

COUPLES

Sample Report

PREPARE  ENRICH

• *building strong marriages* •

— COUPLE'S REPORT —



www.prepare-enrich.com

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. Remember, you now have the opportunity to improve your relationship. 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 (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!**

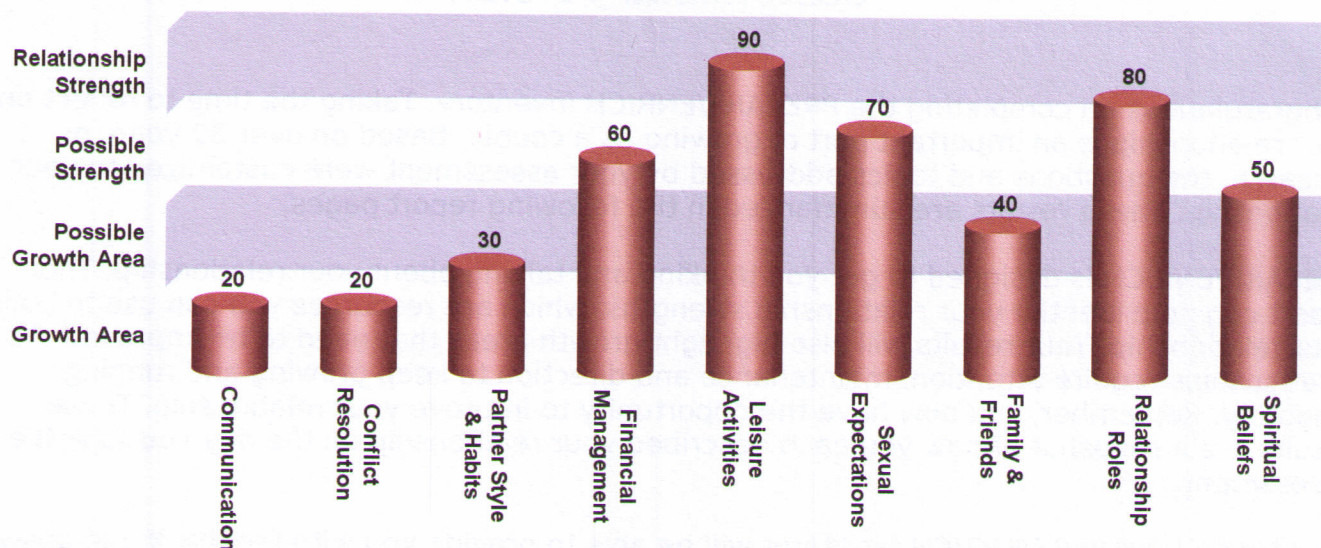
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Couple Typology (Core Scales)



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.

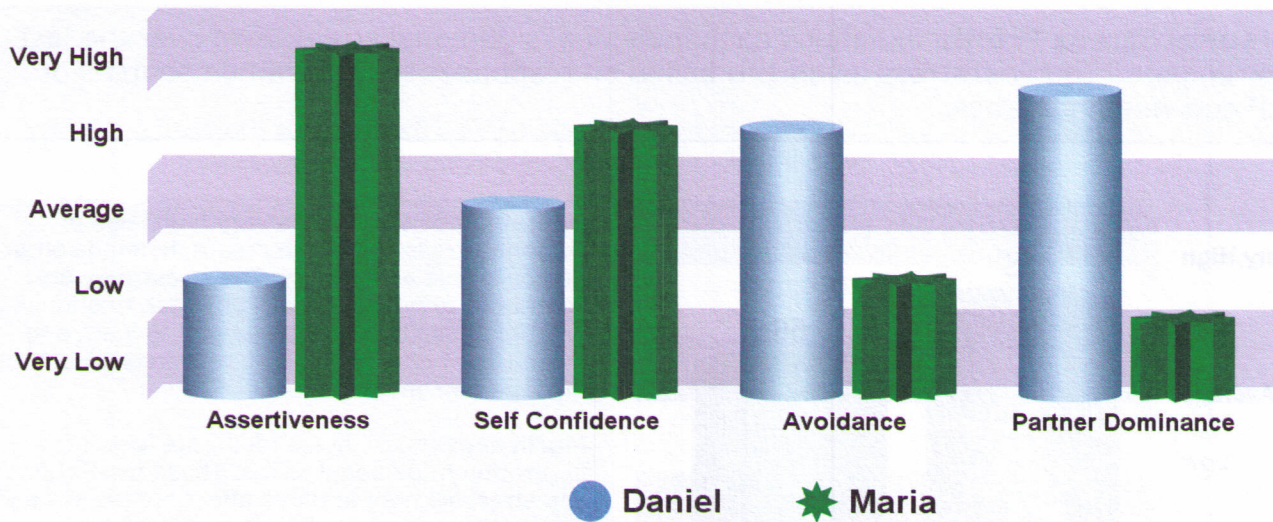
Based on past research with thousands of couples, PREPARE/ENRICH categorizes couple relationships into one of five common patterns:

- **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**

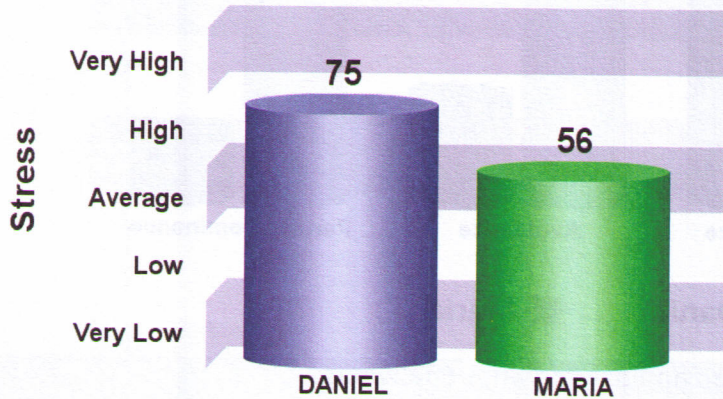
Daniel scored in the high range in Partner Dominance and may often feel his/her partner is dominant, controlling, or interested in managing his/her life.

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
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Daniel Top Stressors

Very Often
Your current living arrangement
Decisions about wedding details

Often
Lack of exercise
Lack of time for fiancé
Dealing with your in-laws

Sometimes
Emotionally upset/emotional issues
Financial concerns
Your partner
Fiancé not getting things done
Fiancé stressed by wedding planning

Maria Top Stressors

Very Often
Financial concerns
Dealing with the wedding party
Decisions about wedding details

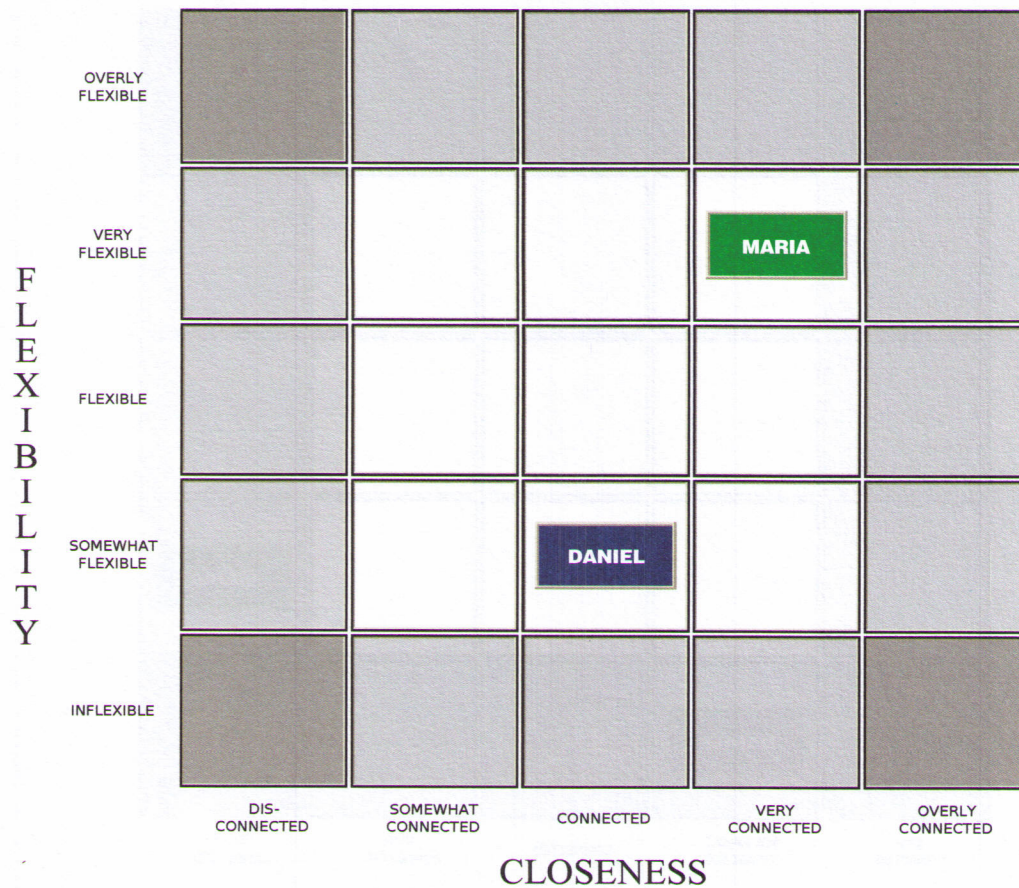
Often
Lack of time for friends
Your current living arrangement

Sometimes
Emotionally upset/emotional issues
Lack of time for fiancé
Your job
Your partner
Opinions from friends or relatives

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*

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.

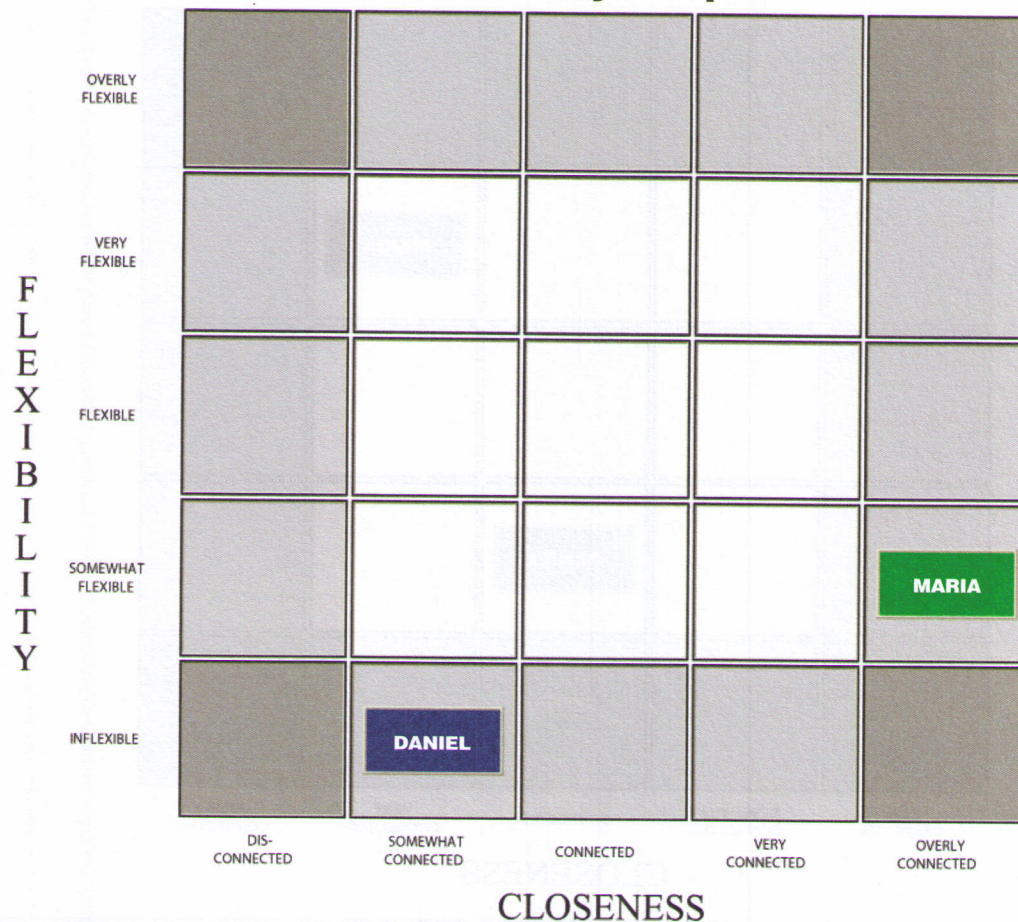
Couple Flexibility is defined as the ability to adjust to changes in roles and leadership in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- **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*

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*.

- **Daniel** grew up in a family that was **Somewhat Connected**. These individuals experienced some family closeness, with plenty of freedom to be an individual and pursue outside relationships.
- **Maria** 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.

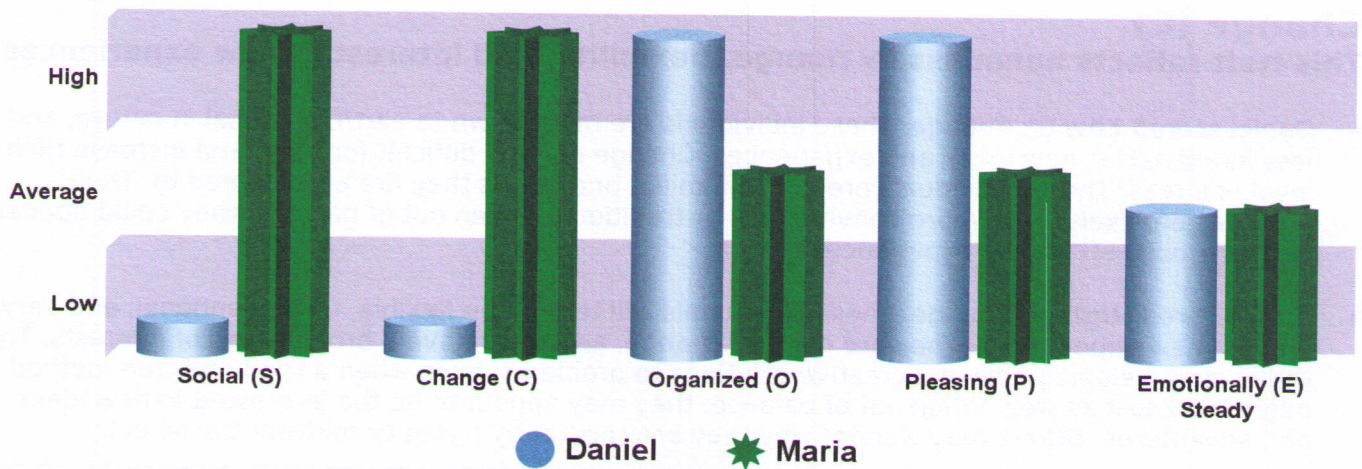
Family Flexibility is defined as a family's ability to adjust to changes in roles, leadership and discipline. On this dimension, family relationships can range from *inflexible* to *overly flexible*.

- **Daniel** experienced a family of origin that felt **Inflexible**. These families are not very open to change. Family members are often too rigid and resist changes in leadership, roles, and routines. These families also have trouble adjusting to stress and finding new ways to deal with issues.
- **Maria** experienced a family of origin that felt **Somewhat Flexible**. These families maintain a high level of structure and organization. Leadership, decision-making, and roles are clearly defined with little flexibility. They can have some difficulty adjusting to stress and finding new ways to deal with challenges.

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 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.

SCOPE Personality Scales

Change (C)

This trait reflects openness to change, flexibility, and interest in new experiences.

- Daniel 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.
- Maria 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.

Couple Results: 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.

- Daniel scored in the **High** range on this personality dimension. These individuals are methodical, and well-organized. They tend to be persistent and reliable and place great emphasis on this type of behavior. They are quite goal-oriented, and have a well thought-out plan as they strive to achieve their goals. When out of balance, they could be perceived as a perfectionist or too driven. Others may even see them as being too organized or controlling in their approach to life.
- Maria 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 Results: Couples with one person scoring higher than the other will need to communicate openly with one another about their goals, roles, and expectations. It is likely that their partner's tendencies may be endearing at times, but can also become annoying, distracting, or even maddening when stressful events come their way. They can balance one another out and avoid the extremes of perfectionism versus sloppiness. Potential challenges include different expectations for housekeeping, relationship roles, and long-term goals. They can work with their strengths and allow the more organized individual to handle necessary details. But they will also need to guard against expecting the organized individual to function more like a "parent" and less like a "partner."

SCOPE Personality Scales

Pleasing (P)

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

- Daniel 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.
- Maria scored in the **Average** range on Pleasing. These individuals can be warm and cooperative, but occasionally somewhat competitive, stubborn, or assertive. When they feel their rights are violated, they are able to respond and stand up for themselves. They might occasionally find themselves arguing about little matters, but generally know how to get along well with others and are well liked.

Couple Results: 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.

- Both individuals scored in the **Average** range on Emotionally Steady. These individuals are generally calm and able to cope with stress. Others likely see them as capable of handling the everyday stressors that face most people. When under high levels of stress, they could experience negative feelings of anxiety, depression or anger, but are generally emotionally steady and in control of their lives.

Couple Results: Both individuals may find it helpful to avoid unnecessary stress. They will benefit by being realistic about what they can handle individually and together. Skills such as communication, problem solving and flexibility can help navigate stressful times without extreme emotions or negative reactions.