

COUPLE'S

REPORT

PREPARE  ENRICH[®]
• *building strong marriages* •

— COUPLE'S REPORT —



<http://www.prepare-enrich.com/login.html>

PREPARE/ENRICH

Customized Version

Congratulations on completing the PREPARE/ENRICH inventory. Taking the time to reflect on your relationship is an important part of growing as a couple. Based on over 30 years of research, the questions and topics addressed by your assessment were customized to your relationship. These results are summarized in the following report pages.

PREPARE/ENRICH is designed to get you thinking and talking about your relationship. This report can help identify your relationship strengths, which are resources you can use to build your relationship. Your results will also highlight growth areas that need to be improved. All relationships require attention, maintenance, and direction to keep growing and running smoothly. Don't view your results as permanent or unchangeable. These results are a snapshot of how you each described your relationship on the day you took the assessment.

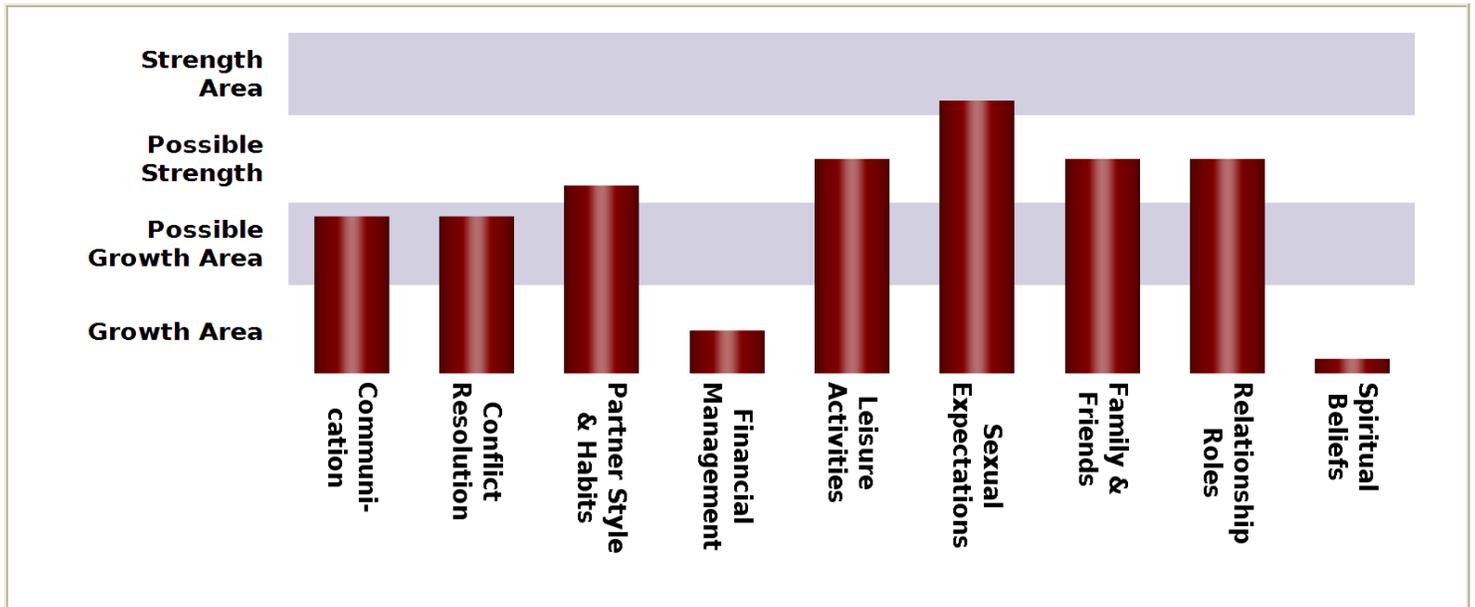
Your trained PREPARE/ENRICH facilitator will be able to provide you with feedback and answer questions as you go through the results together. They are also trained to teach you new relationship skills that can lead to a more satisfying couple relationship.

We encourage you to consider taking an anniversary Couple Checkup each year at the website, <http://www.couplecheckup.com> as a way to proactively enrich your relationship. Remember, the more you invest in your relationship, the more you will both benefit: **We wish you much success in growing together as a couple!**

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Strength and Growth Areas

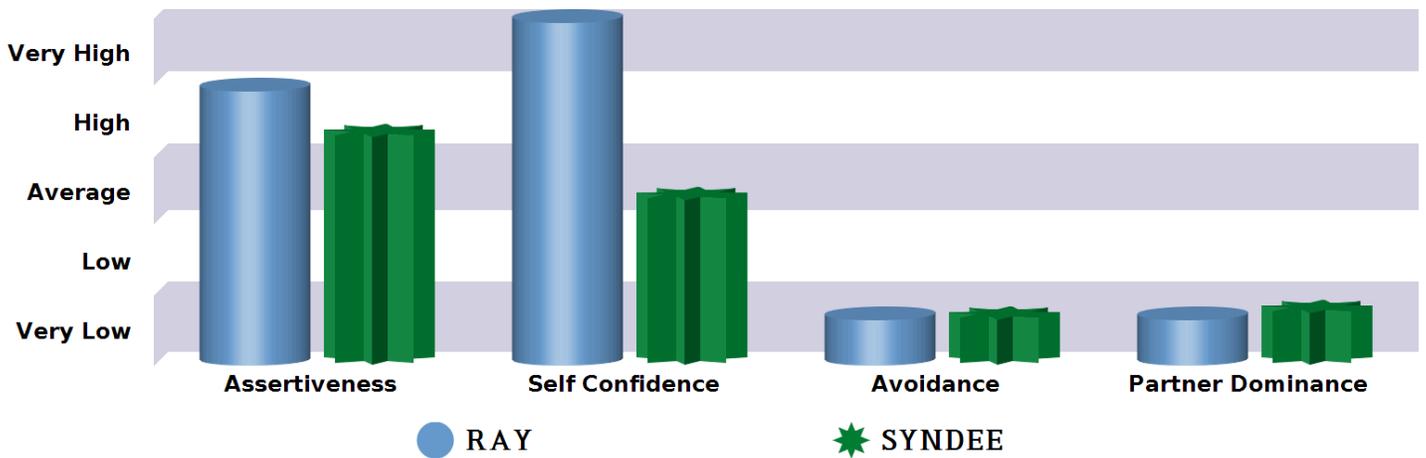


Strength Area Area with <i>High</i> Couple Agreement	Sexual Expectations
Possible Strength Area with <i>Moderately High</i> Couple Agreement	Family & Friends Leisure Activities Partner Style & Habits Relationship Roles
Possible Growth Area Area with <i>Moderately Low</i> Couple Agreement	Communication Conflict Resolution
Growth Area Area with <i>Low</i> Couple Agreement	Financial Management Spiritual Beliefs

Summary

Your results indicate that you have a harmonious relationship. Generally, harmonious couples have a high degree of relationship satisfaction. You both feel good about most aspects of your relationship. There may, however, be a few relationship areas that have room for improvement. Keep working on your relationship skills, such as communication and conflict resolution. This will promote continued growth in your relationship.

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.

Ray: **Very High**

Ray has a very high level of Self Confidence, positive self-esteem, and feels very sure of his/her ability to effectively accomplish what is wanted in life.

Syndee: **Average**

Syndee has a moderate level of Self Confidence and may generally have positive self-esteem, and typically feels good about his/her ability to accomplish what is wanted 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.

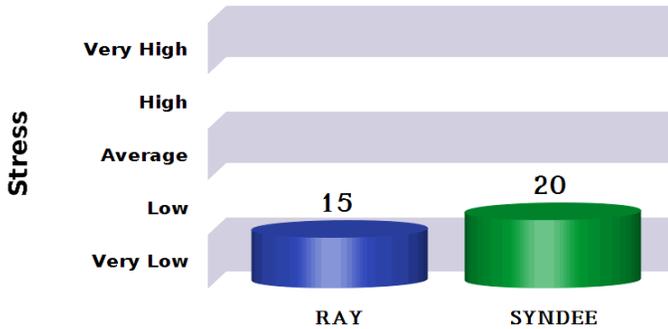
Partner Dominance focuses on how much one feels controlled or dominated by their partner.

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.

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.



Ray has very few frustrations or challenges that are causing personal stress. When stressful situations are encountered, it is likely that effective coping strategies are being used to manage the frustrations of daily life.

Syndee appears to have a low level 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

Ray

Top 10 Stressors

Very Often

Who is paying for wedding and reception

Sometimes

Cost of wedding

Dealing with your in-laws

Decisions about wedding details

Feeling overwhelmed by wedding details

Syndee

Top 10 Stressors

Often

Owe too much money (credit cards, loans, etc.)

Sometimes

Cost of wedding

Financial concerns

Lack of exercise

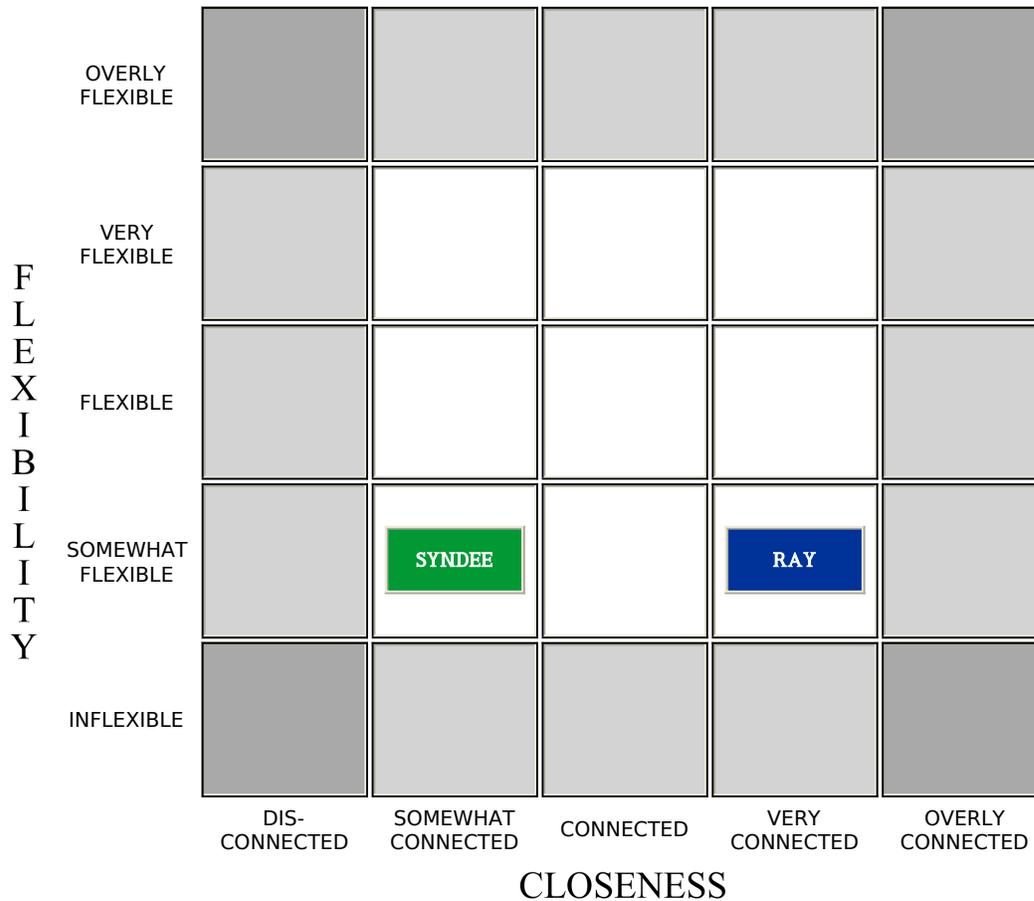
Opinions from friends or relatives

Your current living arrangement

PREPARE/ENRICH Exercises:

Identifying Most Critical Issues, Balancing your Priorities, Wedding Stress

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*.

- Ray describes this 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.
- Syndee describes this relationship as **Somewhat Connected**. These individuals often feel somewhat disconnected or emotionally distant from their partner. Less connected partners are often more independent from one another. They need to guard against allowing their relationship to get too disconnected.

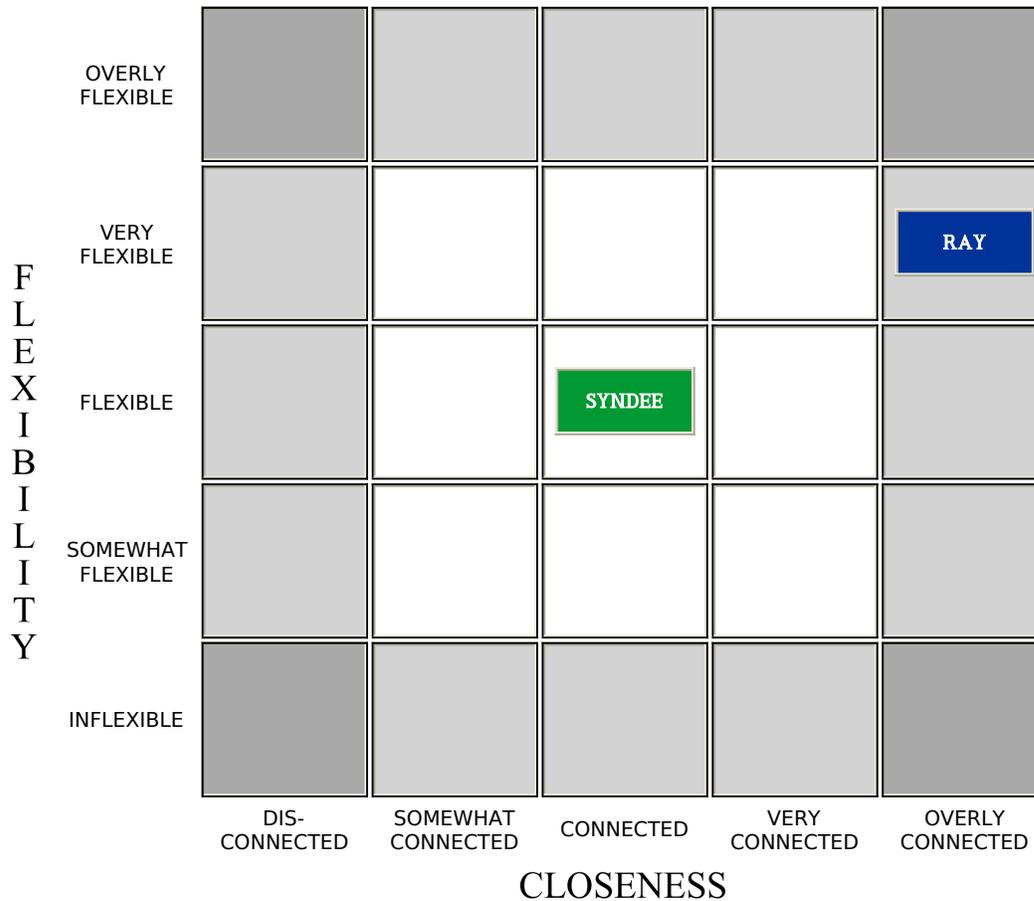
Couple Flexibility is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- Both individuals feel their relationship is **Somewhat Flexible**, with more stability and less openness to change. They may sometimes resist changes in leadership or roles and may need to remember that healthy relationships often require the ability to be flexible while meeting the demands of busy lives.

Couple Discussion: Review the closeness and flexibility results. It can be helpful to discuss what is positive about the current levels of closeness and flexibility. It can also be helpful to discuss any desired changes (increases or decreases) in closeness and flexibility.

PREPARE/ENRICH Exercises: *Mapping Your Relationship, Closeness Exercises, Flexibility Exercises*

Family Map



Family Closeness is defined as the emotional closeness one felt growing up in their family of origin. On this dimension, family relationships can range from *disconnected* to *overly connected*.

- Ray grew up in an **Overly Connected** family. These individuals often describe feeling a high level of closeness in their family of origin, with closeness and loyalty being the priorities. At times they may have experienced too much connection and wished for more freedom from their family.
- Syndee grew up in a **Connected** family. Individuals in these families generally feel close to one another and have a good balance of closeness and separateness.

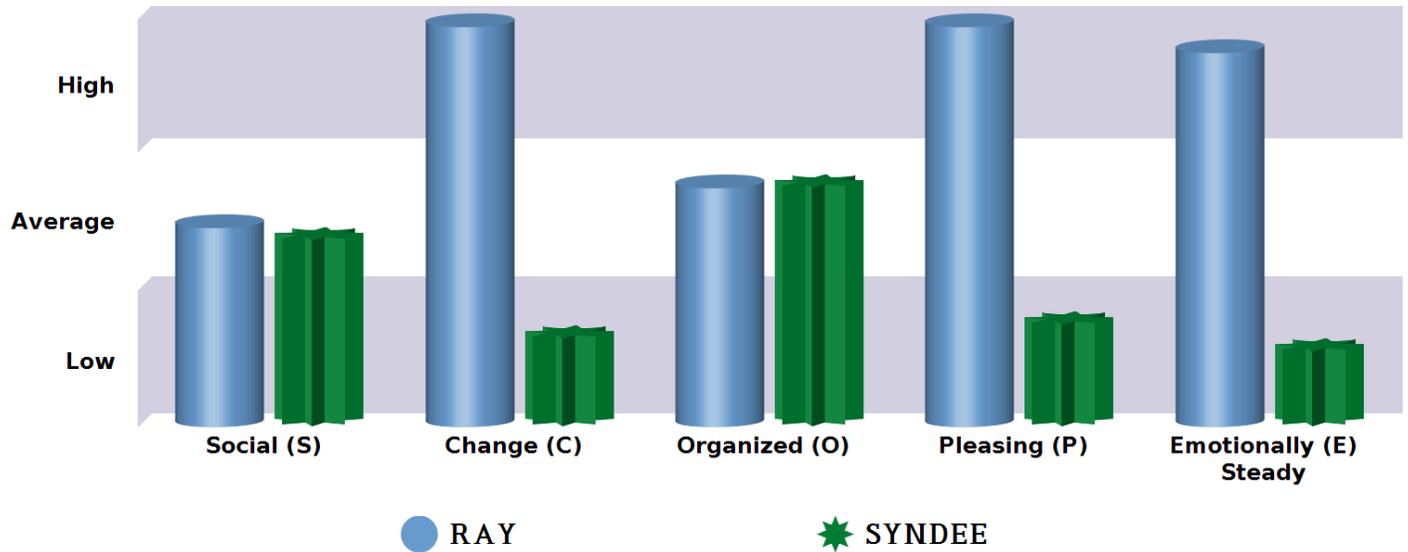
Family Flexibility is defined as a family's ability to adjust to changes in roles, leadership and discipline. On this dimension, family relationships can range from *inflexible* to *overly flexible*.

- Ray 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.
- Syndee experienced a family of origin that felt **Flexible** and somewhat open to change. These families maintain a balanced level of structure and organization. Leadership and decision-making are generally shared, and roles and routines are adjusted as needed.

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.

- **Ray** 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.
- **Syndee** 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 **Average** range on this personality dimension. These individuals are generally organized. They are often dependable and goal-oriented, but can also be flexible, setting aside work and agendas. They know how to get organized, but it is not always a high priority. Their home and workspace are likely somewhat cluttered, but they know where things are located.

Couple Discussion:

Both individuals scoring in the moderate range can be a positive in their relationship as they balance tasks, goals, and relationships. They are likely able to be organized and goal-directed in areas that are important to them as a couple, while simultaneously being able to enjoy a somewhat free-spirited approach to life. It is helpful for them to communicate about areas in their lives where they need to get more organized, and what roles they can each fulfill to maximize their effectiveness as a couple.

SCOPE Personality Scales

Pleasing (P)

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

- **Ray** 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.
- **Syndee** 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.

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

Couple Discussion:

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