



## FACILITATOR'S FEEDBACK GUIDE

### ■ GOALS OF PREPARE/ENRICH

- Explore strength and growth areas
- Strengthen communication skills
- Identify and manage major stressors
- Resolve conflicts using the Ten Step Model
- Develop a more balanced relationship using the Couple and Family Maps
- Understand personality differences and maximize teamwork

### ■ PROVIDING FEEDBACK

We have provided a *Feedback Guide* for 8 sessions, which is a very comprehensive approach for building relationship skills. Research has found that the more sessions a couple receives, the greater the impact of the program. **However, this *Feedback Guide* may be adapted to fit the number of sessions and topics to be covered.**

For each session, start by giving the couple specific feedback from their results using your Facilitator's Report. Give couples balanced feedback about their strengths (agreement items), but also potential issues (disagreement, indecision, and special focus items). Next, lead the couple through the exercises from the Couple's Workbook for the topics covered in that session.

### ■ REPORTS

- **Facilitator's Report:** The Facilitator's Report is designed to be used by the certified PREPARE/ENRICH Facilitator. This report is not to be given to the couple receiving feedback.
- **Couple's Report:** The Couple's Report may be given to the couple to view and keep as a record of their PREPARE/ENRICH results.
  - Do not give couples their report prior to the first exercise: Sharing Strength & Growth Areas.
  - Facilitators are not required to give couples their report, and may consider giving couples only the sections that apply to the feedback and exercises being covered in a given session.

### ■ COUPLE'S WORKBOOK

- When providing feedback to a couple, each partner should have their own copy of the workbook or a copy of the selected exercises being covered in the current session. You can print pages from the PDF version or order professionally-bound workbooks from the bookstore.

### ■ HOMEWORK

- The 8-Session format suggests assigning homework following each session. Hold couples accountable to completing their homework each week. Homework will sometimes involve completing exercises with topics that were not covered during their time in session. In other cases, couples will be instructed to discuss and/or practice the concepts and skills they covered in session.
- Take approximately 5-10 minutes at the beginning of each session to check in with a couple about how their homework experience has gone, and answer any new questions that have arisen. It is often helpful to repeat/review certain concepts and skills.



Session (60-90 min.)	Report Topics	Couple's Workbook	Homework
1	<b>Strength &amp; Growth Areas Relationship Dynamics Communication</b>	p.2 Sharing Strength & Growth Areas p.4 Creating a Wish List p.5 Communication Skills to Increase Intimacy	<ul style="list-style-type: none"> <li>➤ p. 5 Daily Dialogue &amp; Daily Compliments</li> <li>➤ Practice Assertiveness &amp; Active Listening</li> <li>➤ Review and discuss pages 2-5</li> </ul>
2	<b>Personal Stress Profile</b>	p.6 Identifying Most Critical Issues p.7 Balancing Your Priorities p.8 Wedding Stress (if applicable)	<ul style="list-style-type: none"> <li>➤ Review the Balancing Your Priorities exercise at home</li> <li>➤ Review and discuss pages 6-8</li> </ul>
3	<b>Conflict Resolution Relationship Dynamics</b>	p.9 Ten Steps for Conflict Resolution p.10 How to Take a Time-Out p.11 Seeking & Granting Forgiveness	<ul style="list-style-type: none"> <li>➤ Practice 10 Steps for Conflict Resolution with a current issue</li> <li>➤ Review and discuss pages 9-11</li> </ul>
4	<b>Financial Management</b>	p.12 The Challenge of Money p.13 Importance of Financial Goals p.15 The Meaning of Money	<ul style="list-style-type: none"> <li>➤ p. 14 Complete the Budget Worksheet</li> <li>➤ Review and discuss pages 12-15</li> </ul>
5	<b>Sex and Affection Relationship Roles Leisure Activities</b>	p.17 The Expression of Intimacy p.18 Sharing Roles	<ul style="list-style-type: none"> <li>➤ p.16 Complete the Dating Exercise</li> <li>➤ Review and discuss pages 16-18</li> </ul>
6	<b>Marriage Expectations Children &amp; Parenting Spiritual Beliefs</b>	p.20 Managing Your Expectations p.21 Couple Discussion about Children p.21 Planning a Weekly Family Conference p.22 Stepfamilies: Choosing Realistic Expectations (if applicable)	<ul style="list-style-type: none"> <li>➤ p.19 Your Spiritual Journey*</li> <li>➤ Review and discuss pages 19-22</li> </ul>
7	<b>Couple Map Family Map</b>	p.23 Mapping Your Relationship p.25 Closeness Exercises p.26 Flexibility Exercises	<ul style="list-style-type: none"> <li>➤ Practice Closeness &amp; Flexibility as indicated</li> <li>➤ Review and discuss pages 23-26</li> </ul>
8	<b>Personality SCOPE</b>	p.27 SCOPE Out Your Personality p.28 Achieving Your Goals . . . Together	<ul style="list-style-type: none"> <li>➤ Review and discuss pages 27-28</li> <li>➤ Discuss what you learned from this program</li> </ul>