

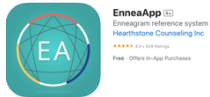
PRE-WORK INFORMATION

1. Prepare-Enrich Assessment (this takes 20-30 minutes and will come in a separate email from Prepare-Enrich.)

Prepare-Enrich is a widely respected tool used by Christian counselors and churches. 4,000,000+ couples world-wide have used it to strengthen marriages. It's very important to answer candidly. Your specific answers will never be shared with your spouse, we will only discuss trends. Results are sent directly to us (we can give you a copy at the retreat) but it takes time so please complete this as soon as possible once you receive the email from Prepare-Enrich.

2. Enneagram Assessment (this takes 5-10 minute. You will need to download the free app in order to take the assessment (see screenshot below).

The Enneagram is an empathy tool which gives us a base-line understanding of your personality and how you tend to process the world and approach relationships. Knowing our spouse's enneagram wiring helps grow compassion for one another. It gives us insight into the why behind how our spouse navigates life. Please send us a screenshot of your results. If you already know your number you can just send us that number, along with any wings that you are aware of.



3. Individual Reflection/journaling (this will take 1-2 hours and is attached to this PDF for you to print.)
 - Complete all four segments of guided reflection. Upon completion, please send the following to us at ResilientMarriageRetreat@gmail.com :
 - your letter to your spouse from Session 1 of your journaling
 - the screenshot of the Enneagram results from part 2 above.

JOURNALING REFLECTION QUESTIONS:

SESSION 1:

1. Which describes you best? (feel free to use different words if the following words don't fit well)

- Morning person or night person?
- Introvert or extravert?
- Intuitive communicator or literal communicator?
- Slow processor or fast processor?
- Contemplative or bias to quick action?

2. In a quiet, undistracted*, comfortable place, take a few deep breaths and ask God to help you remember a time when you were at your very best as a couple.

- Use as many ways as you can think of to describe it.
- Using 5 words or more, describe your feelings for your husband/wife in that season or moment
- What made moments or times like this so good?
- What POSITIVE THINGS would you say to him/her about those times? Write these positive things in a short **letter to your spouse**.

SESSION 2:

1. What do I hope will happen during our time, together both relationally and in my own heart (be as specific and expansive as possible)?

2. I think the primary issues creating distress in our relationship are _____. (Name and describe them)

3. What do I really want most in our relationship? (Now? 5 years from now?)

SESSION 3:

1. How have my recent thoughts/actions brought us closer to what I really want for our relationship?

2. Are there ways I've contributed to driving us further apart? (*How would you answer the question "What makes it hard to be married to me?"*) What needs to change **in me**?

3. Think about your whole life together as a couple. Using as many descriptors as possible, describe what do you look like as a couple **at your worst**?

4. Think about your life together as a couple and reflect on your first journaling session. Using as many descriptors as possible, describe what do you look like as a couple **at your best**?

5. On a scale of 1 to 10 (10 being much and 1 being none) how much hope do you have that your marriage can return to a place of thriving like this much of the time?

SESSION 4:

1. As you reflect on your life, what 3 positive inputs (people, events, circumstances, other) contributed to shaping who you are today and explain why?

1.

2.

3.

2. As you reflect on your life describe 3 harmful or hurtful things that happened to you that also contributed to shaping who you are today. Explain why.

1.

2.

3.

3. Richard Rohr said: "Pain that isn't transformed is transmitted." What do I want the pain I am experiencing to turn into?

4. Consider Romans 12:18 "If it is possible, as far as it depends on you, live at peace with everyone." What one thing could I change in **my** behavior that would move me closer to peace with my husband/wife?