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. Don't view your results as permanent or unchangeable. 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 a Couple Checkup each year at the website, http://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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**PREPARE/ENRICH**  
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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.

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 Exercises: SCOPE out Your Personality

Social (S)
This trait reflects preference for, and behavior in social situations.

- Both individuals 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.

Couple Discussion:
Both individuals are more reserved and private, enjoying quiet and relaxing time alone. They do not enjoy going to large social gatherings. These events may cause more stress than enjoyment. A potential drawback is becoming isolated and cut off from others. When out of balance, two social introverts can even feel isolated from one another. Their relationship will profit as they find ways of connecting with each other and avoiding too much isolation.
SCOPE Personality Scales

Change (C)
This trait reflects openness to change, flexibility, and interest in new experiences.

- Both individuals scored in the Average range on Change. These individuals balance new, abstract, and creative ideas with more traditional or down to earth approaches to life. Depending on the situations encountered, they may fluctuate between being flexible and keeping things the same. While practical, they are generally open to new ideas and ways to handle their relationship.

Couple Discussion:
Both individuals seem to balance new ideas with practicality. They are open to change and new experiences, but there may be areas where they have conventional interests and more traditional preferences. This balance will allow room for curiosity and imagination, while maintaining a steady approach to life. Their relationship can benefit from their comfort with change and ability to be somewhat flexible.

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.

- James 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.

- Kelly 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 Discussion:
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.

- **James** 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.

- **Kelly** scored **Low** on Pleasing. These individuals tend to be very assertive and less cooperative. They may express their anger directly, and could be seen as competitive and proud. They may experience high levels of conflict in their partner relationship unless they have learned how to balance their assertiveness. These individuals are less likely to be taken advantage of and can stand up for themselves. When out of balance, they could appear cynical, unfriendly, or even controlling. They may sometimes find that others are intimidated by their direct approach.

**Couple Discussion:**
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.

- **James** scored **High** in the Emotionally Steady trait. These individuals tend to be more relaxed, calm and less prone to distress. They are likely to be emotionally stable even when confronted with stressful situations. At times, they can even appear unfeeling or unflappable. They often consider life's stressors to be minor passing annoyances and have an ability to remain composed in situations that others find difficult.

- **Kelly** 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 life.

**Couple Discussion:**
Couples with one person scoring higher than the other may experience occasional challenges. In times of stress, the more emotionally calm person may need to take control and help the other feel less frustrated. The one experiencing anxiety, anger or sadness might wonder why their partner doesn't feel the same way. They will need to remember to work with one another's differences rather than attempting to change each other. Flexibility, problem solving and communication are key skills to help them deal with stress as a couple.
The *Personal Stress Profile* examines each individual’s personal stress level over the last year. Stress levels are based on responses to 25 common sources of personal stress.

JAMES appears to have a low level of frustration or personal stress. While stress may create some demands on time, patience, and energy, it appears to be at a manageable level. It may still be helpful to identify and understand effective coping resources for stress.

KELLY 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.

<table>
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<th>How often have these issues created stress for you?</th>
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<td>Never</td>
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**JAMES Top 10 Stressors**

*Often*
- Inadequate income
- Your job

*Sometimes*
- Job security
- Lack of exercise
- Lack of time for family
- Lack of time with your partner
- Time away from family

**KELLY Top 10 Stressors**

*Often*
- Your parents

*Sometimes*
- Feeling emotionally upset
- Feeling overweight
- Lack of time for family
- Lack of time for friends
- Lack of time with your partner
- Poor health of other family members
- Your current housing arrangement
- Your friends
- Your job

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 where things are similar and where they 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*


**Assertiveness** is the ability to express one's feelings and ask for what one wants.

**James:**
- **Average**
  - James is generally good at expressing thoughts and feelings, and is sometimes able to ask for what he/she wants in the relationship.

**Kelly:**
- **Low**
  - Kelly has some difficulty expressing thoughts and feelings, and sometimes finds it difficult to 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.

**James:**
- **Average**
  - James 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.

**Kelly:**
- **High**
  - Kelly has a high level of Self Confidence, positive self-esteem, and typically feels good about 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.

**Both:** **Very Low**
- Both individuals scored very low in Avoidance and will often be open to identifying and discussing issues in their relationship.

**Partner Dominance** focuses on how much one feels controlled or dominated by their partner.

**Both:** **Very Low**
- Both individuals scored in the very low range in Partner Dominance and do not feel their partner is dominant, controlling, or interested in managing their life.
Communication

The Communication category measures how couples feel about the quality and quantity of communication in their relationship. It explores how they share feelings, understand, and listen to one another.

James feels positive about their communication and how they share feelings and listen to each other.

Kelly feels generally good about their communication, but has some concerns about sharing feelings and listening to each other.

**Possible Strength:** The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. Learning and practicing assertiveness and active listening will help make this a relationship strength.

**Couple Agreement** — *The couple agreed with one another on these statements.*

- I am very satisfied with how my partner and I communicate.
- I can easily share negative feelings with my partner.
- I feel my partner is honest with me.
- I like the way my partner listens to me.
- It is easy for me to express my feelings to my partner.
- My partner does not make comments that put me down.
- When we are having a problem, my partner and I are able to talk about it.

**Disagreement** — *The couple disagreed with one another on these statements.*

- It is generally easy for me to ask my partner for what I want.
- My partner is willing to share his/her feelings with me.
- My partner usually understands how I feel.

**Indecision** — *One or both individuals were undecided about the issue.*

**Special Focus** — *Both individuals expressed concern about the issue.*

**PREPARE/ENRICH Exercises:**

Creating a Wish List using Assertiveness & Active Listening, Daily Dialogue and Daily Compliments
Conflict Resolution

The Conflict Resolution category looks at a couple's ability to discuss and resolve differences. It measures how effectively couples share opinions, ideas, and feelings, even during times of conflict.

Both individuals feel positive about their conflict resolution and their ability to discuss and resolve differences.

Relationship Strength: The couple has positive agreement with most of the items in this category. Review some of their Agreement Items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement, Indecision, or Special Focus items to discuss. Congratulate them! The ability to effectively discuss and resolve differences is a foundational skill for a strong relationship.

Couple Agreement — The couple agreed with one another on these statements.
- During an argument, I think it is important to express my true feelings rather than saying nothing.
- I am able to share my ideas with my partner, even though he/she may disagree.
- I prefer to deal with conflict directly rather than avoid it.
- In order to end an argument, neither of us tends to give in.
- Most of our differences get resolved.
- My partner is able to understand my opinions and ideas when we discuss problems.
- My partner seldom minimizes our disagreements.
- We generally agree on ways to solve our disagreements.
- When we argue, we do so without blaming each other for the problem.

Disagreement — The couple disagreed with one another on these statements.
- We seldom have major disputes over trivial issues.

Indecision — One or both individuals were undecided about the issue.

Special Focus — Both individuals expressed concern about the issue.

PREPARE/ENRICH Exercises: 10 Steps for Resolving Conflict, How to Take a Time-Out, Seeking and Granting Forgiveness
The Financial Management category looks at having realistic financial plans and agreement in the area of finances. It explores opinions about spending habits, savings, debt, and making financial decisions.

**James** feels generally good about how finances are being handled, but may have some concerns about spending/saving habits.

**Kelly** is dissatisfied with how finances are being handled and has some concerns about spending and saving.

**Couple Agreement** — *The couple agreed with one another on these statements.*
- We do not have concerns about unpaid bills or debts.
- We have had open conversations about our finances.

**Disagreement** — *The couple disagreed with one another on these statements.*
- I am comfortable with my partner’s approach to spending.
- I do a good job of using and staying on my budget.
- My partner is careful about charging things on a credit card.

**Indecision** — *One or both individuals were undecided about the issue.*
- How we spend our money rarely causes disagreement in our relationship.
- I am able to set aside money for savings.
- I respect how my partner handles his/her finances.
- My partner does a good job of staying on budget.
- We have similar spending priorities.

**Special Focus** — *Both individuals expressed concern about the issue.*

**Growth Area**: The couple disagrees or shares mutual concern about most of the items in this category. Help them discuss 1-2 Agreement Items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. Many couples report finances as the biggest single problem in their relationship. Determining a budget, savings plan, and financial goals are proactive ways to avoid later stress and conflict.

**PREPARE/ENRICH Exercises:** Financial Goals, Budget Worksheet, The Meaning of Money
Spiritual Beliefs

The Spiritual Beliefs category measures how satisfied or involved couples are with the practice and expression of spiritual beliefs in their relationship. This category looks at similarities in spiritual beliefs and whether they are a resource or a source of tension.

Both individuals feel very positive about the practice and expression of spiritual beliefs in their relationship and recognize several strengths in this area.

Relationship Strength: The couple has positive agreement with most of the items in this category. Review some of their Agreement Items, which represent strengths in their relationship. They may also have 1 or 2 Disagreement, Indecision, or Special Focus items to discuss. A shared spiritual foundation can be a great resource for couples, helping them increase their commitment and connection.

Couple Agreement — The couple agreed with one another on these statements.

- Active participation in a place of worship is important to us.
- Commitment to my partner is strengthened by my faith.
- Daily prayer is important to me.
- Our actions are consistent with our spiritual beliefs.
- Our relationship is strengthened by our shared spiritual beliefs.
- Our spiritual beliefs are very similar.
- Our spiritual beliefs help us feel closer.
- Spiritual beliefs rarely cause problems in our relationship.
- We agree about our spiritual beliefs.
- We have shared the importance of our spiritual beliefs with one another.

Disagreement — The couple disagreed with one another on these statements.

Indecision — One or both individuals were undecided about the issue.

Special Focus — Both individuals expressed concern about the issue.

PREPARE/ENRICH Exercises: Your Spiritual Journey
The Sexual Expectations category measures a couple's satisfaction with the affection in their relationship. It also looks at their comfort in discussing sexual issues, expectations, and history.

Both individuals feel positive about their level of affection and how they handle sexual issues and expectations.

**Couple Agreement** — *The couple agreed with one another on these statements.*
- I am confident in my partner’s faithfulness to me.
- My partner gives me the amount of affection I desire.
- Our interest in sex is similar.
- The viewing of sexually explicit material does not seem to be an issue for my partner.
- We can be affectionate with each other without being sexual.
- We have defined the boundaries for our premarital physical relationship.
- We never withhold affection from each other as punishment.

**Disagreement** — *The couple disagreed with one another on these statements.*
- I am not concerned about my partner’s sexual history.
- We openly discuss our sexual expectations.

**Indecision** — *One or both individuals were undecided about the issue.*
- We can easily discuss sexual issues with each other.

**Special Focus** — *Both individuals expressed concern about the issue.*

**Possible Strength:** The couple agreed on several of the items in this category. Review these Agreement Items, highlighting their strengths and resources. Next, review and talk about 1-2 of the Disagreement, Indecision, or Special Focus items. It is important for premarital couples to learn how to discuss sensitive topics regarding their affection and sexual expectations.

**PREPARE/ENRICH Exercises:** *The Expression of Intimacy*
Couple Closeness is defined as the emotional closeness one feels toward their partner. On this dimension, relationships can range from disconnected to overly connected. Both individuals described their relationship as Connected, meaning they 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.

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. James feels the relationship is 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.

Kelly 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**

**CLOSENESS**

| OVERLY FLEXIBLE | | | | |
| FLEXIBLE | | | | |
| FLEXIBLE | | | | |
| SOMEWHAT FLEXIBLE | | | | |
| INFLEXIBLE | DISCONNECTED | SOMewhat CONNECTED | CONNECTED | VERY CONNECTED | OVERLY CONNECTED |

**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.

- James 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.
- Kelly grew up in a **Connected** family. Individuals in these families generally feel close to one another and 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.

- James experienced a family of origin that felt **Flexible** and somewhat open to change. These families maintain a balanced level of structure and organization. Leadership and decision-making are generally shared, and roles and routines are adjusted as needed.
- Kelly experienced a family of origin that felt **Very Flexible**. These families are generally open to change and somewhat loosely organized. Leadership and decision-making are 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?

**PREPARE/ENRICH Exercises:** Mapping Your Relationship, Closeness Exercises, Flexibility Exercises