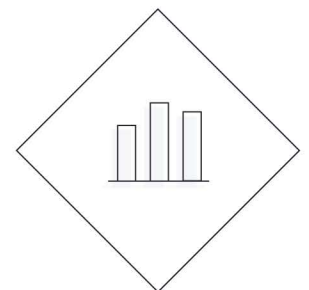


PREPARE  ENRICH

# Couple Report



P/E Checkup

Congratulations! You have taken the first steps toward building a stronger and healthier relationship. Once you understand your relationship strengths, use them to help develop the areas of growth.

You will be working with your Facilitator to understand this report and build relationship skills. Below, we have defined some terms to guide you through the results.

- **Positive couple agreement** happens when both you and your partner answer in a healthy direction.
- A **strength area** has high positive couple agreement whereas a **growth area** has low positive couple agreement.
- The Couple and Family Maps represent the closeness and flexibility in your family or couple relationship. **Closeness** balances separateness and togetherness while **flexibility** balances stability and change. The healthiest positioning on the maps, for each individual, is in the center, indicating a balanced relationship between closeness and flexibility.
- The **personality SCOPE** profile defines and indicates positioning for each individual across five dimensions of personality. For the measurement of each dimension, a high level does not indicate a strength just as a low level does not indicate needing growth.

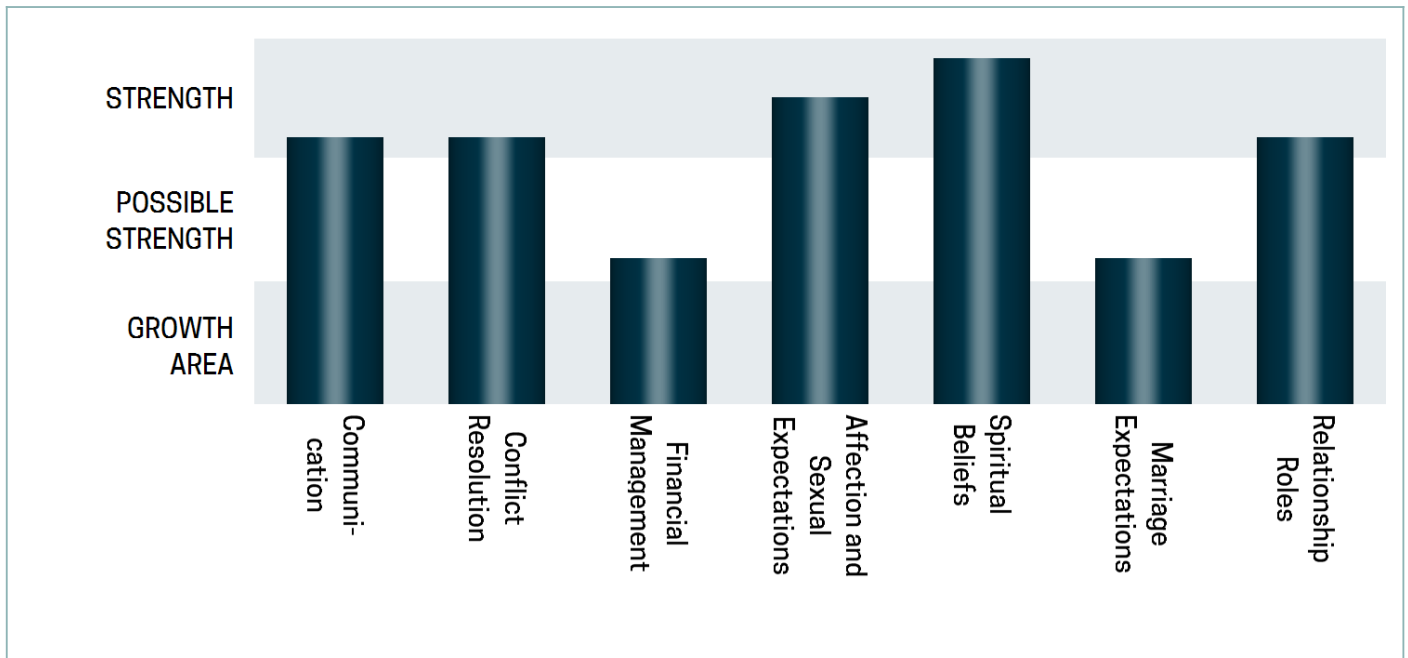
# P/E Checkup

<b>Facilitator:</b>	Amanda Vang	<b>Date Completed:</b>	01/06/20XX
<b>Couple Names:</b>	Trey Tanisha	<b>Couple Login Code:</b>	BP7HEK-PXJPMW
<b>Customizations:</b>			
	• Engaged		• Protestant

## Contents

	<u>Page</u>
<u>Introduction to the P/E Checkup</u>	2
<u>Results Summary</u>	4
Summary of Strength and Growth Areas	
<u>Key Relationship Areas</u>	5
Communication	
Conflict Resolution	
Financial Management	
Affection and Sexual Expectations	
Spiritual Beliefs	
<u>Special Areas</u>	10
Marriage Expectations	
Relationship Roles	
<u>Couple Map</u>	12
<u>Family Map</u>	13
<u>SCOPE Personality Scales</u>	14

## Summary of Strength and Growth Areas



This chart and table describe key areas in your relationship. You and your partner's responses were compared and summarized. Each area was identified as a **Strength**, **Possible Strength**, or **Growth Area** for you as a couple.

- **Strength Area:** you are both very satisfied with the area and agree on many things.
- **Possible Strength:** you are generally satisfied with the area but have a few concerns.
- **Growth Area:** one or both of you are less satisfied with the area and have some concerns.

<b>Relationship Strengths</b> (Areas with <i>High Couple Agreement</i> )	Affection and Sexual Expectations Communication Conflict Resolution Relationship Roles Spiritual Beliefs
<b>Possible Relationship Strengths</b> (Areas with <i>Moderate Couple Agreement</i> )	Financial Management Marriage Expectations

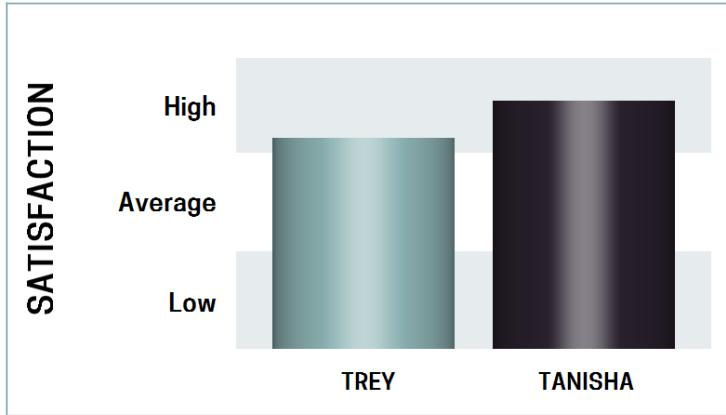
## Summary

Your results indicate that you are a vitalized couple with strengths in most areas of your relationship. Vitalized couples typically have high satisfaction with their relationship. Like any couple, you may have some growth areas in your relationship, but your strong relationship skills should help you work through them. You have a great foundation to build upon!

# Communication

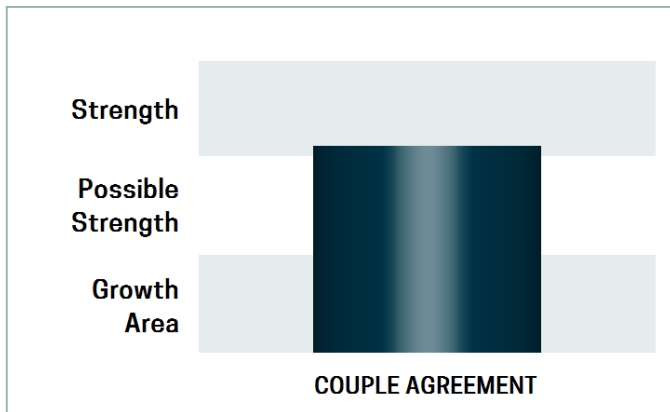
The **Communication** category measures how you and your partner feel about the quality and quantity of communication in your relationship. It explores how you share feelings, understand, and listen to one another.

## Individual Results for Communication



- As individuals, you both are very positive about the quality and quantity of communication in your relationship.

## Couple Results for Communication



**Agreement Items:** You both feel positive about:

- Feeling listened to
- Satisfaction with how you communicate
- The ability to share negative feelings
- Whether or not you refuse to discuss problems
- Your willingness to share feelings

**Discussion Items:** It may be helpful to discuss:

- Feeling understood
- The ability to ask for what you want

Communication is a **Strength Area** in your relationship. You both indicated high individual satisfaction and healthy agreement as a couple. Communication is a core skill for a solid relationship. Celebrate this strength and use it to build other aspects of your relationship.

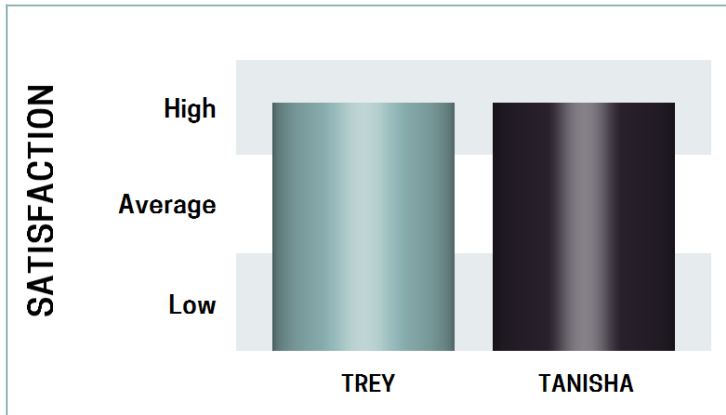
### Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

# Conflict Resolution

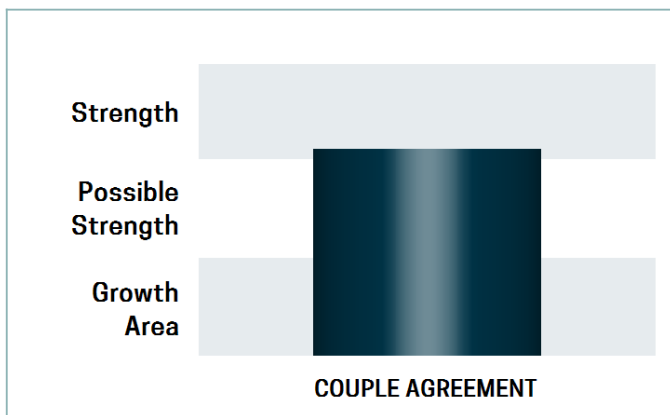
The **Conflict Resolution** category looks at your ability to discuss and resolve differences. Also, this category measures how effectively you are able to share opinions, ideas, and feelings with your partner, even during times of conflict.

## Individual Results for Conflict Resolution



- As individuals, you both are positive about how the two of you discuss and resolve differences with one another.

## Couple Results for Conflict Resolution



**Agreement Items:** You both feel positive about:

- Bringing differences to a point of resolution
- Feeling understood while discussing problems
- Whether or not you end up feeling responsible for problems
- Whether or not you have disputes over trivial issues
- Your approach to solving disagreements

**Discussion Items:** It may be helpful to discuss:

- The ability to express feelings/ideas while resolving differences
- Whether or not you say nothing to avoid hurting one another

Conflict Resolution is a **Strength Area** in your relationship. Your results indicate high individual satisfaction and healthy agreement as a couple. All couples have some conflict in their marriage; the key is how you handle these differences. A healthy goal is not to avoid conflict, but to use good conflict resolution skills so differences can be productively resolved. Congratulations on getting off to a good start in this area.

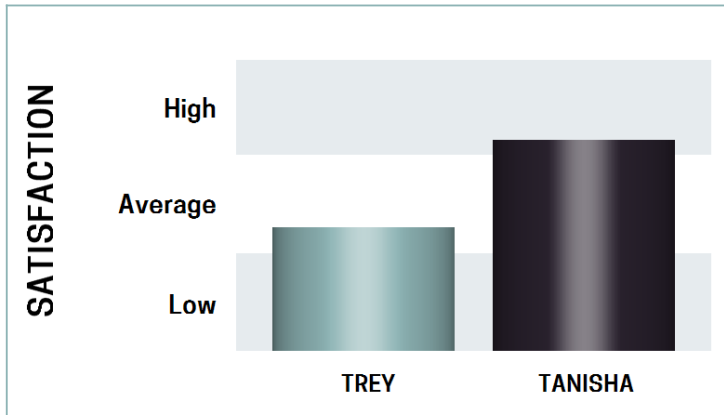
### Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

# Financial Management

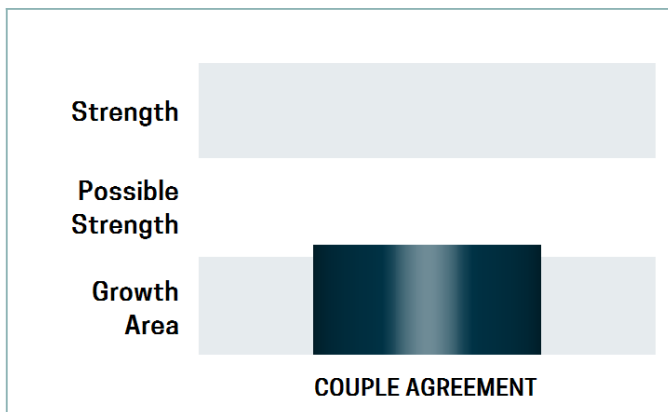
The **Financial Management** category looks at spending habits and agreement with one another in the area of finances. This category explores your opinions about savings, debt, handling money, and making financial decisions.

## Individual Results for Financial Management



- Trey feels the two of you have somewhat realistic financial plans but may have some concerns about how finances are handled.
- Tanisha feels the two of you have realistic financial plans, and is positive about how finances are currently being handled.

## Couple Results for Financial Management



**Agreement Items:** You both feel positive about:

- A savings plan
- Having a financial plan
- Spending priorities

**Discussion Items:** It may be helpful to discuss:

- Making decisions about spending
- Having a clear understanding of your post wedding finances
- Spending habits
- Your level of debt or unpaid bills

Finances are a **Possible Strength Area** in your relationship. By putting in place a budget, savings plan, and setting financial goals, you can improve this aspect of your relationship. If neglected, financial issues can grow and become a burden on your relationship. Now is the time to be proactive about resolving any financial issues.

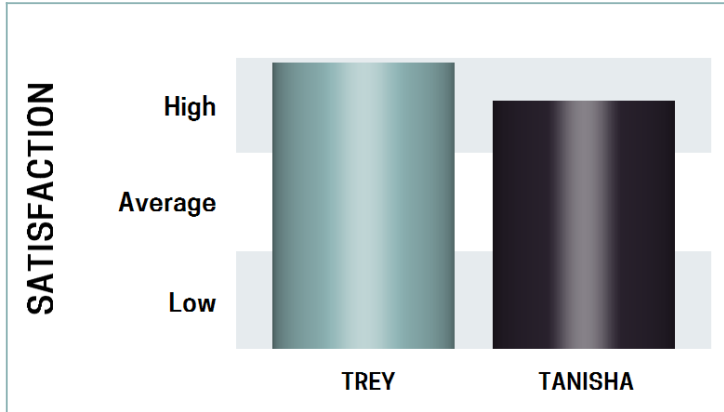
### Couple Discussion:

This is a **Possible Strength Area** because you agreed on some of the items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your strengths! Review and talk about the **Discussion Items** as well. It is unrealistic to expect you'll agree on every item, but start by trying to understand one another's thoughts and feelings. Good communication will help you problem solve and further improve this area of your relationship.

# Affection and Sexual Expectations

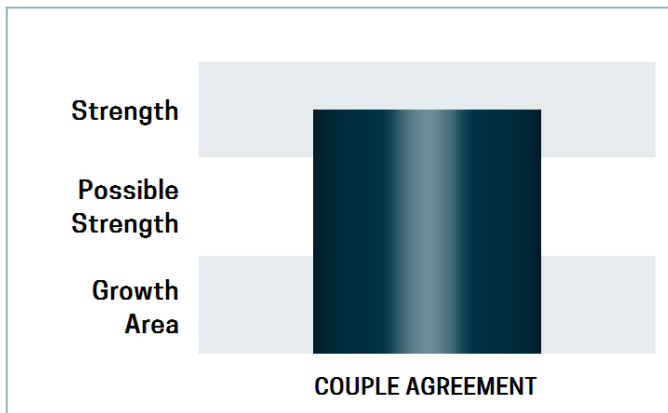
The **Affection and Sexual Expectations** category measures your satisfaction with the level of affection in your relationship. This category also looks at your comfort in discussing sexual issues and expectations.

## Individual Results for Affection and Sexual Expectations



- As individuals, you both are very satisfied with your level of affection and how the two of you deal with sexuality in your relationship.

## Couple Results for Affection and Sexual Expectations



**Agreement Items:** You both feel positive about:

- The amount of affection expressed
- The current level of sexual activity
- Whether or not affection is misinterpreted
- Whether or not affection is used or refused
- Your family planning or birth control
- Your openness in discussing sexual expectations

**Discussion Items:** It may be helpful to discuss:

- Having similar levels of interest in sex

Affection & Sexual Expectations are **Strength Areas** in your relationship. You both indicate a high individual satisfaction and healthy agreement as a couple. Affection and sexual expectations can be difficult topics for couples to manage and discuss openly. The two of you are off to a great start.

### Couple Discussion:

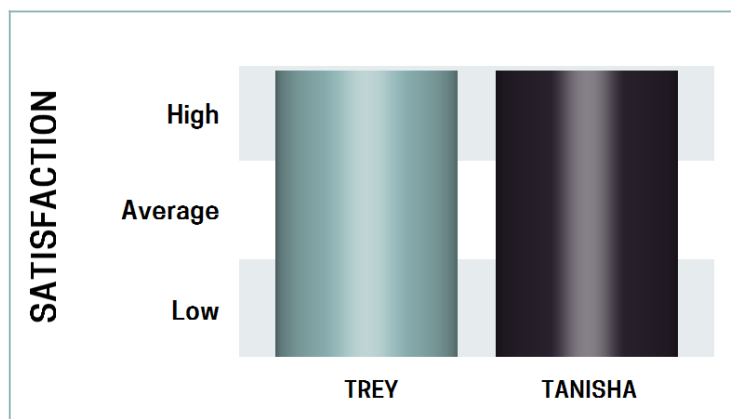
Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.



# Spiritual Beliefs

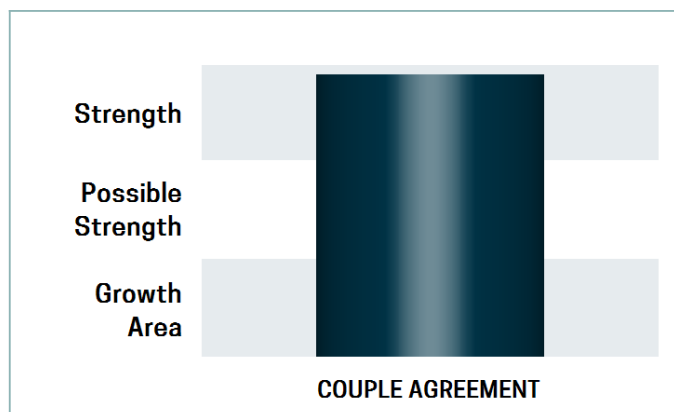
The **Spiritual Beliefs** category measures how satisfied you are with the practice and expression of spiritual beliefs in your relationship. This category looks at how similar your spiritual beliefs are and whether they are a source of relationship strength or a source of tension.

## Individual Results for Spiritual Beliefs



- As individuals, you both are very satisfied with the practice and expression of spiritual beliefs in your relationship.

## Couple Results for Spiritual Beliefs



- Agreement Items:** You both feel positive about:
- Feeling more connected because of spiritual beliefs
  - Reliance on spiritual beliefs during difficult times
  - The role of spiritual beliefs in your commitment
  - The role of spiritual values in relationship growth
  - Understanding one another's spiritual beliefs
  - Whether or not spiritual differences cause tension
  - Your similarity in spiritual beliefs

Spiritual Beliefs are a **Strength Area** in your relationship. Your responses indicate high individual satisfaction and healthy agreement as a couple. You recognize how important spiritual beliefs can be in your relationship - impacting holidays and traditions, family and friends, values and priorities, and raising children. Celebrate the fact that this is an area of strength in your relationship.

### Couple Discussion:

Congratulations! This is a **Strength Area** because you agreed on many items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your many strengths. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

# Marriage Expectations

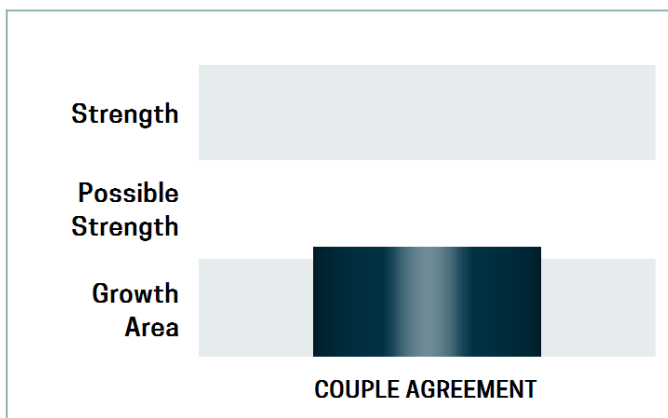
The **Marriage Expectations** category measures how realistic your expectations about love, marriage, and conflict are for your relationship. When expectations for love and relationships don't match what you experience, it can be disappointing. It is not uncommon for premarital couples to be somewhat unrealistic in their marriage expectations. This section is designed to get you thinking and talking about your attitudes and expectations for marriage.

## Individual Results for Marriage Expectations



- Trey is generally aware of the challenges and difficulties of marriage.
- Tanisha is somewhat aware of the challenges and difficulties of marriage.

## Couple Results for Marriage Expectations



**Agreement Items:** It is unrealistic to believe:

- Love is all you need for a great marriage
- My partner will meet all of my needs for companionship
- Time will resolve your problems

**Discussion Items:** It may be helpful to discuss:

- Romance will never fade
- Difficulties will just fade after marriage
- Nothing could cause you to question your love
- You will never have challenges as a couple

Marriage Expectations are a **Possible Strength Area** in your relationship. By discussing your expectations and making sure they are realistic, you can strengthen this aspect of your relationship. If marriage expectations drift towards idealism, this area can become more problematic leading to increased disappointment and later stress in your marriage.

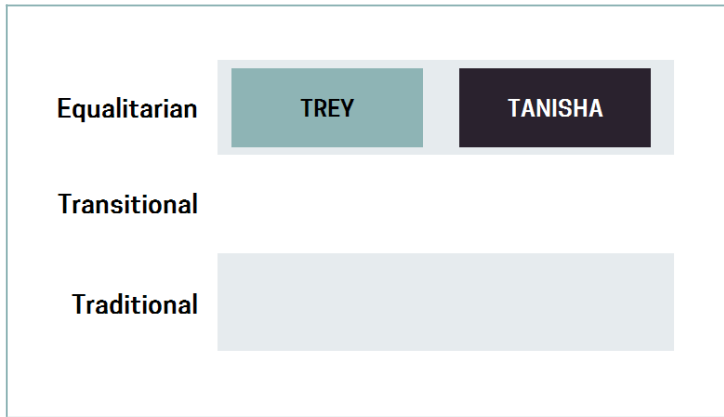
### Couple Discussion:

This is a **Possible Strength Area** because you agreed on some of the items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your strengths! Review and talk about the **Discussion Items** as well. It is unrealistic to expect you'll agree on every item, but start by trying to understand one another's thoughts and feelings. Good communication will help you problem solve and further improve this area of your relationship.

# Relationship Roles

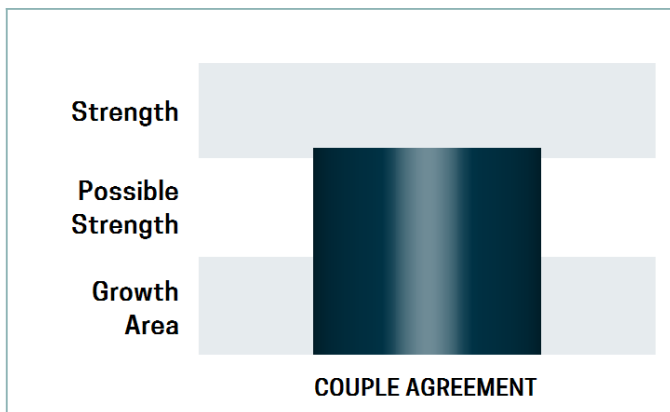
The **Relationship Roles** category measures your expectations about how decision-making and responsibilities will be shared. This category looks at whether you each want traditional roles or equalitarian roles in your relationship.

## Individual Results for Relationship Roles



- As individuals, you both prefer an equalitarian relationship where leadership and decision making are shared.

## Couple Results for Relationship Roles



**Agreement Items:** You have similar expectations about:

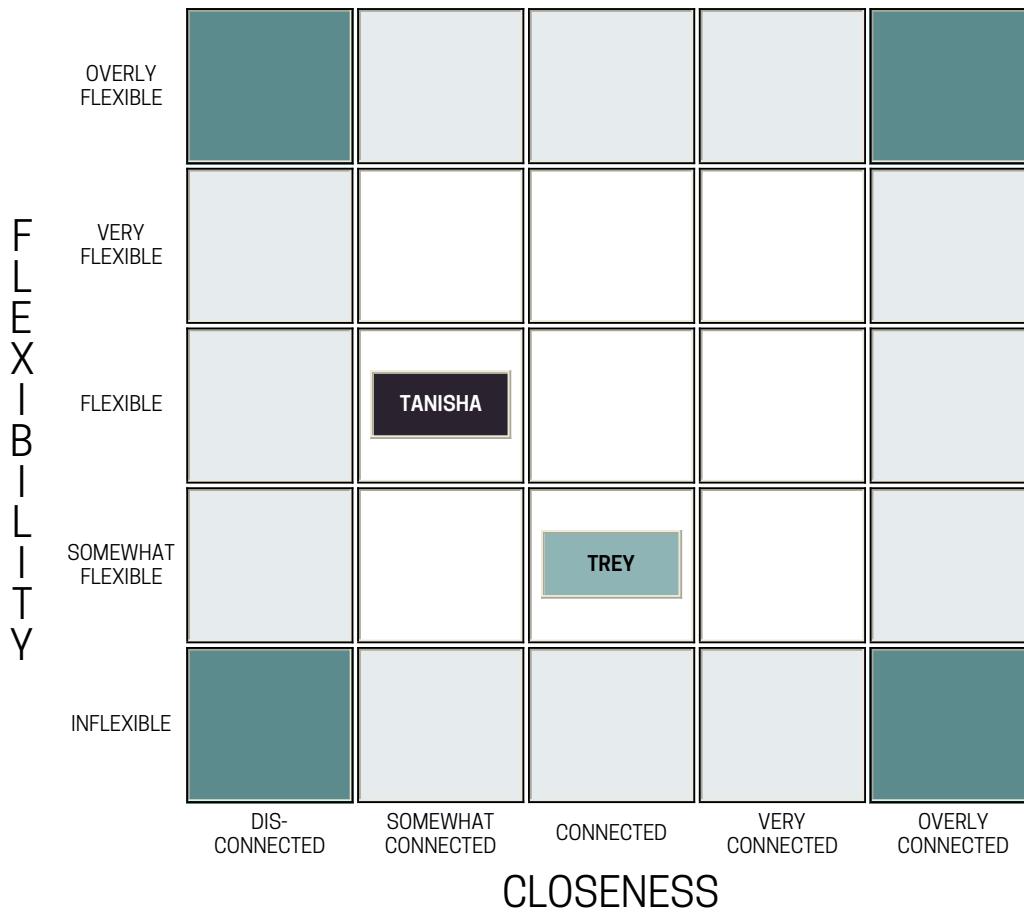
- The couple's ability to adjust household chores
- The value of sharing leadership
- The couple's openness to sharing household tasks
- How chores will be divided
- The importance of a career for both partners

**Discussion Items:** It may be important to discuss:

- Balancing work/careers with parenting young children
- Willingness to consult one another on important decisions

Relationship Roles are a **Strength Area** in your relationship. You both express similar attitudes and expectations regarding roles for each partner in marriage. This is an important area for a couple to understand one another's expectations. Communication and flexibility will be keys to maintaining this area as a strength as your marriage and family change over time. Congratulations on getting off to a good start in this area.

# 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*.

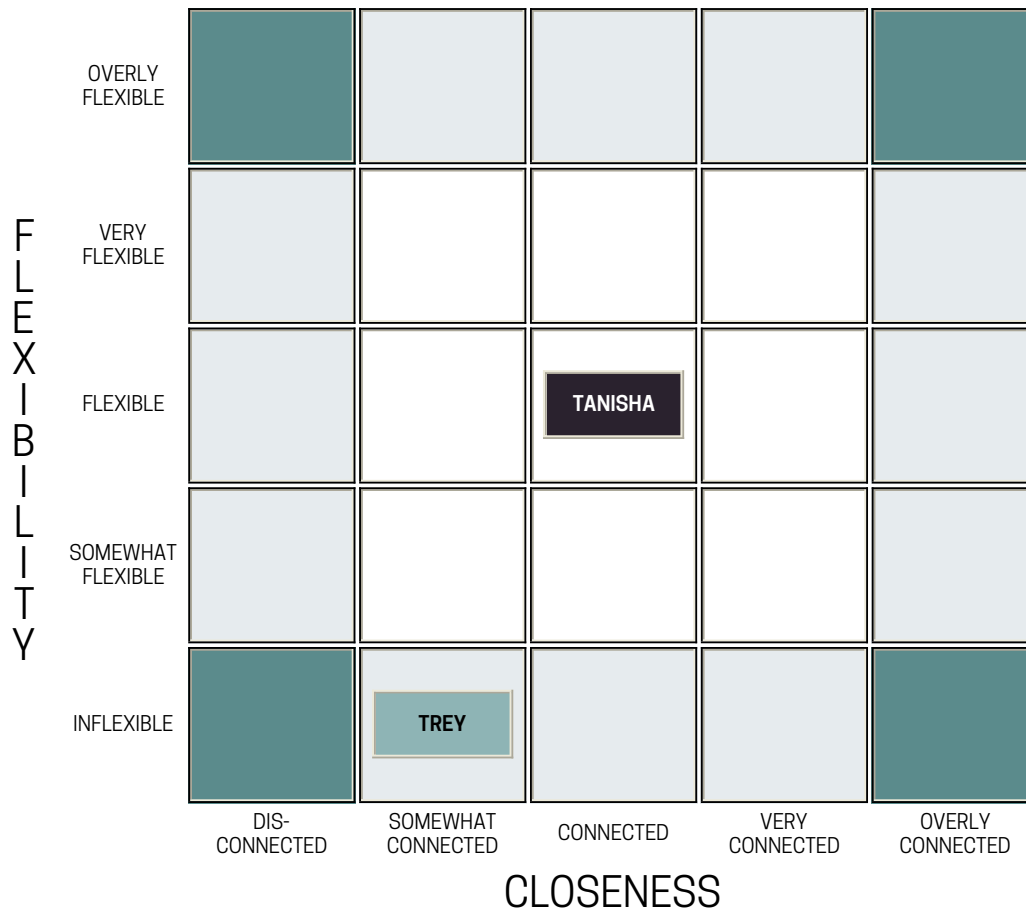
- Trey, you perceive your relationship as **Connected**, meaning you experience a healthy balance of "We" and "I", or closeness and separateness, which reflects an interdependent relationship. Most healthy relationships not only foster connection, but also leave room for each partner to continue to grow and develop as individuals.
- Tanisha, you perceive your relationship as **Somewhat Connected**, meaning you may feel somewhat disconnected or emotionally distant from your partner. Less connected partners are often more independent from one another. Guard against allowing your relationship to get too disconnected. Look for ways to increase your closeness and intimacy as a couple.

**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*.

- Trey, you perceive your relationship to be **Somewhat Flexible** with more stability and less openness to change. You may sometimes resist changes in leadership or roles. Remember that healthy relationships often require the ability to be flexible while meeting the demands of a busy life. Discuss your flexibility as a couple and decide if you want to increase it.
- Tanisha, you perceive your relationship to be **Flexible**. Relationships in the flexible range are open to change when necessary, with a good balance between stability and change. Leadership and decision-making are equally shared, and roles can adjust to life's demands. This is a healthy balance that most couples enjoy.

**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.

# 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*.

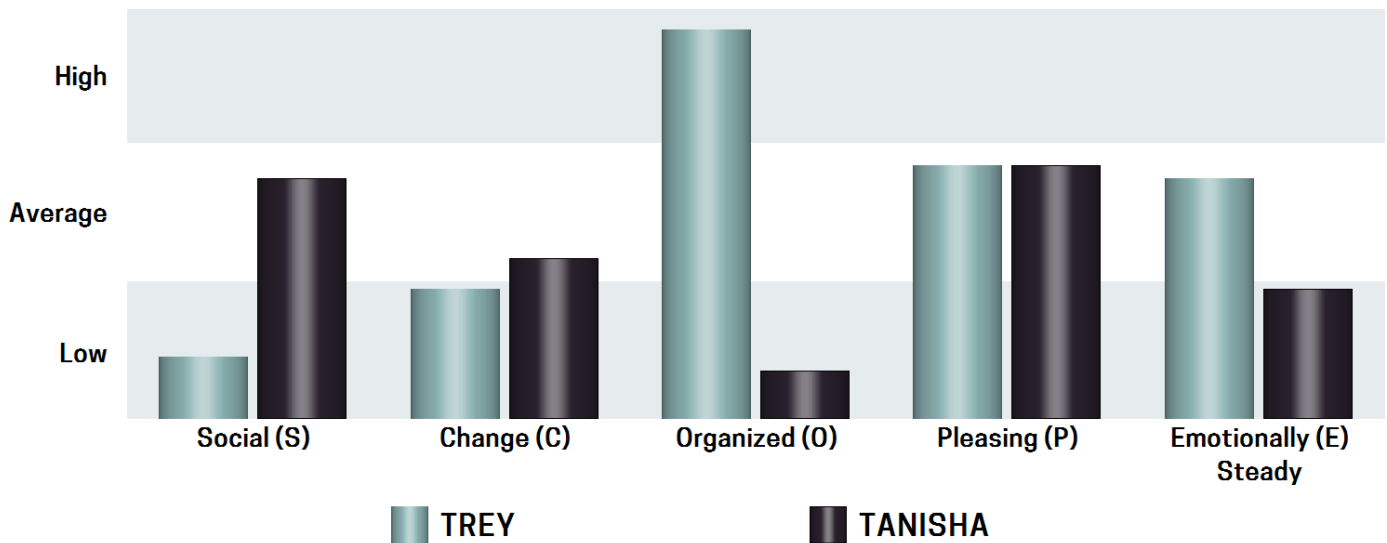
- Trey, your family is **Somewhat Connected**, meaning you experience some family closeness, with plenty of freedom to pursue your own individual life style.
- Tanisha, your family is **Connected**, meaning you feel generally close to one another, yet you still have a good balance of closeness and separateness.

**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*.

- Trey, your family is **Inflexible**, and not very open to change. Family members are often too rigid and they resist change in leadership, roles, and routines. They may also have trouble adjusting to stress and finding new ways to deal with issues.
- Tanisha, your family is **Flexible**, and somewhat open to change. Family members maintain a balanced level of structure and organization. Leadership and decision-making are generally shared, and roles and routines are adjusted as needed.

**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?

# 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.

## Social (S)

**This trait reflects preference for, and behavior in social situations.**

- **Trey**, you scored in the **Low** range, suggesting you tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. You may be low-key, deliberate, and less connected socially. You often prefer to be alone or with just a few close friends. You likely feel energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. If too introverted, you could appear reclusive or cut off from others. Some people may even misinterpret your need for personal time as aloofness.
- **Tanisha**, you scored in the **Average** range, suggesting you may find social settings enjoyable, but you value privacy as well. Your preference for being in groups or alone may change based on your mood or external circumstances. You may notice that when you are highly stressed, you will lean toward one extreme or the other. You generally enjoy having a balance between alone time and social activity.

### Couple Discussion:

Because your scores are rather different regarding being social, you will need to communicate openly with one another about attending social events and getting together with others. One of you gets energy from socializing with others, while the other prefers more privacy and alone time. This difference may become more apparent when you or your partner are experiencing greater than normal amounts of stress. You can avoid unnecessary conflict in your relationship by checking it out with your partner before saying "yes" or "no" to making plans with others.

# SCOPE Personality Scales

## Change (C)

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

- **Trey**, you scored in the **Low** range, suggesting you are more down to earth, practical in nature, and less interested in new ideas and experiences. Change may be difficult for you and increase your level of stress. You prefer the familiar and what you are already accustomed to. Your attitudes are likely to be more conventional or traditional. When out of balance, you could appear rigid or closed off to new experiences.
- **Tanisha**, you scored in the **Average** range, suggesting you balance new, abstract, and creative ideas with more traditional or down to earth approaches to life. Based on the situations you encounter, you can fluctuate between being flexible and keeping things the same. While being practical, you are open to considering new ideas and ways to handle your relationship.

### Couple Discussion:

One partner scoring higher than the other may represent a case of being attracted to your opposite. The more practical person is often attracted to their partner's free thinking and open attitudes. Conversely, the more open partner may recognize the value of their partner's steady approach to life. There may be times when your partner's attitudes, preferences, or behavior will challenge or frustrate you. Remember to work with differences rather than attempting to change or criticize one another. Build off each other's strengths and appreciate your 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.**

- **Trey**, you scored in the **High** range, suggesting you are methodical, and well-organized. You tend to be persistent and reliable and place great emphasis on this type of behavior. You are quite goal-oriented, and have a well thought-out plan as you strive to achieve your goals. When out of balance, you could be perceived as a perfectionist or too driven. Others may even see you as being too organized or controlling in your approach to life.
- **Tanisha**, you scored in the **Low** range, suggesting that you are more spontaneous. You may also be less careful, less focused, and more likely to be distracted from tasks. You are often easy-going and prefer not to make strict plans. You do not enjoy settings in which you are required to conform to strict guidelines. When out of balance, you could appear careless or disorganized. You may feel that rules apply to "other people" and occasionally find yourselves in difficult situations because of your tendency to act independently.

### Couple Discussion:

As a couple you will need to communicate openly with one another about your goals, roles, and expectations. It is likely that your partner's tendencies may be endearing to you but quickly become annoying, distracting, or even maddening when stressful events come your way. You may 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. Work with your strengths and allow the more organized individual to handle necessary details, but guard against having 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.**

- You both scored in the **Average** range, suggesting you are generally warm and cooperative, but occasionally somewhat competitive, stubborn, or assertive. When you feel your rights are violated, you are able to respond and stand up for yourselves. As a couple, you may occasionally argue about little matters, but you generally know how to get along well.

### **Couple Discussion:**

Both of you have the ability to be cooperative, but are sometimes competitive with each other. You know how to balance consideration for one another with assertiveness and straightforward talk. Try to avoid the extremes of not expressing your true feelings, or aggressively voicing your opinions with little regard for one another. Be especially mindful of your communication styles during periods of increased stress in your relationship, as these will be the times when you may lean toward one extreme of functioning or the other. Practice assertiveness and active listening skills.

## 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.**

- **Trey**, you scored in the **Average** range, suggesting you are generally calm and able to cope with stress. Others likely see you as capable of handling the everyday stressors that face most people. When under high levels of stress, you could experience negative feelings of anxiety, depression, or anger, but you are generally emotionally steady and in control of your life.
- **Tanisha**, you scored in the **Low** range, suggesting you are more emotionally sensitive and may be easily upset. You appear to have some difficulty handling stress in your life. You do not enjoy new situations, as they often become stressful to you, and so you may tend to avoid such experiences. You may be prone to experience upsetting feelings such as anxiety, anger, or depression when faced with stressful situations. When out of balance, you may feel fragile or overly sensitive. Some acquaintances may see your tendencies as difficult to handle and shy away from you, leaving you feeling even more isolated.

### **Couple Discussion:**

Couples with one partner scoring higher than the other can experience occasional challenges. In times of stress, the more emotionally calm partner may need to take control and help the other person feel less frustrated. The one experiencing anxiety, anger, or sadness might wonder why their partner doesn't feel the same way. Remember to work with one another's differences rather than attempting to change your partner. Flexibility and communication will help. Be supportive of each other as often as possible.