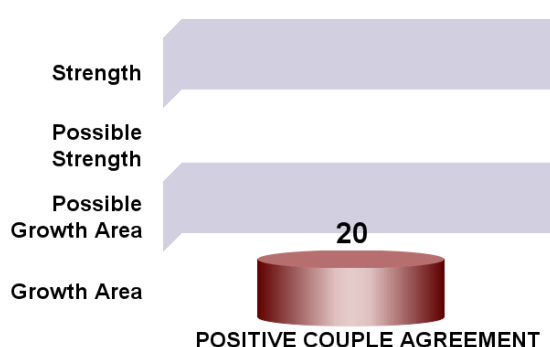
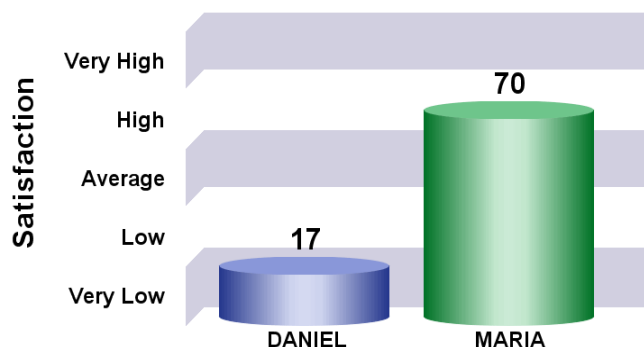


Communication

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



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

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

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

Strongly Disagree
1

Disagree
2

Undecided
3

Agree
4

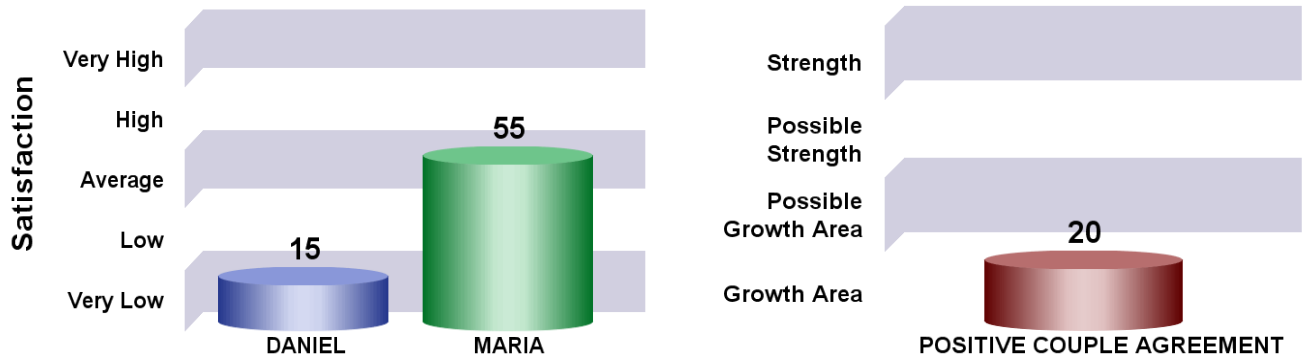
Strongly Agree
5

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

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

Conflict Resolution

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



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

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

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

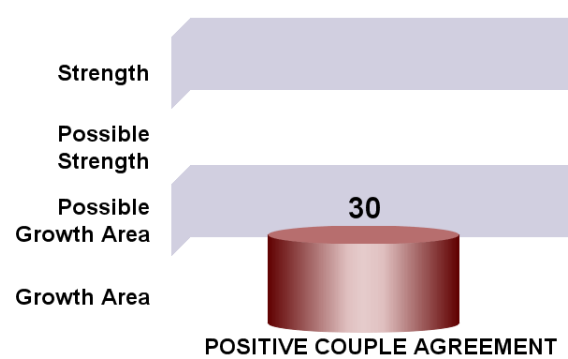
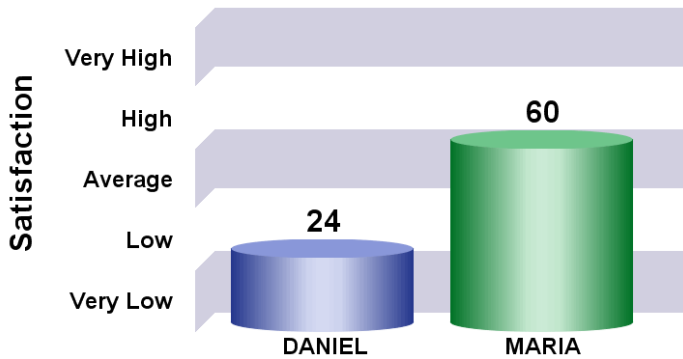
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

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

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

Partner Style and Habits

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



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

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

Possible Growth Area: While the couple 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 Disagreement, Special Focus, or Indecision items below. Reinforce good communication and problem solving skills as they discuss this difficult area.

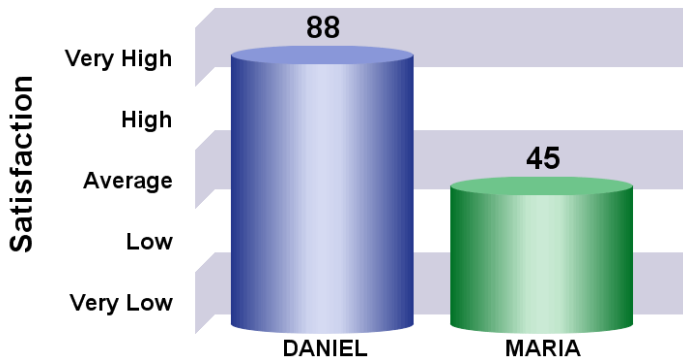
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (30%)
1	1	– I am sometimes upset or embarrassed by my partner's behavior.
2	1	– I wish my partner were more reliable and followed through on more things.
2	1	– Sometimes my partner is too stubborn.
Disagreement (40%)		
2	5	– I am sometimes concerned that my partner appears to be unhappy and withdrawn.
5	1	– I wish my partner were less critical or negative about some topics.
5	2	– Sometimes I am concerned about my partner's temper.
5	2	– Sometimes my partner seems to be too controlling.
Indecision (0%)		
Special Focus (30%)		
5	4	– I am unhappy with some of my partner's personality characteristics or personal habits.
4	5	– My partner has some personal habits that bother me.
5	4	– Sometimes I have difficulty dealing with my partner's moodiness.

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

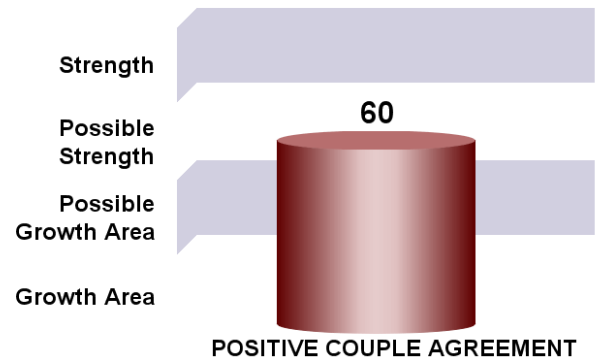
Financial Management

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



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

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



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

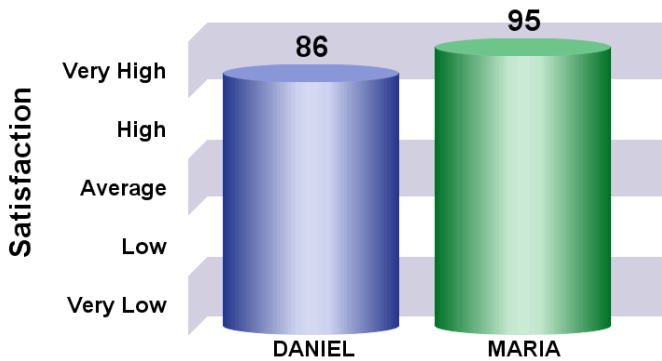
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (60%)
1	2	- Even after marriage, we plan on keeping our finances separate.
2	1	- I am concerned that my partner is more of a spender than I am.
4	4	+ I am satisfied with our decisions about how much money we should save.
5	4	+ We have a specific plan for how much money we can spend each month.
1	2	- We haven't decided how to handle our finances yet.
5	4	+ We usually agree on how to spend money.
		Disagreement (20%)
2	5	- I have some concerns about whether our income will be sufficient.
4	2	- Sometimes I wish my partner were more careful about spending money.
		Indecision (10%)
4	3	+ We have figured out what our financial status will be after we marry.
		Special Focus (10%)
4	5	- One or both of us have unpaid bills or debts that concern me.

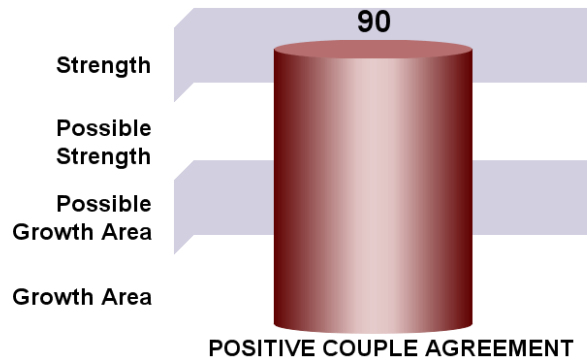
PREPARE/ENRICH Exercises: *Financial Goals, Budget Worksheet, The Meaning of Money*

Leisure Activities

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



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



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

Strongly Disagree
1

Disagree
2

Undecided
3

Agree
4

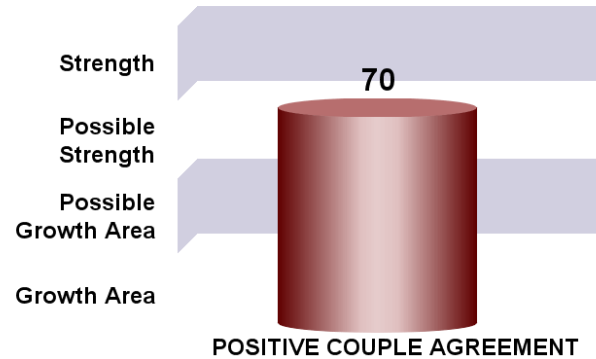
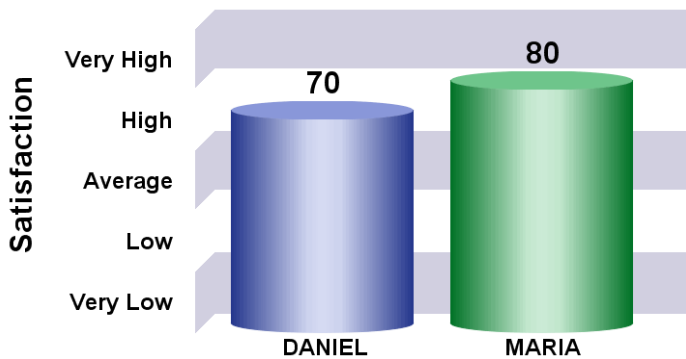
Strongly Agree
5

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

PREPARE/ENRICH Exercises: *The Dating Exercise*

Sexual Expectations

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



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

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

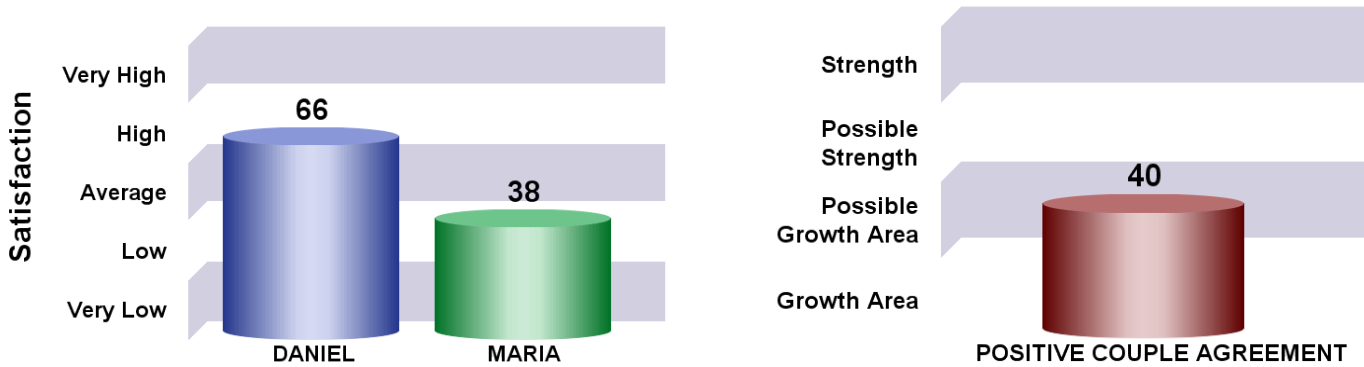
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria		Positive Couple Agreement (70%)
4	5	+	I am comfortable talking with my partner about sexual issues.
4	5	+	I am completely satisfied with the amount of affection my partner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

PREPARE/ENRICH Exercises: *The Expression of Intimacy*

Family and Friends

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



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

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

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

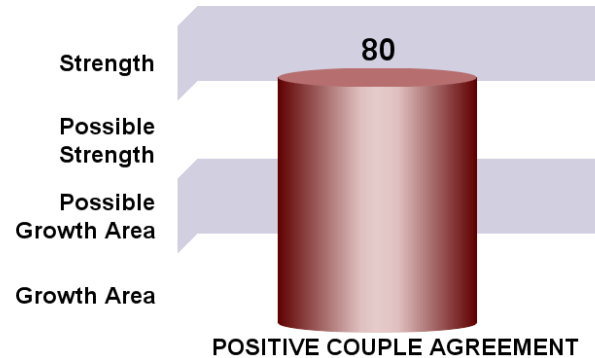
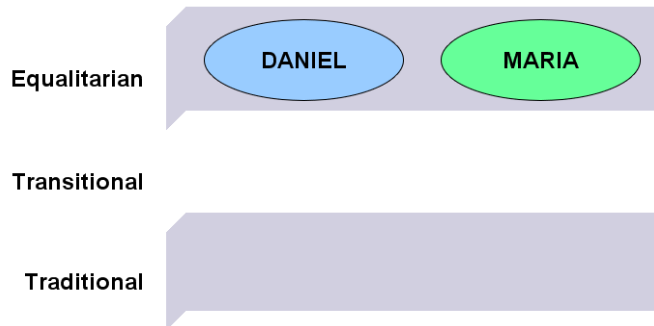
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (40%)
1	2	- I have concerns when my partner spends time with friends or co-workers of the opposite sex.
5	4	+ I really enjoy being with most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

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

Relationship Roles

The **Relationship Roles** category measures a couple's expectations about how decision making and responsibilities will be shared. It looks at each individual's preferences for traditional or 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 items in this category. Review some of their Agreement items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement, Indecision, or Special Focus items to discuss. Encourage them to keep discussing expectations, increasing understanding, and creating a plan for their relationship roles.

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

Indecision (0%)

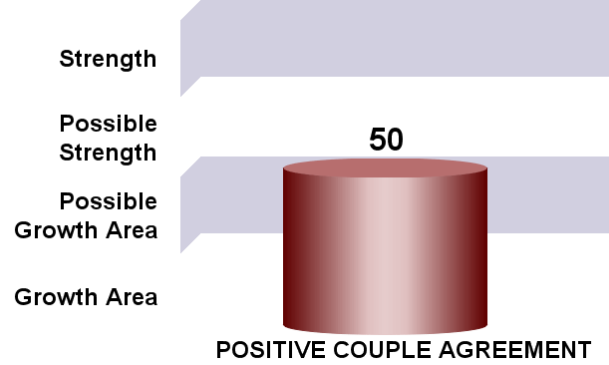
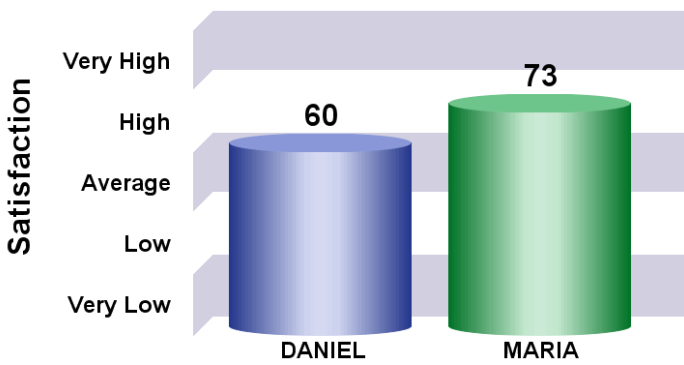
E = Equalitarian Roles Statement

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.



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

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

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

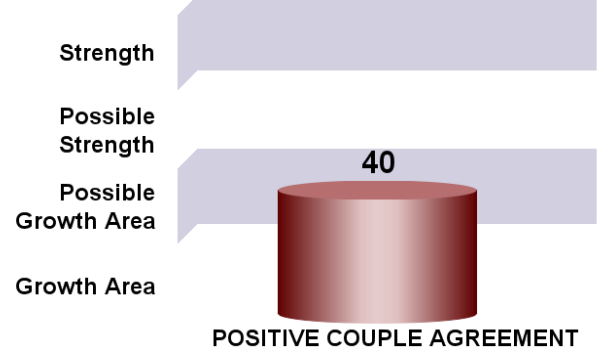
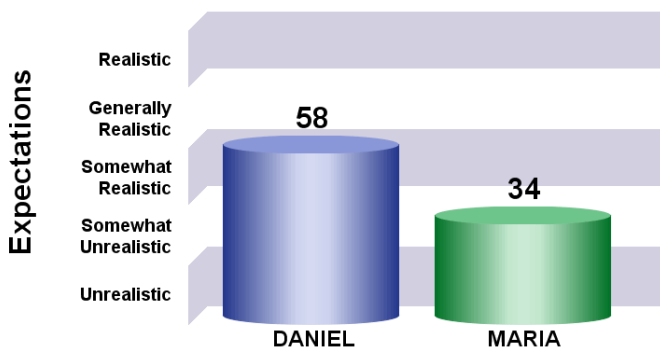
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria		Positive Couple Agreement (50%)
2	1	-	My partner and I disagree about our spiritual beliefs.
4	5	+	My spiritual beliefs are an important part of the commitment I have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

PREPARE/ENRICH Exercises: *Your Spiritual Journey*

Marriage Expectations

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



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

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

Possible Growth Area: While the couple 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.

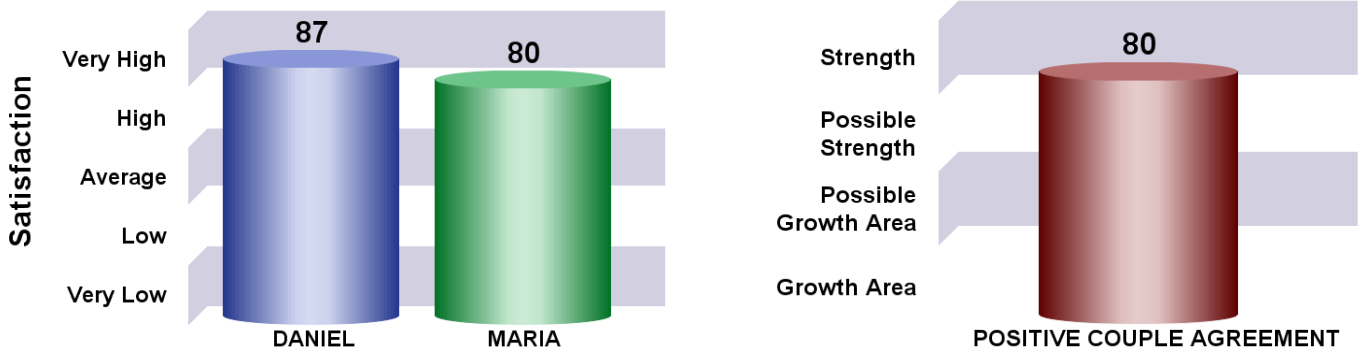
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (40%)
4	5	+ After marriage, some of my needs for friendship will be met by people other than my partner.
2	1	- I believe I've already learned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

PREPARE/ENRICH Exercises: *Managing your Expectations*

Parenting Expectations

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



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

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

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

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

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