

HOW TO FIND OUT MORE

You can get in touch with us by:

Phone: 023 8021 6003

Email: prepare-enrich@scft.org.uk

Web: www.prepare-enrich.co.uk

Please let us have your contact details (including your address), and we'll try to link you up with a Prepare-Enrich practitioner.

Practitioners are distributed throughout the UK, and there will normally be one within reasonable distance of you.

Getting together with one of our practitioners provides the best option, but if your circumstances make this difficult you can still benefit from Prepare Enrich. **Couple Checkup** helps you give your relationship an online health check and offers suggestions for things you can do together to make it even better - see

www.couplecheckup.co.uk



COMMENTS FROM COUPLES

On using Prepare Enrich with a practitioner:

"The sessions and the exercises really made us think and talk more... and made us more committed to one another to sort things out...it helped us create goals together."

"It drew our attention to important issues about our relationship – it was very well thought out and we had complete confidence in the material."

"It made us sit up and listen to positive aspects of our relationship as well as helping us think about ways to improve in our areas for growth."

"The sessions gave us an easy way to start communicating on a different level on topics we have never discussed."

"The process of finding and confirming areas to work on was most valuable for us."

On using Couple Checkup:

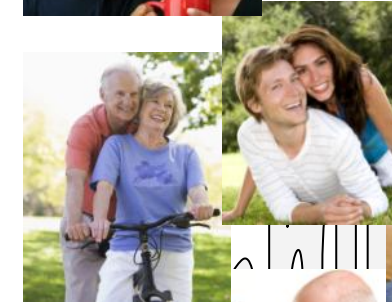
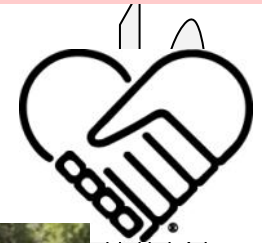
"We'd recommend it as a useful process, very flexible and a good use of time."

"Helpful guidelines and very encouraging."

08/09

www.prepare-enrich.co.uk

LOOK AFTER YOUR MARRIAGE



with some help from
**PREPARE/ENRICH
QUESTIONNAIRES**

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THINK ABOUT YOUR MARRIAGE

Over time, we all change and encounter new situations. Within the life of a marriage we may experience relocation, bereavement, a growing family, new opportunities, with all their accompanying sorrows and joys.

When marriage is **working well**, it's great and a source of confidence for life, helping us cope with whatever happens. When marriage is **under strain**, it can be energy sapping and emotionally draining.

DO SOMETHING NOW!

We are all different. Which of these do you think **your partner** would like best?

- An evening to talk together without any distractions – could be on a walk, in a restaurant, or anywhere you can be yourselves together
- A gift that says 'I've been thinking of you' – it doesn't have to be expensive
- A special hug when you come home which tells them 'You're the only one for me'
- A job completed that they've been hoping you would do: fixing the tap, sewing on the shirt button.....
- Words of appreciation for all the good things they've brought into your life, and for what you like most about them

Now that you've chosen – **why not go ahead and do it?**

(based on The Five Love Languages by Gary Chapman)

GROWING FURTHER

Keeping relationships in good condition requires **commitment** to working issues though. The flexibility to adapt to new situations, perhaps even more than initial compatibility, is essential to **enjoying** your marriage.

Prepare/Enrich inventories are designed to help you to assess your relationship and include exercises to encourage you to explore together how to develop stronger communication and problem solving skills.



The inventories are geared towards

- *picking up those essential elements of your relationship as it now is,*
- *developing a deeper understanding of each other, and*
- *offering feedback which provides a structure for moving forward.*

Sessions using Prepare-Enrich are helpful and enjoyable – see what couples thought overleaf.

SO HOW DOES IT WORK?

Your honest responses to a questionnaire provide a very effective way of gathering highly relevant data about your unique relationship. The responses are confidential, and it's your answers that form the basis of the process.

Prepare Enrich practitioners are trained to work with you in the feedback sessions which follow, to help you:

- practise important communication and conflict resolution skills;
- gain a fuller understanding of the strengths within your relationship on which you can build, and also any areas where growth is still needed;
- work through the exercises in the booklet "Building a Strong Marriage" which you receive from the Prepare-Enrich Team.

HOW MUCH DOES IT COST?

A modest fee* covers the costs of analysis and scoring, providing a structure for feedback sessions and the workbook of exercises.

Charges for practitioners' time are by arrangement with them—some groups provide the feedback free as part of the operation of a charitable trust.

* See our website or ring us for current rates