

# What is

## **PREPARE/ENRICH?**

PREPARE/ENRICH is a customized couple assessment completed by a certified facilitator that identifies a couple's strength and growth areas. It is one of the most widely used programs for premarital counseling and premarital education. It is also used for marriage counseling, marriage enrichment, and dating couples considering engagement. Based on a couple's assessment results, a trained facilitator provides feedback sessions in which the facilitator helps the couple discuss and understand their results as they are taught proven relationship skills.

Each individual answers the exact same set of questions.

## **Over 3 Million Couples!**

Over the last 30 years, the PREPARE/ENRICH relationship assessment has empowered and energized more than 3 million couples. We're the #1 relationship inventory and couples

## **What are the major goals of the PREPARE/ENRICH Program?**

There are several goals of the PREPARE/ENRICH Program. In order to achieve these goals there are exercises designed to help couples improve their relationship skills. The program helps couples:

- Explore strength and growth areas
- Strengthen communication skills
- Identify and manage major stressors
- Resolve conflict using the Ten Step Model
- Develop a more balanced relationship
- Explore family of origin issues
- Discuss financial planning and budgeting
- Establish personal, couple and family goals
- Understand and appreciate personality differences

## **What relationship areas are assessed by the Inventory?**

- Background Information
- Couple Typology/Strength & Growth Areas
- Overall Satisfaction & Idealistic Distortion

- o Relationship Dynamics
- o Commitment and Abuse
- o Personal Stress Profile
- o Core Relationship Categories
  - Communication
  - Conflict Resolution
  - Partner Style and Habits
  - Financial Management
  - Leisure Activities
  - Sexual Expectations
  - Family and Friends
  - Relationship Roles
  - Spiritual Beliefs
- o Marriage Expectations
- o Parenting Expectations
- o Couple Map – Measuring Flexibility and Closeness
- o Family of Origin Map – Measuring Flexibility & Closeness
- o SCOPE Personality Scales

**There are:**

- 12 Relationship Scales -- communication, conflict resolution, roles, sexuality, finances, spiritual beliefs and more
- 5 SCOPE Personality Scales
- 4 Couple and Family Scales -- based on the Circumplex Model
- 4 Relationship Dynamic Scales
- 30 Customized Scales

## **Is the PREPARE/ENRICH Program valid & reliable?**

An important strength of the PREPARE/ENRICH Inventory is their strong psychometric properties. High levels of reliability and validity have been found for each instrument, making them valuable tools for research as well as clinical use.

- National Norms based on over 500,000 couples
- High Levels of Validity and Reliability

PREPARE has validity in that it discriminates premarital couples that get divorced from those that are happily married with about 80-85% accuracy. Reliability is high (alpha reliability of .80 - .85).

## **Why should you Assess Your Relationship with the #1 relationship assessment tool?**

For over thirty years, PREPARE/ENRICH has led the way in helping couples explore and strengthen their relationships. The main component of the program is an online survey you each complete in about 30-45 minutes. PREPARE/ENRICH is not just any survey. The items you respond to are based on research and are intended to help you identify the unique strengths and potential growth areas of your premarital or married relationship. You'll meet with a facilitator trained to provide feedback by helping you understand your results and learn important relationship skills. Built on a solid research foundation, PREPARE/ENRICH has been improved and refined over the years to become one of the best, most effective, easy-to-use [relationship assessment tools](#) available.

### **CERTIFIED FACILITATOR**

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