

SYMBIS

SAVING YOUR MARRIAGE BEFORE IT STARTS

A S S E S S M E N T

Report for:



REBECCA NAINI & SAM KAMURE

Date Completed: 12/06/2021

Prepared by:

KINGSLEY O. NYAKAGWA

kingsleyokemwa@gmail.com

GETTING THE MOST FROM YOUR SYMBIS REPORT

What you're about to experience through this report will help you launch one of the greatest adventures of your life: marriage. With the help of your certified facilitator, you will discover countless new insights and dozens of new skills to strengthen your bond.

ABOUT US

Date Completed: 12/06/2021

Invite Code: ACEFF3H



REBECCA



SAM

General

Age	23	25
Ethnic Background	Other	Other
Religious Affiliation	Baptist	Baptist
Education	Bachelors Degree	Associates Degree
Employment Status	Full Time	Unemployed
Employment Category	Non-profit	Agriculture

Family of Origin

Parents marital status	Married	Separated
How you were raised	Both biological parents	Both biological parents
Birth order in family	Second	Second
Number of kids in family	2	2

Relationship

Wedding Date	11/25/2023	11/25/2023
Relationship Status	Dating	Dating
Previous Marriages	Zero	Zero
Number of children	0	0
Expecting a child	No	No
Length of dating relationship	3-6 months	3-6 months
Stability of dating relationship	Smooth & steady	Smooth & steady
Long distance relationship	No	No



Our Goals Together with SYMBIS

1. Obtain a clear picture of your personal and relational momentum for marriage.
2. Gain new insights into your personalities and how they work together.
3. Gain new skills to strengthen your relationship for lifelong love.



OVERVIEW: MARRIAGE MOMENTUM

Congratulations! Your relationship has strong momentum for a growing and thriving marriage. The combination of your mindsets, your psychological health as individuals, and your compatibility as a couple, provides you with promising vitality for lifelong love. Beware, however, this does not exempt you from bumps in the road – that's part of married life. The good news? Your strong momentum puts you in a prime place for maximizing what you'll learn in your SYMBIS Report. Use your momentum to get all you can out of this experience.



REBECCA



SAM

RESOLUTE MINDSET



MINDSET

RESOLUTE MINDSET

1 Caution Flag(s) 72%



WELLBEING

74% 2 Caution Flag(s)



CONTEXT

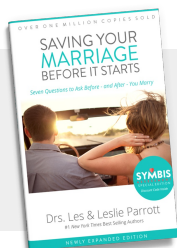


UNWAVERING SPOUSE



DYNAMICS

UNWAVERING SPOUSE



The Saving Your Marriage Before It Starts (SYMBIS) book and His/Her Workbook Set can be used to augment your experience with this report—however, it's not required. A small prompt on some pages will point you to relevant chapters. Learn more: www.store.LesandLeslie.com



MINDSET

What's your attitude toward marriage? Research reveals the course of your relationship will be impacted by the combination of your two mindsets toward marriage. Which of the five are you?



RESOLUTE
MINDSET

Rebecca
Sam



RATIONAL
MINDSET



ROMANTIC
MINDSET



RESTLESS
MINDSET



RELUCTANT
MINDSET



RESOLUTE MINDSET

You are a true believer when it comes to matrimony. In fact, you have the highest marriage motivation of any other category. You are more than twice as likely as your peers to say: "Divorce is not an option." You are marrying for life. You resonate with words like devotion, dedication, and commitment. More than others, you are likely to want to have children at some point, too. In fact, only 2% of Resolutes say they never want children.



RESOLUTE MINDSET

Just like Rebecca, you really believe in marriage. You two are like twin engines running on the same high-octane matrimony fuel. You share a strong motivation for a rock-solid marriage. Your commitment to this relationship is likely viewed as a deep and abiding covenant that ensures you are both dedicated to stay together through thick and thin. To say that your two hearts beat as one is not a mere cliché for you two.

HOW YOUR MINDSETS MESH

As you can see from your identical descriptions, the two of you share the same Resolute mindset. Is this a good thing? You bet. You're both highly motivated to be married and you're optimistic about it being a life-long commitment. Neither of you see divorce as acceptable. In fact, you'd both say it's not even an option. While you know there will be ups and downs in your relationship, you both expect to be fulfilled in your marriage and you're probably both inclined to have a family. You treasure your traditional values together.

Bottom line? Your like-minded match, compared to being matched with any other mindset, holds great promise for you when it comes to life-long love. The remainder of this report will be particularly helpful to both of you in maximizing your future together.



What do you think about your results?

What makes you feel good and what concerns you at this stage and why?



WELLBEING

Your marriage can only be as healthy as the two of you. Exploring your wellbeing as individuals, as well as the wellbeing of your relationship, is vital to launching enduring love.



--- **72%**

INDIVIDUAL WELLBEING

74% ---



You struggle with having a strong sense of yourself and you are often not confident in your abilities. You feel more inadequate than most people. In short, you suffer from low self-esteem.

When it comes to your sense of self and your confidence in your abilities, you vacillate. At times you feel strong and sure of yourself but you also have just as many times when you feel unstable. Your self-esteem wavers.

Your age, by default, puts you into a relatively safe zone for marital readiness. The optimal zone for predicting life-long love when it comes to age is 25 and older – and you're pretty close to that.

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You report having a moderate degree of unresolved issues with your parents. At times in your marriage, this may drive you to be reactive or less objective than you might otherwise be. You may also find yourself leaning on your partner to meet needs that weren't met when you were growing up. So your moderate sense of autonomy from your parents is worth exploring.

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Partner's habits



SELF
CONCEPT
MATURITY
INDEPENDENCE
CAUTION
FLAGS



Partner's habits, Unrealistic expectations

70% RELATIONSHIP WELLBEING

LONGEVITY: The mere fact that you two have dated for less than a year puts you into a caution zone for lack of longevity. Dating for a minimum of two years correlates with the highest rate of marital satisfaction.

STABILITY: Because you characterize your relationship as being consistent, reliable, and dependable, with little turbulence or conflict, you are more likely to have practiced negotiation and compromise. Your stability bodes well for your marital readiness.

SIMILARITY: You share only some core values and this dampens your marital readiness a bit.



When it comes to your individual as well as relationship wellbeing, what concerns you the most and why?



CONTEXT: SOCIAL SUPPORT

You're marrying a set of circumstances as well as each other. Being aware of how your two worlds combine on a practical level is essential to making sure they don't collide on an emotional level.

SUPPORT OF FRIENDS AND FAMILY FOR OUR RELATIONSHIP



Rebecca: You have a great deal of social support from your friends and family as it relates to your relationship. Having their blessing is a tremendous advantage for having a great start in your marriage.

Sam: You have a great deal of social support from your friends and family as it relates to your relationship. Having their blessing is a tremendous advantage for having a great start in your marriage.

MY RELATIONSHIP WITH MY IN-LAWS



Rebecca: The relationship you have with your partner's parents seems optimistic and supportive.

Sam: The relationship you have with your partner's parents seems optimistic and supportive.

NETWORK OF MUTUAL FRIENDS WE BOTH ENJOY



Rebecca: You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

Sam: You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

SOCIAL SUPPORT FROM MY FAITH COMMUNITY



Rebecca: You view your religious faith and the people you worship with to be a significant part of your social support system.

Sam: You view your religious faith and the people you worship with to be a significant part of your social support system.



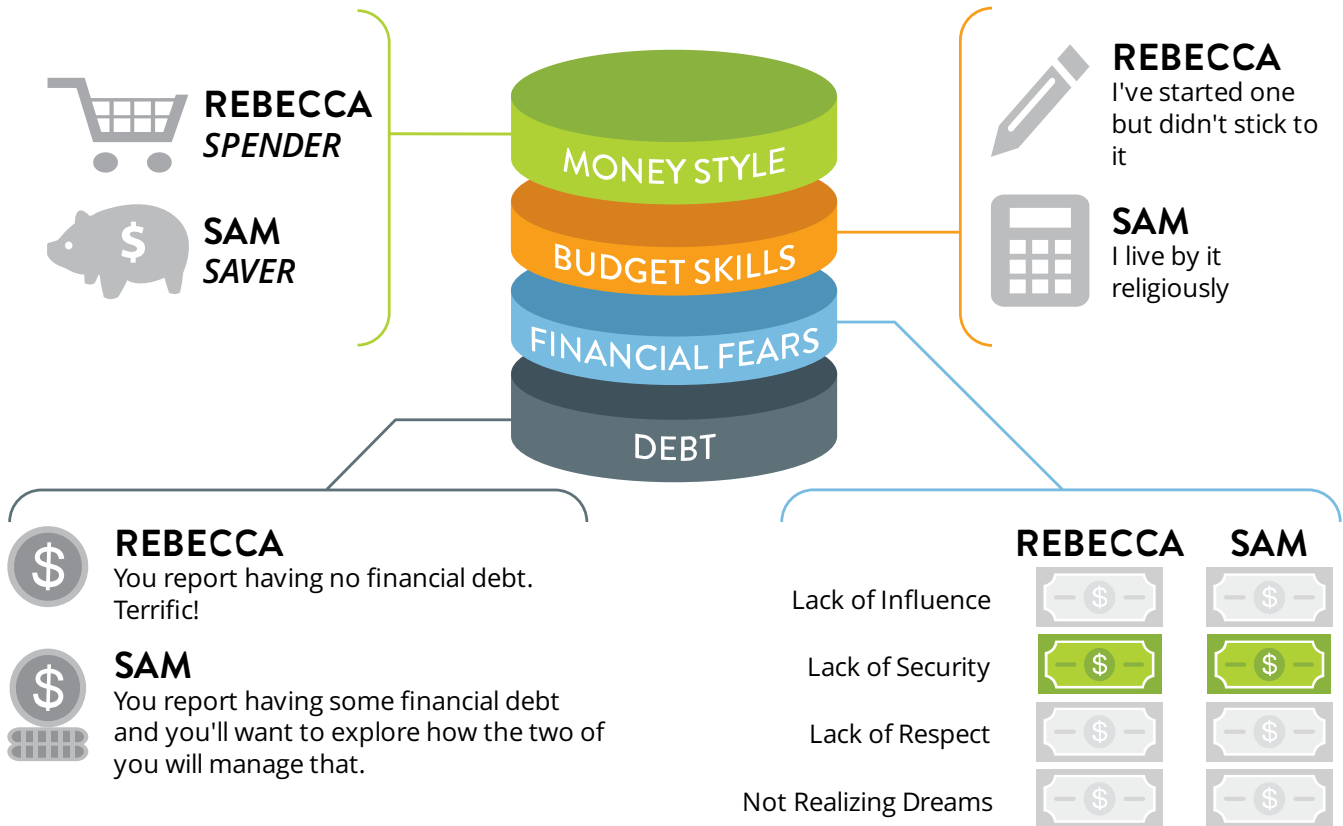
Are you each satisfied with your current level of social support? What do you wish were different and why? What can you do to improve your social support as a couple?



CONTEXT: FINANCES

Your financial skills, attitude and history, make up an important part of the context you're bringing into marriage. A healthy "money talk" will curtail countless currency conflicts.

MONEY MATRIX



What concerns you most about the financial context you're each bringing into your marriage and why? What gives you peace about your financial future?

MONEY TALKS

To minimize friction over finances, you'll want to keep the communication channels clear. Completing these sentences with your facilitator will help you do just that:

- In my home growing up, money was...
- When I think about our financial future...
- What you may not know about money and me is...
- The thing I appreciate about you in relationship to money is...
- When it comes to money, I'd like to improve my...
- One specific action we could take right now that would help me is...



What's one practical action step you can both take within the next month to ensure your relationship is on the best financial path?



CONTEXT: EXPECTATIONS

Making your roles conscious: for most people, the biggest part of their "context" is what they unconsciously learned about their role as a spouse from their family of origin.

We both agree on who is doing these things:



		Mom	Dad	Me	You		Mom	Dad	Me	You
Sam	Providing income	☐	☒	☐	☒		☒	☐	☒	☐
Rebecca	Staying home with children	☒	☐	☒	☐		☐	☐	☐	☒
Sam	Paying bills and handling finances	☐	☒	☐	☒		☒	☐	☒	☐
Sam	Yard work	☐	☒	☐	☒		☐	☒	☒	☐
Sam	Auto maintenance	☐	☒	☐	☒		☐	☒	☒	☐
Sam	Fixing things around the house	☐	☐	☐	☒		☐	☒	☒	☐
Both	Making the bed	☐	☒	☒	☒		☐	☒	☒	☒
Rebecca	Cleaning the house	☒	☐	☒	☐		☒	☐	☐	☒
Sam	Taking out the trash	☐	☒	☐	☒		☐	☒	☒	☐
Rebecca	Grocery shopping	☒	☐	☒	☐		☒	☐	☐	☒
Both	Scheduling social events	☒	☐	☒	☒		☐	☒	☒	☒
Both	Talking about spiritual matters	☒	☒	☒	☒		☐	☒	☒	☒
Rebecca	Decorating the house	☒	☐	☒	☐		☒	☐	☐	☒
Both	Making major decisions	☒	☐	☒	☒		☐	☒	☒	☒
<i>We need to decide on:</i>										
	Gassing up the car	☐	☐	☐	☐		☒	☒	☒	☐
	Laundry	☒	☐	☒	☒		☒	☐	☐	☒
	Doing the dishes	☒	☐	☒	☒		☒	☐	☐	☒
	Cooking meals	☒	☐	☒	☒		☒	☐	☐	☒
	Caring for a pet	☒	☐	☒	☐		☐	☒	☒	☒
	Maintaining ties with friends	☒	☐	☒	☐		☐	☒	☒	☒
	Maintaining ties with relatives	☐	☒	☐	☒		☒	☒	☒	☒
	Planning vacations & holidays	☒	☒	☒	☐		☒	☐	☒	☒
	Initiating talks about the relationship	☒	☐	☐	☐		☐	☒	☒	☒
	Disciplining the children	☒	☒	☒	☐		☐	☒	☒	☒

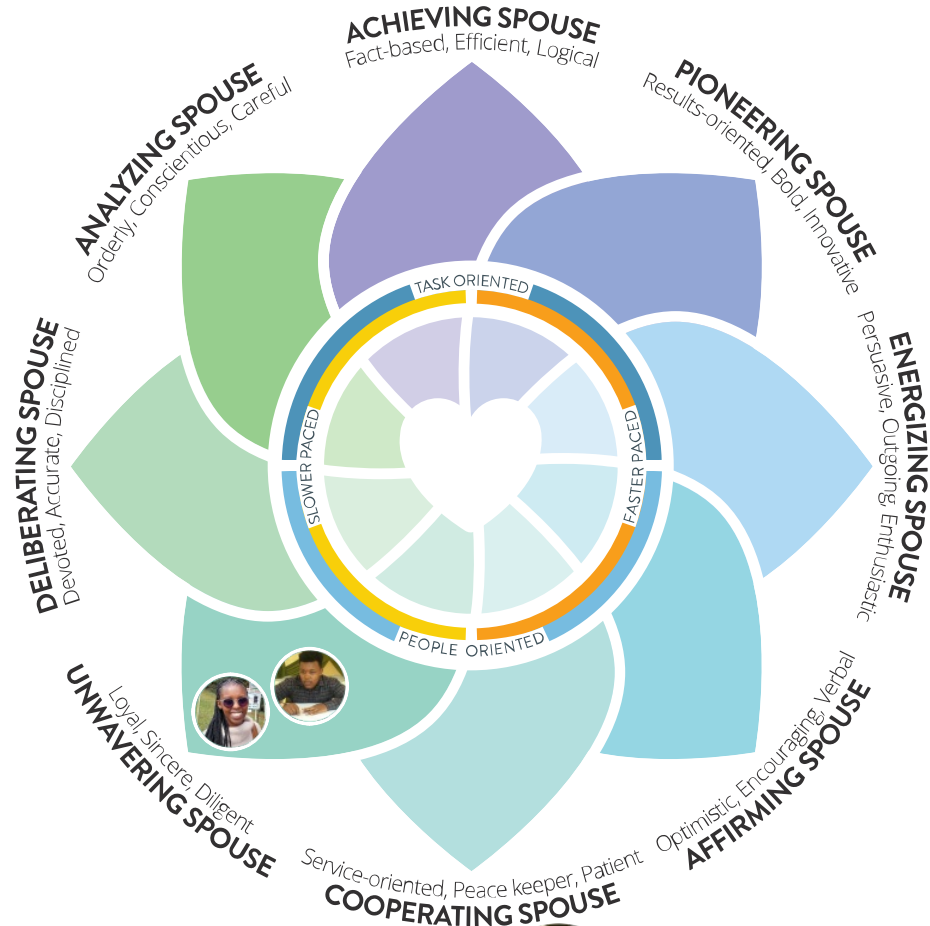


*How are you going to handle role behaviors where you are currently not in sync?
What can help you decide who does what?*



DYNAMICS

Here's a snapshot of your two personalities—their similarities and differences. There's no right or perfect combination, the key is understanding and appreciating your differences.



UNWAVERING SPOUSE

You tend to dislike sudden or abrupt changes. You prefer things the way they are. Your motto might be: "If it's not broken, don't fix it." You tend to be a traditionalist, and will enjoy your home and social environments best if they are stable and predictable. You dislike sudden decisions about where to go or what to do, preferring to think things out first. Your spouse and others may perceive you as being non-demonstrative and self-controlled. Not wanting to be the center of attention, you generally support others. You may demonstrate positive possessiveness by developing strong attachments; however, you will not be overly involved as some others tend to do.



UNWAVERING SPOUSE

You usually assume a cautious and reserved demeanor when meeting new people. Your relationships must grow naturally and in sincere ways. You will not confide in others readily because of your need for security. Because of your thoughtful nature, you need your spouse and others to often express sincere interest in you or the relationship. This offers the secure feeling that you seek. You may be a matter-of-fact person who may be critical of the shortcomings of your spouse who may display a more emotional or outgoing side. Others may see you as disciplined and self-controlled. You have seen the problems of being overly optimistic when planning to depend on others following through.



Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.



DYNAMICS

There has never been a marriage like the one you two are creating together. The combination of your two personalities can be mapped out to discover how you are hard-wired to give and receive love.

YOUR DYNAMICS: UNWAVERING SPOUSE + UNWAVERING SPOUSE

You two, more than most, are likely to have a very relaxed and peaceful home together. You're both fair-minded, reliable, courteous, and patient. You seek meaning and significance in the things you do. Sam and Rebecca, you both tend to resist change and you'll likely develop routines in your relationship early on that will probably last a very long time. When either of you is feeling stressed, you're likely to become more rigid and cautious than normal. You prize devotion and don't want any change in routine to threaten the life you build together. That's why peace is such a high priority for both of you. Your shared cautiousness may hinder spontaneity or creativity on occasion so you'll want to take special care to cultivate this aspect of your marriage.



What do you think and feel about the shared dynamics of your two personalities and how they mix? What can you do, in practical terms, to leverage your Dynamics?



STRENGTHS YOU BRING TO THE RELATIONSHIP



- Sympathetic and supportive.
- Excellent listener.
- Considerate and accommodating.
- Heartfelt and humble disposition.
- Brings a feeling of security and stability.

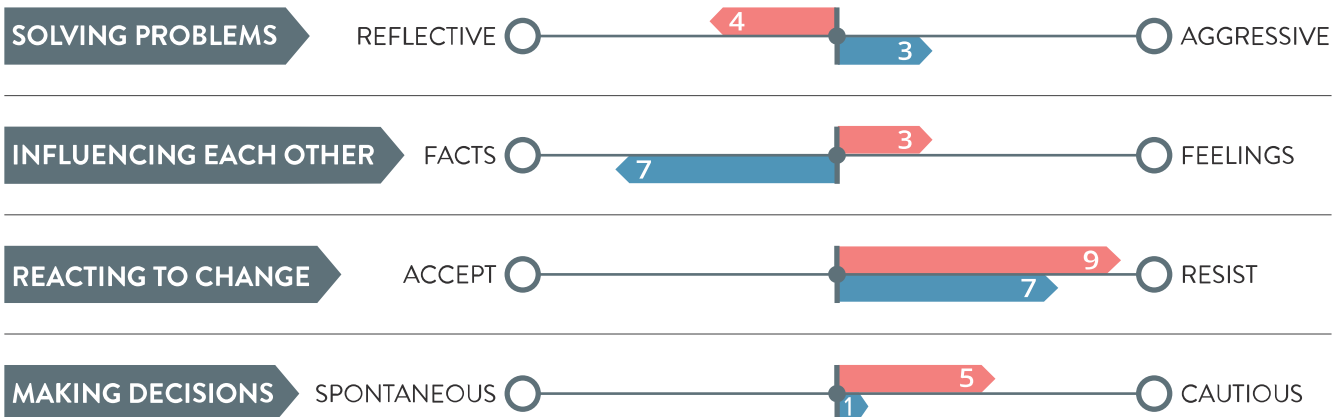
- Resolves conflict through reconciliation.
- Brings depth and value to shared plans.
- Sincere and genuine heart.
- Considerate and accommodating.
- Troubleshoots problems proactively.



Identify the top 1 or 2 statements you agree with most about yourself. Explain why. Note the top strength you appreciate about your partner.

Rebecca top / Sam bottom

YOUR STYLES



Consider some real life examples in your relationship where these play out. How can you genuinely appreciate your differences in these four categories?



DYNAMICS: LOVE

What is love? Perhaps it's no surprise that everyone seems to have their own answer. After all, each of us is hardwired uniquely for giving and receiving love.

HOW YOU VIEW LOVE IN PRACTICAL TERMS



UNWAVERING SPOUSE

Being reassured that we are together on the same team.



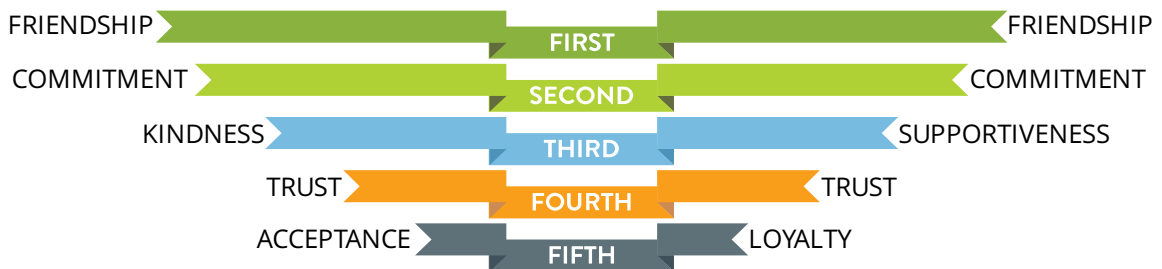
UNWAVERING SPOUSE

Being reassured that we are together on the same team.



What aspects of your definition do you agree with most and how would you elaborate on it? How can you help your partner love you in ways you most desire? Use concrete examples.

HOW YOU DEFINE LOVE



How are your top 3 items similar or different from each other? Elaborate on the qualities you chose. How would each of you complete this sentence: "I feel most loved when you..."

LET'S TALK ABOUT SEX

Are you abstaining from sex?

YES

REBECCA

YES

SAM

How do you rate your desire?

10

REBECCA

5

SAM

Who do you expect to initiate sex?

BOTH
EQUALLY

REBECCA

BOTH
EQUALLY

SAM

How often do you expect to have sex?

MORE THAN ONCE
PER DAY

REBECCA

ONCE PER DAY

SAM



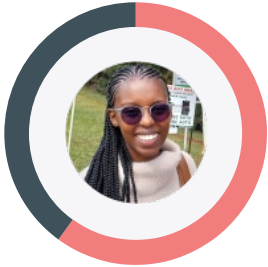
As you prepare for marriage, what other sexual issues or questions come to mind? What issue related to sexuality causes some anxiety for you?



DYNAMICS: ATTITUDE

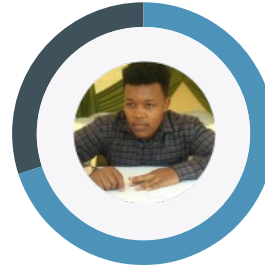
Marriage was never intended to make you happy—you make your marriage happy. How? It all comes down to attitude and adaptability, in other words, your ability to adjust to things outside your control.

The percentages depict how optimistic, adaptable and resilient you are when faced with a challenge.



----- **60%**

Your resilience level is relatively low. Adjusting to circumstances beyond your control does not come easy. You may see the proverbial glass as half-empty and you may struggle with having an upbeat outlook.



----- **72%**

Maintaining resilience can be challenging for you. When faced with an unforeseen difficulty, you occasionally struggle to maintain an up-beat attitude. Worry can sometimes get the best of you and your attitude.



What do you think about your results? What about your partner's? In specific terms, how will the two of you adjust to an unfavorable circumstance? Real life examples?

YOU AT YOUR BEST WHEN FACING A CHALLENGE

Based on your personality profiles, here are your most constructive natural coping tendencies when life becomes demanding.

UNWAVERING SPOUSE

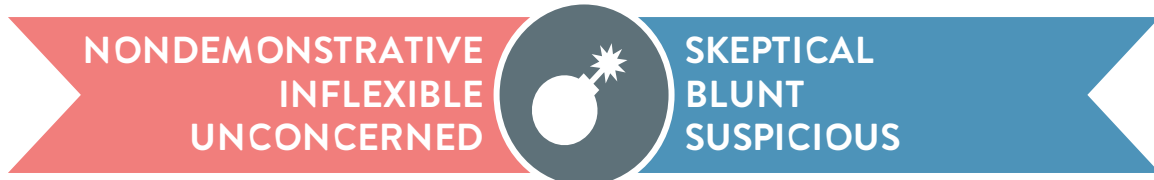
- CONSIDERATE
- GOOD LISTENER
- THOUGHTFUL
- TEAM PLAYER
- GOOD-NATURED



UNWAVERING SPOUSE

- INCISIVE
- LOGICAL
- PROBER
- ANALYTICAL
- FACTUAL

HOW YOUR PARTNER MAY PERCEIVE YOU UNDER STRESS



What do you agree or disagree with? Why? Think of a real life scenario where you saw this to be true. What could you have done to be easier to live with?



DYNAMICS: COMMUNICATION

Communication is the lifeblood of your relationship. The more understanding and better understood each of you feels, the stronger your marriage.



UNWAVERING SPOUSE

You're typically on the quiet side, keeping many of your feelings carefully hidden from view. You have no need to tell drawn-out and dramatic stories, nor are you compelled to rush a conversation to its point. You don't divulge details unless you're asked about them. You approach your conversations with a sense of serenity and calm and your spouse needs to patiently draw you out. Even if something's urgent or exciting, you express it evenly, without heightened emotions. You tend to speak slowly and deliberately.



UNWAVERING SPOUSE

Just like Rebecca, you tend to maintain a calm and quite approach. Relative to others, you both need to be drawn out to fully hear about your experiences. This means you can both benefit from doing just that – intentionally asking each other to say more. A simple question like "How did that make you feel?" can go a long way in this regard. Or: "What can you tell me to help me get a better picture of what you're saying?" The point is to draw one another out to ensure that you're both being heard.



What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?

HOW YOU LIKE YOUR PARTNER TO COMMUNICATE WITH YOU

- Ask "How do you feel about that?"
- Listen patiently and tune into feelings.
- Start conversations with a kind word.
- Take time to reach an agreement.
- Provide plenty of support and assurance.
- Use a logical and unemotional approach.
- Ask "How do you feel about that?"
- Provide plenty of support and assurance.
- Show sincere interest in me.
- Respect my quiet demeanor.



Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your partner succeed?

COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Managing emotions appropriately
- Identifying and expressing feelings
- Permitting productive conflict

REBECCA

- Identifying and expressing feelings
- Reserving opinion until the right time
- Permitting productive conflict

SAM



Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.



DYNAMICS: GENDER

We all know men and women are different, but understanding how those differences drive our deepest needs, on top of our unique personalities, can make or break a relationship.



WHAT REBECCA NEEDS TO KNOW ABOUT SAM:

As your husband, Sam will need more shared activity.

As a dating couple, you enjoy lots of shared activity. Research shows this tends to diminish once you marry. Husbands place surprising importance on having their wife as a recreational companion.

Why this matters:

Sam, more than you, connects emotionally by doing things together.



WHAT SAM NEEDS TO KNOW ABOUT REBECCA:

As your wife, Rebecca will need to be cherished more than you think.

In your dating relationship, you focused a lot on wooing Rebecca. Research reveals that this will inevitably fade once you're married because you will become more focused on providing for her than cherishing her.

Why this matters:

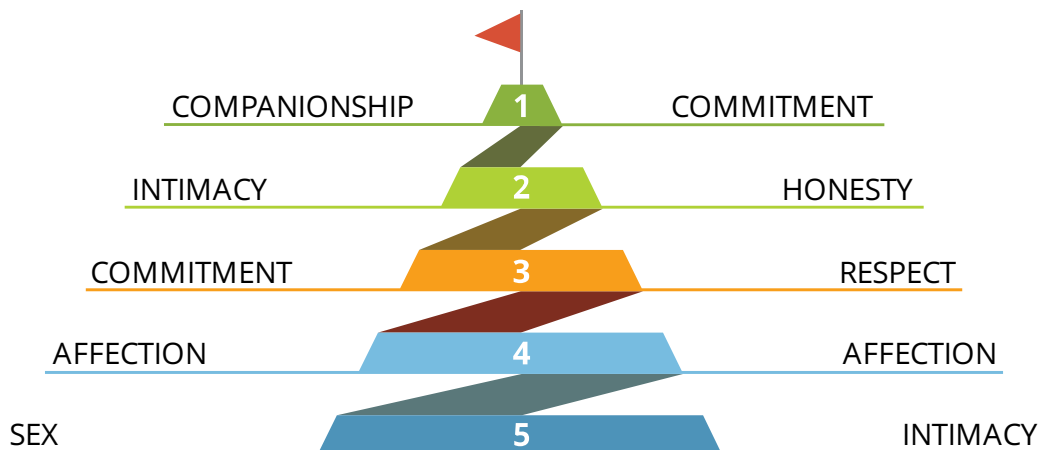
Rebecca will be more passionate and intimate with you when she feels cherished.



What recreational activities can you enjoy with Sam through the years?

In what practical ways will Rebecca know you are cherishing her?

YOUR TOP 5 NEEDS



Why do these needs top your list? How will your partner know when these needs are being met? Be as specific and concrete as you can.



DYNAMICS: CONFLICT

Conflict is inevitable, even for loving couples. It's the price we pay for a deeper level of intimacy. When you learn to fight a good fight, you can use conflict to your advantage.



UNWAVERING SPOUSE

You need time to adjust to new ideas and activities. You must think things over before becoming committed and acting on new ideas. You operate well with others and coordinate your efforts with rhythm and ease. You symbolize sensibility, serenity and steadiness--not haughtiness or sarcasm. You excel at concentrating on specific activities which must be completed. You will not complain much and you do not like to make waves and cause hostility. You usually appear as emotionally mature and logical in your approach to things. You do not act impulsively--heart over mind. Most of your actions are carefully thought out beforehand.



UNWAVERING SPOUSE

You prefer to make decisions based on facts rather than someone else's opinion. In fact, if someone tries to influence you with another opinion you will resist and search for the truth. You may be rather skeptical and calculating in your approach to solving problems involving people. You disapprove of emotional, impulsive or hasty decisions, preferring the analytical approach. You are usually critical of people who make major decisions in a haphazard fashion. You especially prefer your spouse to use logic rather than emotion when making decisions. You show a solution-oriented, problem-solving strategy. You will look under the surface of a situation and uncover the essence of the problem. You will gather much information without changes in observable behavior.



What do you agree or disagree with? Why? Select two or three statements from your paragraph that you agree with most and explain how they may influence conflicts.

PERSONAL CONFLICT CHALLENGES

These can limit your ability to successfully manage conflict

- You tend to hold a grudge if feeling slighted or unappreciated.
- At times, you can give a false sense of compliance to direction given by your spouse.
- You sometimes neglect to prioritize and this can sometimes cause you to be inefficient.
- You will tend to wait for directions before acting, rather than showing initiative.
- You sometimes lack social confidence or the projection of poise and high self-esteem.
- You become overly silent, intense or pessimistic on occasion.
- You may sometimes avoid your spouse when they seem emotional.



What do you resonate with most from each list? Explore why these happen and discuss what you can both do to grow in these areas. Use real life examples.

HOT TOPICS

Every couple has a list of issues that are prone to conflict. Your hot topics, listed in priority below, are most likely to spark tension for the two of you:



Knowing these topics are likely to spark tension, how can you use this information to curb conflicts? Give a concrete example of how you can better manage each one.



DYNAMICS: SPIRITUALITY

Even happily married couples eventually discover a soulful longing to bond with their lover, not just for comfort or passion—but also for spiritual meaning.

YOU FEEL CLOSEST TO GOD THROUGH:



Being inspired by worship music. You have a playful spirit that shines through as you delight in celebrative songs and enthusiastic worship. You enjoy clapping, singing and maybe even dancing in worship.



Quiet contemplation, journaling and reflection. You love God in a quiet pursuit, not in an attempt to explain God but to simply be closer to God. You listen to God through private times of meditation and prayer.



Explore what each of you does to feel closest to God. Give specific examples of when and what you do. How can you support each other in these practices?

YOUR SPIRITUAL LIFE TOGETHER

What you believe about spiritual practices in marriage:

Yes	Agree on theology.	Yes
Yes	Attend church weekly.	Yes
Yes	Discuss spiritual issues.	Yes
Yes	Give a tithe.	Yes
Yes	Practice the same religion.	Yes
Yes	Pray for each other.	Yes
Yes	Pray together every day.	Yes
Yes	Receive communion together regularly.	Yes
Yes	Go to the same church.	Yes
Yes	Be involved in serving others together.	No
Yes	Study the Bible together regularly.	Yes



Would you consider yourselves in sync spiritually? Why or why not?

How would you finish these two sentences right now:

"My spiritual life has been..."

"When it comes to our shared spiritual life..."



WHERE DO WE GO FROM HERE?

Congratulations on completing your SYMBIS Assessment! To help you get your marriage off to a great start, we have additional resources you may find helpful on the following page. With every good wish and prayer. --Drs. Les and Leslie Parrott



LAUNCHING YOUR LIFE LONG LOVE

Let's identify your biggest take-aways from this experience. And whether you are engaged or newly married, here are a few suggestions for successfully launching your lifetime of love.



MY GREATEST INSIGHT FROM OUR REPORT



MY NUMBER ONE GOAL TO WORK ON



FIND A MARRIAGE MENTOR

One of the most effective ways to ensure that your relationship stays healthy and strong is to have a more experienced "go-to" couple that has traveled the road before you. Do you have a couple you'd like to mentor you? Send them to MarriageMentoring.com for information and training.



GROW YOUR LOVE

You can never check "growing" off of your to-do list. Smart couples grow by reading marriage books, attending an annual marriage seminar, and some-times having a group of couples they meet with. To get you started, we're giving you a 15% discount on your first order at LesandLeslie.com. To get your unique discount code, email info@LesandLeslie.com



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