**PRE-MARITAL COUNSELING SCHEDULE**

***Subject to change based on needs of the couple.***

**Pre-Session**

* Prepare-Enrich information:
  + Need email addresses from both partners.
  + Need to know faith preference.
  + The couple will pay Prepare-Enrich $35 when they do the online assessment.
  + Complete online assessment before the first session.
* Enneagram assessment will be done online by each partner.
  + I will send you the link and each person will pay $10 to the Enneagram Institute at the time you do the online assessment.
  + Email me the results of each of your assessments.
  + Talk with each other about your scores.
* Buy a copy of John Gottman and Nan Silver’s book *The Seven Principles for Making Marriage Work.*
  + Read the first two chapters.
* Pre-Marital Counseling Intake Form needs to be completed and brought to the first session.
* Set up date for first session.

**Session 1 (approx. 1 hour)**

* Bring Intake Form.
* Get to know each other a bit.
* For those getting married in the church: talk about why getting married in the church is important to you.
  + *The Marriage Journey*, Chapter 1: The Sacrament of Marriage
  + *Art of Being Together:* Principle 4 (pg. 37): Marriage vows are about the way people live together
* For those who did Prepare-Enrich:
  + Share Strength and Growth areas from assessment report and do exercise in the Workbook (I will give this to you).
  + Go over the Couple Typology in the Couple’s Report
* For those who did the Enneagram: Talk about your numbers.
* Discuss and decide if there are any particular focuses that you want to explore in our future sessions.
* Gottman Assignment for next time: Chapter 3, Principle 1: Enhance Your Love Maps (exercises 1-3)

**Session 2 (2-3 hrs.)**

* For those who did Prepare-Enrich:
  + Couple and Family map (pg. 23 in Workbook)
* Genogram
* Address Roles
  + *The Marriage Journey*, Chapter 2: Living Together
* Gottman Assignment for next time: Chapter 4, Principle 2: Nurture Your Fondness and Admiration (exercises 1-2; exercise 3, if desired); Chapter 5, Principle 3: Turn Toward Each Other Instead of Away (exercises 1-3)

**Session 3 (2 hrs.)**

* Gottman assignment check in
* For those who did Prepare-Enrich:
  + Communication: Creating a Wish List (pg. 4 in Workbook)
  + Conflict resolution (pg. 9 in Workbook) introduction
    - Do exercise at home
  + Finances (pg. 12-15 in Workbook)—do exercises at home
* *The Five Love Languages* assessment
* Family Rituals
* Finances
* Sexuality
  + *Art of Being Together:* Principle 9 (pg. 79): Sex & money are symbols
  + *1001 Questions to Ask Before You Get Married*: Chapter 36, “Managing Your Money” (pg. 114) and Chapter 42, “When, Where, and How Often?” (pg. 133)
* Gottman Assignment for next time: Chapter 6, Principle 4: Let Your Partner Influence You (exercises 1-2); Chapter 7: The Two Kinds of Marital Conflict

**Session 4 (2 hrs.)**

* Gottman assignment check in
* For those who did Prepare-Enrich: Review Conflict Resolution assignment
  + Discuss patterns of conflict resolution in family of origin (if haven’t already)
  + Rules of conflict
  + Discuss Forgiveness in Conflict
  + Stress Exercise
  + Personality Exercise
  + Spirituality (pg. 19 in Workbook)
  + Children (pg. 21 in Workbook)
* Spirituality
  + *1001 Questions to Ask Before You Get Married*: Chapter 21, “Religion and Spirituality” (pg. 65)
* Children
  + *1001 Questions to Ask Before You Get Married*: Chapter 15, “How Many, if Any?” (pg. 47); Article by Ayelet Waldman
* Other needs
* Gottman Assignment for next time: Chapter 8, Principle 5: Solve Your Solvable Problems (exercises 1-4; exercise 5 in session); Chapter 9: Coping with Typical Solvable Problems (exercise 1 and other in-chapter steps)

**Session 5 (1 hour--individual)**

* Gottman assignment check in
* Individual consultations
* Gottman Assignment for next time: Chapter 10, Principle 6: Overcome Gridlock (exercises 1-2); Chapter 11, Principle 7: Create Shared Meaning (questionnaire, exercises 1-3, and symbols)

**Session 6 (2 hrs.)**

* Gottman assignment check in
* How is your relationship inspiring? Dream question, Family Crest
* Talk about BCP wedding ceremony (if applicable)
* Gottman Assignment: Afterword: What Now?; Evaluation survey via email

**Other resources that may be used:** *The Five Love Languages*, Gary Chapman; *The Marriage Journey*, Linda Grenz and Delbert Glover; *The Art of Being Together*, Francis H. Wade; *1001 Questions to Ask Before You Get Married*, Monica Mendez Leahy.