



Who Are You?

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 fourth Premarital Counseling Session.

- a. **Watch** - *How can you keep your marriage together?* (:59)
 - i. What were the three areas Gottman noted build a great relationship?
 - 1. Friendship – knowing one another; fondness; turning toward partner’s needs
 - 2. Conflict constructive
 - 3. Shared meaning/purpose – honoring ea/others life dreams

- b. **Watch** - Mark Gungor - *Men's Brain Women's Brain* – (5:28)
 - i. What is Gungor’s main point? (Differences make sense – we’re hardwired differently)

 - ii. What are the advantages your fiancé can offer you because they are wired differently?

Each of you fill out the “Love Languages” sheet. (p. 37)

What is each of your primary love language?

What is each of your secondary love language?

What does it mean for your relationship if there are some similarities?

PREPARING TO LAUNCH

What does it mean if there are differences?

Give each other two examples of how they have effectively spoken your love language already in your relationship:

Give each other five examples of how they can speak your love language meaningfully in the future. (These are not “to do” lists—just “get the juices flowing lists!”) Write them below or on the back of the page.

Each of you fill out the “Personality Plus Assessment.” (p 38)

His Personality:

Her Personality:

What challenges does this potentially bring up for your relationship?

We can grow in character. Character smoothes some of the edges off the rough spots of our personality, but the personality we have now is largely the same as the personality we will have ten years from now. When you think about that, are there areas of your fiancé's personality that are hard for you to be around? Which parts are toughest? (This is honesty time.)

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.