

FACILITATOR

PREPARE  ENRICH
• *building strong marriages* •

— FACILITATOR'S REPORT —



PREPARE/ENRICH

Customized Version

Facilitator: David H. Olson

Date Completed: 9-26-08

Couple Names: Daniel
Maria

Couple ID Code: 12A4-67B9

Customizations:

- Engaged
- Possibility of Children in Future
- Standard – Non Faith-Based

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

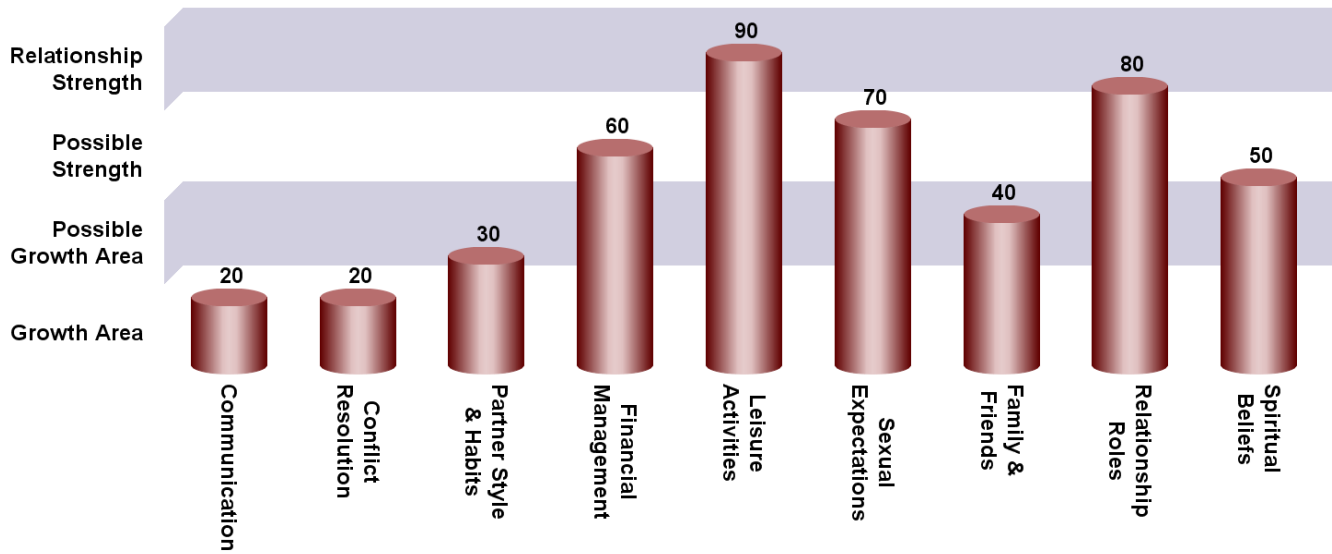
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Couple Typology (Core Scales)



Conventional Couple Type

Based on the PCA scores across the core categories, this couple is best categorized as a **Conventional Couple**. Conventional couples are often highly committed and have more strengths in areas such as Relationship Roles and Spiritual Beliefs. They can improve the quality of their relationship by working on Communication and Conflict Resolution skills.

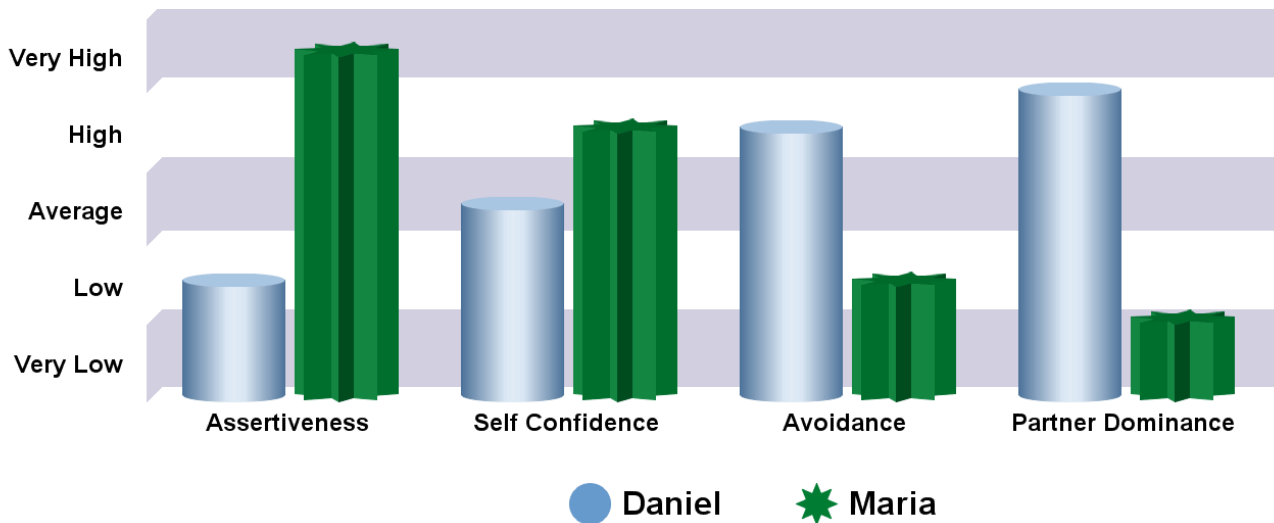
Based on past research with thousands of couples, PREPARE/ENRICH categorizes couple relationships into one of five common patterns:

- **Vitalized** couples are typically the 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.
- **Devitalized** couples have the lowest level of satisfaction and have growth areas in almost all aspects of their relationship.

Strength and Growth Areas

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

Relationship Dynamics



Assertiveness is the ability to express one's feelings and ask for what one wants.

Daniel: **Low**

Daniel has some difficulty expressing thoughts and feelings, and sometimes finds it difficult to ask for what he/she wants in the relationship.

Maria: **Very High**

Maria is good at openly expressing thoughts and feelings and can easily ask for what he/she wants in the relationship.

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

Daniel: **Average**

Daniel 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.

Maria: **High**

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

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

Daniel: **High**

Daniel scored in the high range and may tend to minimize problems and be reluctant to deal directly with issues.

Maria: **Low**

Maria scored low in avoidance and will generally be open to identifying and discussing issues in their relationship.

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

Daniel: **High**

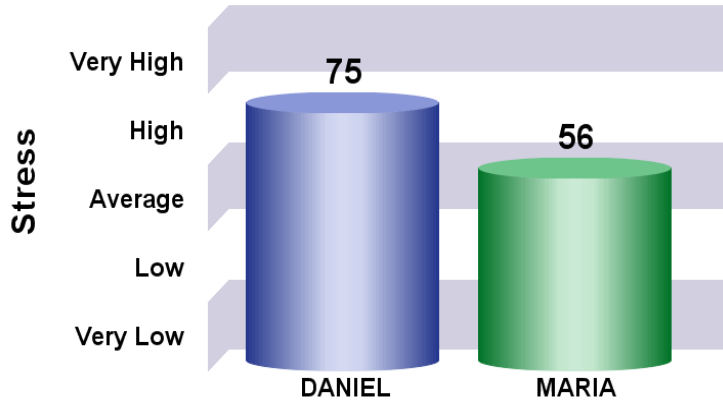
Daniel scored in the high range in Partner Dominance and may often feel his/her partner is dominant, controlling, or interested in managing his/her life.

Maria: **Very Low**

Maria scored in the very low range in Partner Dominance and does not feel his/her partner is dominant, controlling, or interested in managing his/her 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.



Daniel appears to have a very high level of personal stress which can create demands on a person's time and energy. The stress may also contribute to problems with physical, relational, and emotional health. It will be helpful to learn and make use of effective coping resources to better manage personal stress.

Maria appears to have a moderate level of frustration or personal stress. These frustrations and stressors may at times affect attitudes, health, and relationships. It will be helpful to identify effective coping resources so stress does not become overwhelming.

How often have these issues created stress for you?

Never 1 Seldom 2 Sometimes 3 Often 4 Very Often 5

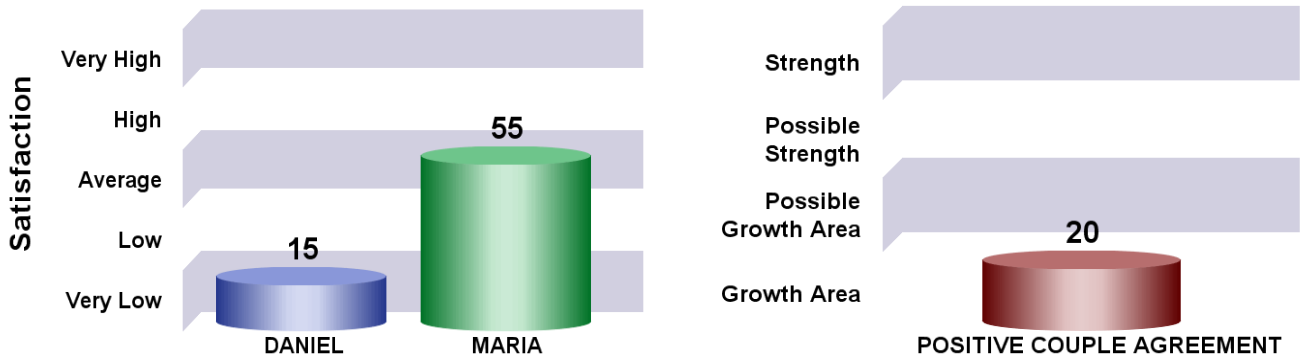
Daniel Top Stressors	Maria Top Stressors
<p>Very Often Your current living arrangement Decisions about wedding details</p>	<p>Very Often Financial concerns Dealing with the wedding party Decisions about wedding details</p>
<p>Often Lack of exercise Lack of time for fiancé Dealing with your in-laws</p>	<p>Often Lack of time for friends Your current living arrangement</p>
<p>Sometimes Emotionally upset/emotional issues Financial concerns Your partner Fiancé not getting things done Fiancé stressed by wedding planning</p>	<p>Sometimes Emotionally upset/emotional issues Lack of time for fiancé Your job Your partner Opinions from friends or relatives</p>

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 which stressors are similar and which 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*

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.

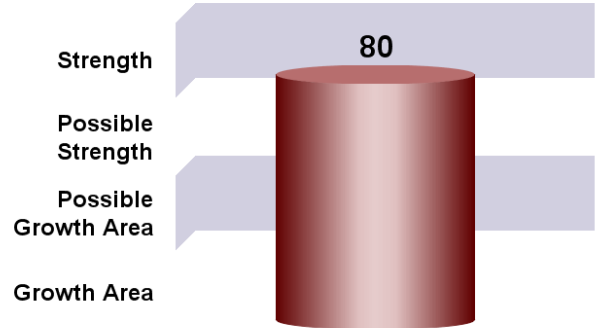
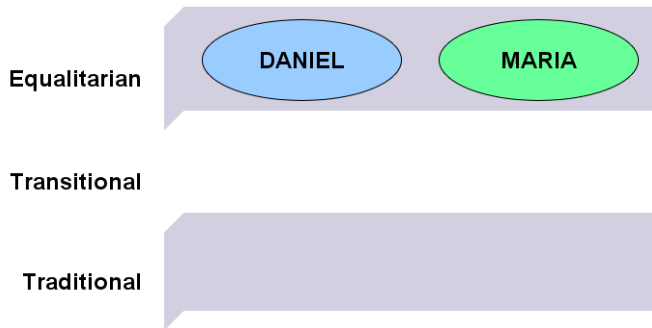
Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (20%)
2	1	- Sometimes we have serious disputes over unimportant issues.
2	2	- At times my partner does not take our disagreements seriously.
Disagreement (50%)		
1	3	+ When we discuss problems, my partner understands my opinions and ideas.
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.
4	2	- When we argue, I usually end up feeling responsible for the problem.
5	1	- To end an argument, I tend to give in too quickly.
Indecision (20%)		
4	3	- At times I feel some of our differences never get resolved.
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*

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.



POSITIVE COUPLE AGREEMENT

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

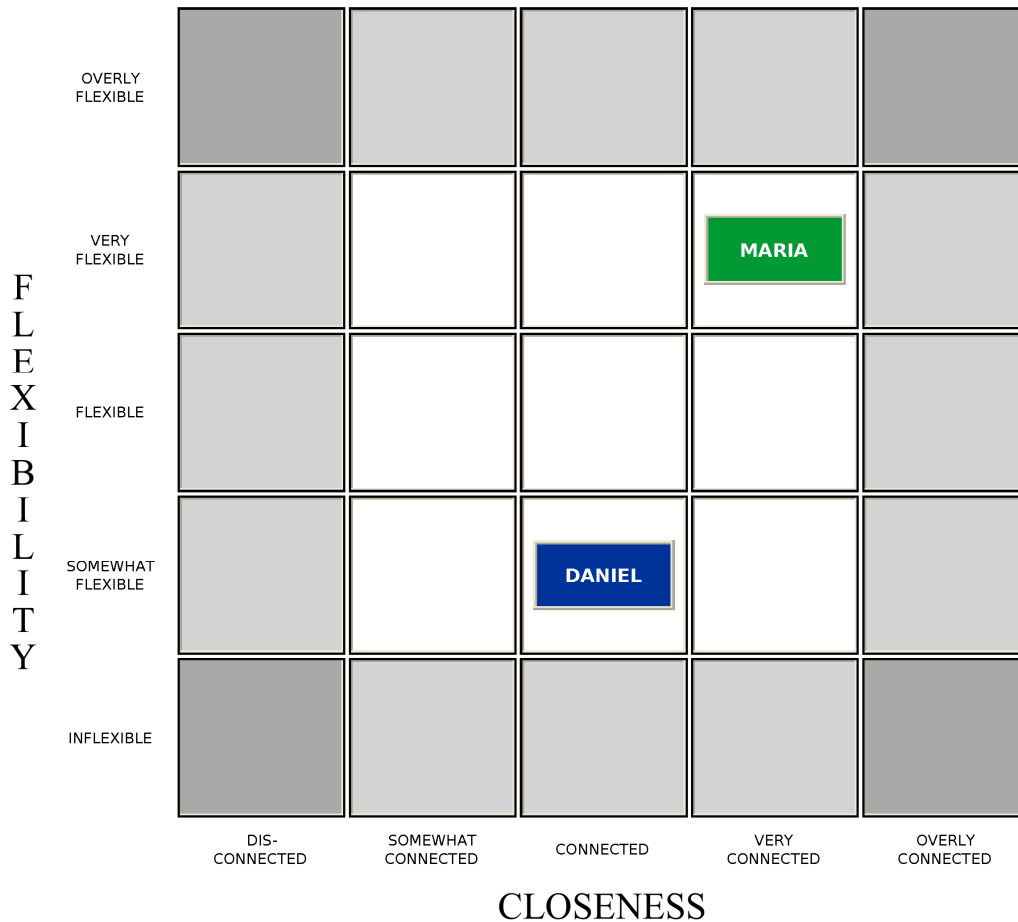
Daniel	Maria	Statement
Positive Couple Agreement (80%)		
5	4	E A career can be equally important to both partners.
4	5	E I am happy with the flexibility we have in our roles and responsibilities.
2	1	T A marriage functions best if one person assumes the role as head of the household.
4	5	E I expect to 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*

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*.

- **Daniel** describes this relationship as **Connected**. These individuals experience a healthy balance of "We" and "I", or closeness and separateness, which reflects an interdependent relationship. Most healthy marriages not only foster connection, but also leave room for each partner to continue to grow and develop as individuals.
- **Maria** 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.

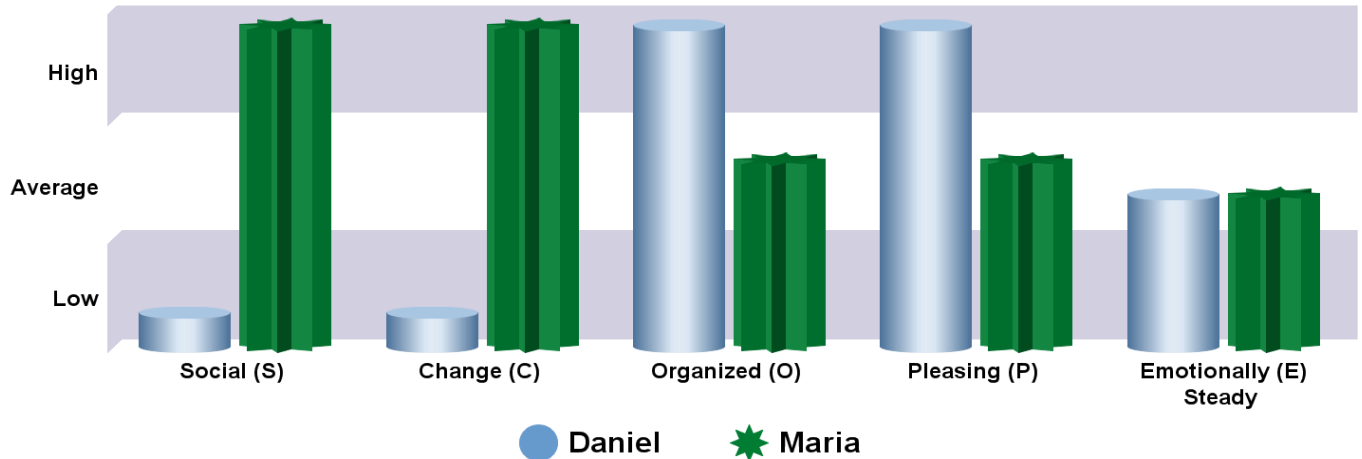
Couple Flexibility is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- **Daniel** feels the relationship is **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.
- **Maria** feels the 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*

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 Exercise: *SCOPE out your Personality*

Social (S)

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

- Daniel scored **Low** on being Social. These individuals tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. They may be low-key, deliberate, and less connected socially. They often prefer to be alone or with just a few close friends. These individuals likely feel re-energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. If out of balance, they could appear reclusive or cut off from others.
- Maria scored **High** on the Social dimension. These individuals are generally outgoing. Social extroverts enjoy being with people and are often full of energy. They may be enthusiastic and action-oriented. They often enjoy their ability to make friends and acquaintances easily and do not prefer solitude. In groups they like to talk, assert themselves, and may often be the center of attention. If out of balance, they could appear to be attention seeking or shallow.

Couple Results: Couples with one person scoring higher than the other will need to communicate openly with one another about attending social events and getting together with others. One person receives energy from socializing with others, while the other prefers more privacy and alone time. This difference may become more apparent when they are experiencing greater amounts of stress. They can avoid unnecessary conflict in their relationship by checking it out with each other before saying "yes" or "no" to making social plans.