



ENJOY YOUR MARRIAGE

# "Pre-Marital counseling"

Prepare Enrich assessment Overview

SHARING STRENGTH AND GROWTH AREAS

## **COMMUNICATION:**

- Assertiveness and Active Listening
  - Exercise: Creating a "wish list"
- Daily Dialogue and Daily Compliments
  - Exercise: Danger signs

## **STRESS MANAGEMENT:**

- Identifying Most Critical Issues (Optional Exercise)

## **CONFLICT RESOLUTION:**

- Ten Steps for Resolving Conflict (Optional Exercise)
- How to take a Time-Out
- Seeking and Granting Forgiveness (in session practice)

## **FINANCIAL MANAGEMENT:**

- The Meaning of Money (in session practice)

## **SEX AND AFFECTION:**

- The Expression of Intimacy

## **SPIRITUAL BELIEFS:**

- Spiritual journey (Optional Exercise)

## **MARRIAGE EXPECTATIONS:**

- Managing Your Expectations
- Personality and how to handle differences
- Couple Discussion about Children (in session activity)
  - Sharing Roles (Optional Exercise)