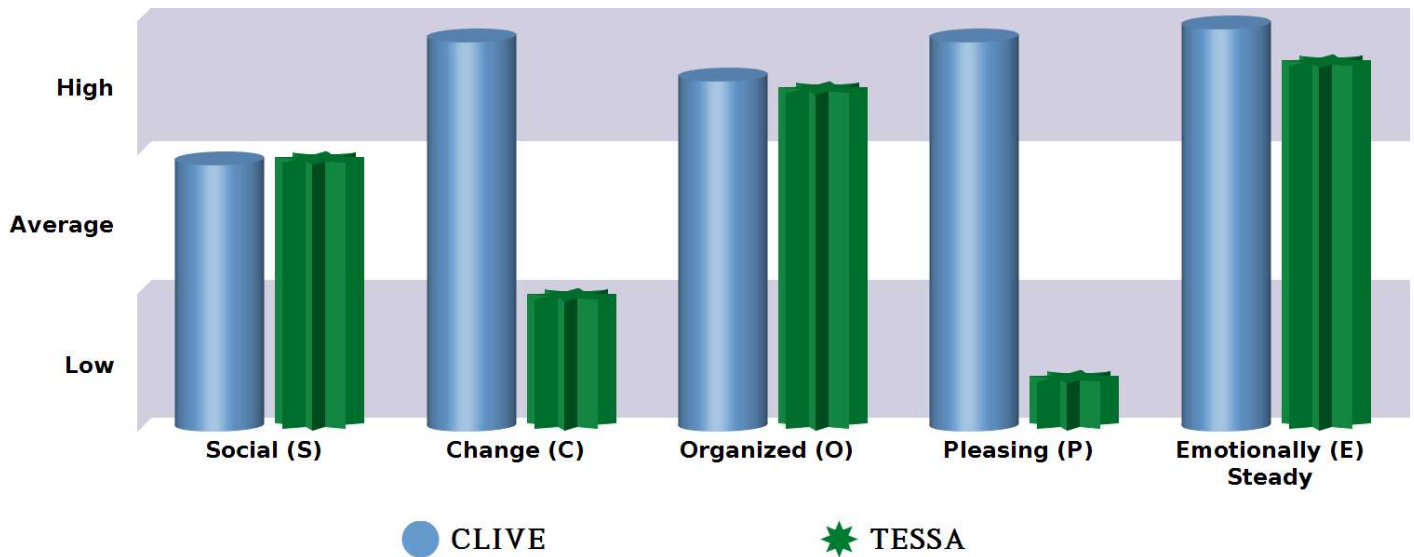
Family Flexibility is defined as a family's ability to adjust to changes in roles, leadership and discipline. On this dimension, family relationships can range from *inflexible* to *overly flexible*.

- Clive experienced a family of origin that felt **Very Flexible**. These families are generally open to change and somewhat loosely organized. Leadership and decision-making are shared, and roles and routines are adjusted as needed.
- Tessa experienced a family of origin that felt **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.

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.

- Both individuals scored in the **Average** range for being Social. These individuals may find social settings enjoyable, but will value privacy as well. Their preference for being in groups or alone may change based on their mood or external circumstances. These individuals may notice they generally enjoy having a balance between alone time and social activity.

Couple Discussion:

Both individuals scoring in the average range can be a strength since they both prefer a balance of time alone and time with others. During times of high stress in their relationship, they may each have stronger preferences for time together or time alone. To help prevent unnecessary conflict, remind them to communicate openly about their preferences.

SCOPE Personality Scales

Change (C)

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

- **Clive** 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.
- **Tessa** scored **Low** on Change. These individuals are more down to earth, practical in nature, and 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.

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.

- Both individuals 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:

Both individuals are very detailed and goal-oriented. They will likely have the discipline to accomplish a lot of long-term goals as a couple. These individuals value consistency and orderliness in many aspects of their life. Sharing this tendency as a couple may help them communicate more effectively. Potential drawbacks for couples who both score high on this dimension include becoming overly driven to achieve their goals and putting tasks before relationships. Their desire for consistency and planning may be challenged by unplanned stressful situations or life changes that surprise them.

SCOPE Personality Scales

Pleasing (P)

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

- **Clive** 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.
- **Tessa** scored **Low** on Pleasing. These individuals tend to be very assertive and less cooperative. They may express their anger directly, and could be seen as competitive and proud. They may experience high levels of conflict in their partner relationship unless they have learned how to balance their assertiveness. These individuals are less likely to be taken advantage of and can stand up for themselves. When out of balance, they could appear skeptical, unfriendly, or even controlling. They may sometimes find that others are intimidated by their direct approach.

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.

- Both individuals scored **High** in the Emotionally Steady trait. These individuals tend to be more relaxed, calm and less prone to distress. They are likely to be emotionally stable even when confronted with stressful situations. At times, they can even appear unfeeling or unflappable. They often consider life's stressors to be minor passing annoyances and have an ability to remain composed in situations that others find difficult.

Couple Discussion:

Both individuals are very calm and collected, helping them cope with the challenges life presents without a great deal of distress. They appear to have good communication and problem solving skills that help them navigate stressful times without extreme emotions or negative reactions.