

## Getting Ready for Premarital Counseling

**W**atch the following Youtube Videos, answer the questions on your own. You will share your answers with your fiancé during a date you plan for after you finish this workshop but before the first Premarital Counseling Session.

- a. **Watch:** *Is marriage an outdated institution?* (Gottman :48)
- b. **Watch:** *Why do 50% of marriages fail?* (Gottman :48)
- c. **Watch:** *How can you keep your marriage together?* (Gottman :48)
  - i. What strikes you in these three short videos about quality marriages?
  - ii. Gottman says there are really only three areas we need to work on to thrive in relationships – what are they? (hint – 3<sup>rd</sup> video)
  - iii. Which of these three comes most natural in your relationship right now?
  - iv. Which might be a struggle over time? Why?

- d. **Watch:** *Four Horsemen of the Apocalypse by John Gottman*  
(10 min) intro to Gottman
- i. Gottman's premise is that he can tell within the first \_\_\_\_\_ minutes of a conflict discussion how the discussion will end and whether the marriage will likely last. – How do you feel hearing that?
  - ii. Which of the four horsemen do you feel you lean on most often?
  - iii. Which would you ascribe to your partner most often?
  - iv. In describing "The Masters," Gottman stated that "not arguing" was not a good predictor of a master relationship, but rather being able to \_\_\_\_\_?
  - v. What does it look like for you and your fiancé to repair relationship? Write down and share with your fiancé during your date a time when they repaired well.

**T**ake time to begin to answer the Background Information Questions. Be ready to talk about the ones in *italics* during the session with your premarital counselor. Use the other ones during your date and future dates a few at a time to get to know each other well. (See Appendix, Page 20)

**R**ead the Premarital Purity Pledge and bring it to the first Session. (See Appendix, Page 21)

**P**lan a date for after you've finished the Workshop Material but before the first session. **Reserve time** to talk about each part of the Workshop – videos and answers to the questions; Premarital Purity Pledge, and the Background Information – we'll stick mostly to the ones in *italics* during our time together, but the other questions are to help you learn about each other even more. **Take your notebooks** and share your answers with each other. Take time to **pray** for each other in specific areas that came up in the workshop.