

What am I Getting Myself Into?

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 second Premarital Counseling Session.

- a. **Watch** - *John Gottman 30 Year Study on Marriages (:38)*
 - i. Based on Gottman's research, what does a good relationship look like in terms of conflict, alienation, and disagreements?

- ii. What characterizes good relationships in times of conflict?

- b. **Watch** - *The Best Predictor of Divorce (3:28)*
 - i. What is the best predictor of Divorce?

- ii. What is the critical person's mindset?

- iii. What is the antidote?

- iv. Share with your fiancé a time when they came across in a critical way during a conflict.

1. How did that make you feel?

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2. What did it make you want to do as a result?
 3. How much of your relationship do you want to look like that?
- v. Share with your fiancé a time when they came across gently in a conflict.
1. How did that make you feel?
 2. What did it make you want to do as a result?
 3. How do you want conflict to look in your relationship?

Note: This section has the longest reading assignment in any workshop. Our roles are so important and so misunderstood in most failed marriages in our society! This is a critical two weeks to explore together what scripture says about our roles as husband and wife and to talk together about what that will look like in our marriage!

Each person: Read “Husband’s Responsibilities.” (p. 22) Husband - Describe in your own words your upcoming role as a husband:

What parts of the description of a Husband’s Responsibilities seem like they will come more naturally to you?

What parts might be more of a challenge?

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Were there scripture passages or parts of the study that brought up questions for you? Explain:

For both: Read “Wife’s Responsibilities.” (p. 25) For the woman:
Describe in your own words your upcoming role as a wife:

What parts of the description of a wife’s Responsibilities seem like they will come more naturally to you?

What parts might be more of a challenge?

Were there scripture passages or parts of the study that brought up questions for you? Explain:

*** There’s a little more for each of you, but it’s just a page and it’s so great in helping tell each other what means something to you in feeling loved or respected!!

Complete “As Your Husband...” (p. 30) or “As Your Wife...” (p. 31) as appropriate and bring completed surveys to the session after talking through them together.

Plan a date for after you’ve completed this workshop but before our second session. Reserve time to share about your answers and observations and to pray for each other about specific issues.