

## Pre-Marriage Inventory



Establishing a durable, stable, and lasting marriage seems to be nearly impossible for couples today. Certainly the stresses associated with changing roles, economic worries, and increasing time demands in individual and family life are providing much of the strain. Changing cultural mores encourage us to abandon any endeavor that requires too much effort or investment of self without adequate return in the form of simple, self-serving pleasure.

One important way to make progress in supporting a recommitment to enduring marriage is through pre-marriage preparation and education. (It is important for couples to adopt an attitude of perseverance, investment, and commitment.) For a couple to take marriage more seriously, they must take their relationship more seriously. This involves taking a closer look at the relationship than our culture's romantic courtship process would expect. It is not as simple as falling in love, getting married, and living happily ever after. Taking one's marriage commitment seriously involves honest self-evaluation and the building of adequate marriage relationship skills. Such preparation encourages a lifetime approach to marriage and increases the possibility that couples will find long-term satisfaction in this most intimate of relationships – even when it is not easy.

The Pre-Marriage Awareness Inventory (PAI) system addresses the task of self-evaluation and education for preparing to marry. The PAI itself is not a test in the traditional sense of the word. It will not predict marriage success or failure, or compare a couple to a data bank of other couples. Rather, the inventory allows couples to evaluate their relationship systematically, hopefully bringing to light important facets of that relationship they may not have considered previously, as well as indicating areas where stress points may occur in their marriage.

Using this system will help couples to answer three questions based on their own evaluation of the relationship:

1. What is our relationship like right now?
2. Does our relationship have the makings of a life long marriage?
3. What changes will be most helpful for us to implement as we plan for a lifelong commitment to one another?

Couples who have seriously and honestly considered these questions are bound to have a greater chance of experiencing a deep and growing marriage relationship.

The PAI looks at these over all areas of your relationship:

1. Transitioning to married life.
2. Building blocks of a healthy relationship.
3. Dealing with hurt and pain.
4. Spirituality
5. Communication
6. Developing problem-solving skills
7. Marriage expectations

8. Finances
9. Interests
10. Sexuality
11. In - Laws
12. Alcohol and Chemicals

All areas provide an opportunity to discuss in an open, honest, and non-threatening atmosphere to help couples understand themselves and each other better. No discussion is forced and all counseling sessions are kept confidential.

I hope you considered the deep need to prepare for your marriage, not just your wedding day. Please carefully consider the PAI and call Bryce if you have any questions or would like to set up an appointment.