

# How to Prepare for your Premarital Counseling Sessions

## After our consultation call

Brainstorm goals to improve your relationship.

These goals can relate to:

- communication
- conflict resolution
- accepting your partner as they are
- financial management
- having alone time and couple time
- sexual expectations
- family and friend relationships
- roles within your relationship
- spiritual beliefs (if any)
- how you both handle stress

Take a look at the program we'll be using together, *Prepare Enrich* <https://www.prepare-enrich.com/>

This program includes an assessment and a workbook full of couples exercises to complete together in session and at home.



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## 1st session (Intake session)

Bring a notebook or your phone to take notes during session.

Be prepared to discuss:

- each of your backgrounds
- how you met
- your dating history up to present day

We will then go over any current concerns and tentative goals.

Then I will set you up in the Prepare Enrich system to take the assessment at home.

Please set aside time for the assessment, it should take about an hour to complete. Feel free to take notes during the assessment of things you'd like to discuss in future sessions.



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## The individual sessions

I will have an individual session with each of you to better understand you, your family upbringing, and any concerns you may have about your partner and relationship.

## The feedback session

In this session, we'll go over the Prepare Enrich results and explore your strengths and areas of growth as a couple.

## Going forward

All future sessions will be as a couple. You will have the opportunity to practice at home and make sure the things you learn in session can be applied to your relationship in the real world. The number of sessions we have together will vary based on the concerns.



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## Going forward (continued)

Some couples like to meet weekly to make sure things stay fresh. Others couples meet every other week for longer sessions due to busy schedules. We can discuss what cadence will be best for you.

## Check-ins

Once we have completed sessions for premarital counseling together, many couples will schedule check-in sessions every few months to see if other concerns arise. Couples also love to take the Prepare Enrich assessment again 1 year later to see their progress over time.

## Questions/Concerns

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Rachel Butler Counseling

Take Better Care of You