



Getting Ready for Premarital Counseling

Watch 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- a. **Watch:** *Is marriage an outdated institution?* (Gottman :48)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 – 3rd video)
 - iii. Which of these three comes most natural in your relationship right now?
 - iv. Which might be a struggle over time? Why?

PREPARING TO LAUNCH

- 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.

Take 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)

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

Plan 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.