

Couple Checkup



Married

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www.couplecheckup.ca

Introduction to the Couple Checkup

by PREPARE/ENRICH

Congratulations on completing your *Couple Checkup*! Taking the time to reflect on your relationship is an important part of growing as a couple. With 20 different aspects of your relationship measured, the *Couple Checkup* is designed to get you talking and thinking together about your relationship and taking steps to grow both as individuals and as a couple. This Couple Checkup is based on over 25 years of research with the PREPARE/ENRICH Program.

One goal of the Couple Checkup is to celebrate your relationship strengths. You should be proud of the areas where you and your partner are doing well. Keep nurturing these aspects of your relationship so they remain strong. Strengths can help you compensate and address other areas of your relationship that need improvement. For example, if you have strengths in communication, but struggle with Finances, take time to communicate about financial issues and talk about your concerns with one another. Next, use your communication skills to brainstorm possible solutions and offer support to one another as you begin to make changes.

Another goal of the Couple Checkup is to identify issues you disagree on and need to resolve. Just like a mechanic determines what is working and what is not when tuning up your car, relationships require direction, maintenance, and attention to keep growing and running smoothly. By identifying your relationship growth areas, issues can be resolved. Don't view your results as permanent, or unchangeable. These results are a snap-shot of where your relationship is today.

A third goal is to encourage you and your partner to talk about your relationship. By sharing your feelings and ideas, you will discover ways to build a stronger relationship. Remember, there is no such thing as a perfect relationship. All couples have challenges and issues, as well as strengths that attracted you to one another in the first place. You should take time to digest these results and discuss the Couple Checkup with your partner. If you have serious concerns, you could contact a counselor who can administer a more complete inventory and/or give you professional feedback and assistance. To find a counselor in your area, click [here](#).

The Couple Checkup is a self-report measure intended for personal use involving relationship enrichment, education, and discussion purposes only.

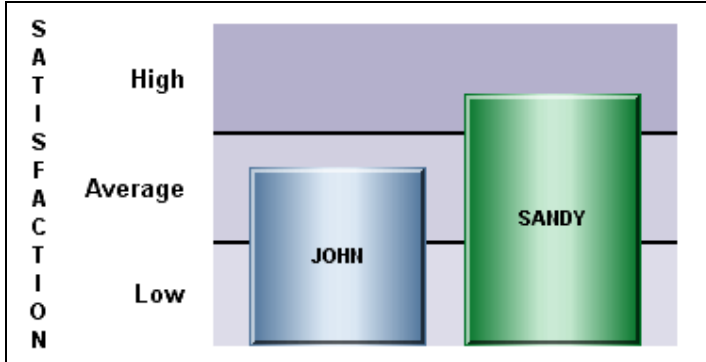
We hope you will enjoy the process of growing together as a couple. Remember, the more you invest in your relationship, the more you both will benefit.

We wish you much success as a couple!

Conflict Resolution

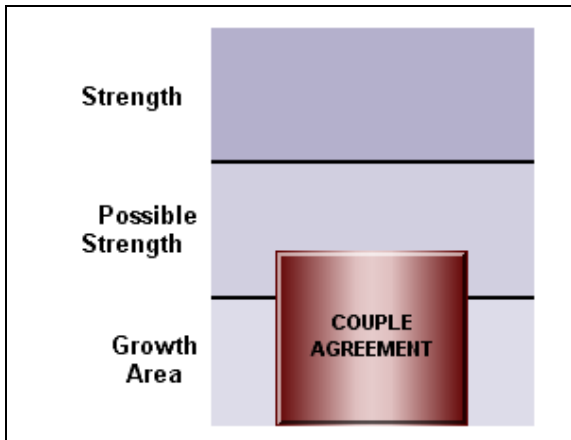
The **Conflict Resolution** category looks at your ability to discuss and resolve differences. Also, this category measures how effectively you are able to share opinions, ideas, and feelings with your spouse, even during times of conflict.

Individual Results for Conflict Resolution



- John is somewhat satisfied with your ability to discuss and resolve differences with one another, but may be aware of some issues that need to be discussed.
- Sandy is positive about how the two of you discuss and resolve differences with one another.

Couple Results for Conflict Resolution



Agreement Items: You both feel positive about:

- Bringing differences to a point of resolution
- The ability to express feelings/ideas while resolving differences
- Whether or not you have disputes over trivial issues

Discussion Items: It may be helpful to discuss:

- Feeling understood while discussing problems
- Whether or not you end up feeling responsible for problems
- Whether or not you say nothing to avoid hurting one another
- Your approach to solving disagreements

Conflict Resolution is a **Possible Strength Area** in your relationship. With some effort you can improve this area of your relationship by learning and practicing new skills. A healthy goal is not to avoid conflict. Instead, develop good conflict resolution skills so differences can be productively resolved. If neglected, conflict resolution issues can become more problematic over time and affect other areas of your relationship such as closeness and communication.

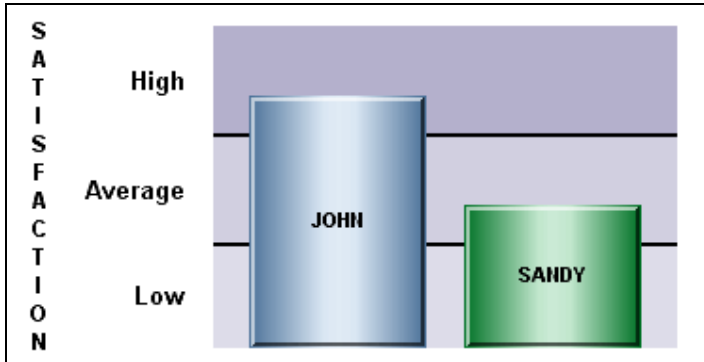
Couple Discussion:

This is a **Possible Strength Area** because you agreed on some of the items in this category. Review the **Agreement Items** listed above. These represent strengths in your relationship. Be proud of your strengths! Review and talk about the **Discussion Items** as well. It is unrealistic to expect you'll agree on every item, but start by trying to understand one another's thoughts and feelings. Good communication will help you problem solve and further improve this area of your relationship.

Financial Management

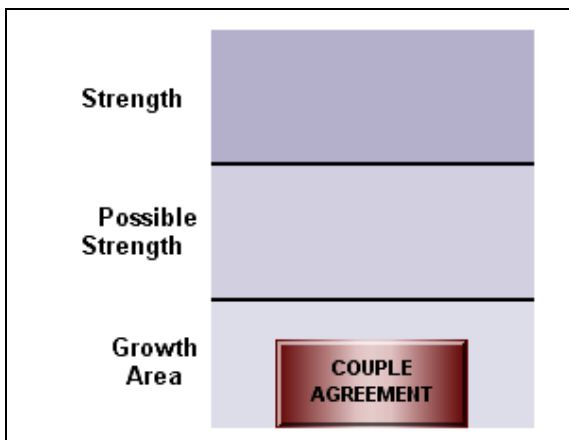
The **Financial Management** category looks at spending habits and agreement with one another in the area of finances. This category explores your opinions about savings, debt, handling money, and making financial decisions.

Individual Results for Financial Management



- John feels very positive about spending habits and how finances are currently being handled.
- Sandy feels somewhat satisfied with how finances are being handled, but may be aware of some concerns that need to be discussed.

Couple Results for Financial Management



Agreement Items: You both feel positive about:

- Making financial decisions together
- Spending priorities

Discussion Items: It may be helpful to discuss:

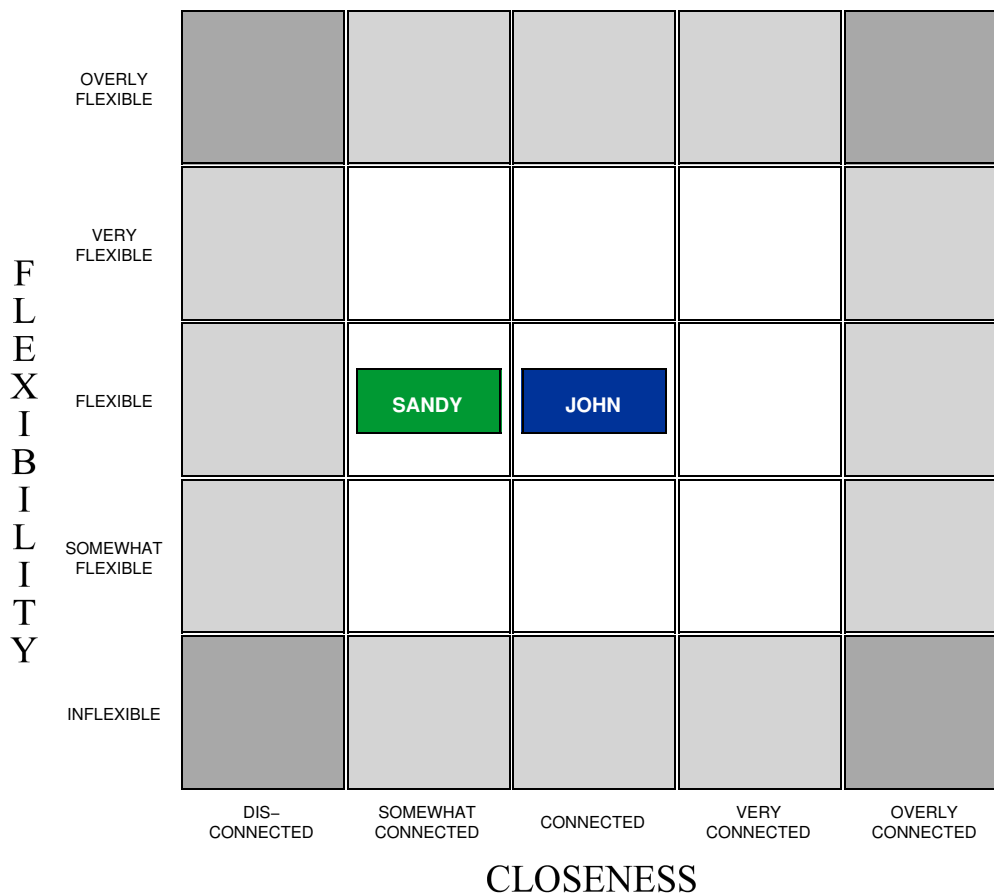
- A savings plan
- How credit and charge accounts are used
- How money is handled
- Sharing financial control
- Your level of debt/unpaid bills

Finances are a **Growth Area** in your relationship. If neglected, financial stress can increase and become a burden on your relationship. Many married couples report finances as the biggest single problem in their relationship. Talk about this area and begin to put in place a budget, savings plan, and financial goals. Taking these steps now will help reduce later stress and conflict.

Couple Discussion:

This is a **Growth Area** because you disagreed or both had concerns on several items. It is important that you discuss and resolve these issues so that this area can become a strength. First, review any **Agreement Items** in this category. They are a source of strength for you as a couple. Second, review and talk about the **Discussion Items** listed above. Attempt to identify and define the issues, and understand one another's feelings and opinions. Finally, work towards a plan to resolve your differences.

Map of Couple Relationship



Couple Closeness is defined as the emotional closeness you feel toward your spouse. On this dimension, relationships can range from *disconnected* to *overly connected*.

- **John**, you perceive your relationship as **Connected**, meaning you experience a healthy balance of "We" and "I", or closeness and separateness, which reflects an interdependent relationship. Most healthy marriages not only foster connection, but also leave room for each partner to continue to grow and develop as individuals.
- **Sandy**, you perceive your relationship as **Somewhat Connected**, meaning you may feel somewhat disconnected or emotionally distant from your partner. Less connected partners are often more independent from one another. Guard against allowing your relationship to get too disconnected. Look for ways to increase your closeness and intimacy as a couple.

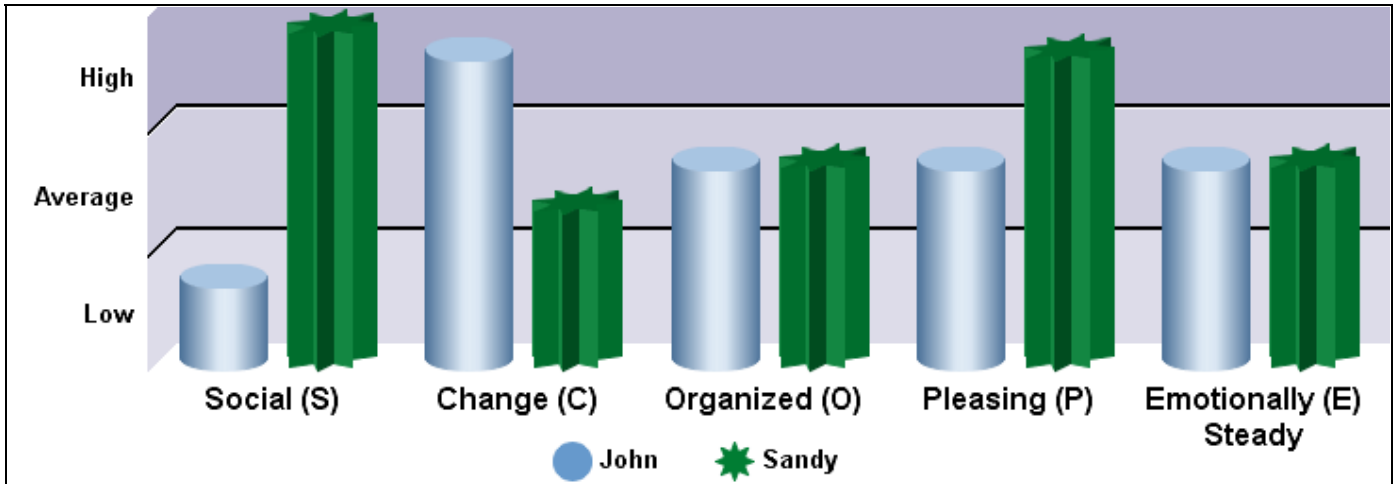
Couple Flexibility is defined as the ability to adjust to changes and be flexible in response to life's demands. On this dimension, relationships can range from *inflexible* to *overly flexible*.

- You both perceive your relationship to be **Flexible**. Relationships in the flexible range are open to change when necessary, with a good balance between stability and change. Leadership and decision-making are equally shared, and roles can adjust to life's demands. This is a healthy balance that most couples enjoy.

Couple Discussion:

- Review your couple closeness and flexibility results.
- Discuss what you like about the current levels of closeness and flexibility in your relationship.
- Discuss how you might want to change (increase or decrease) your closeness or flexibility as a couple.

SCOPE Personality Scales – Social



The Personality SCOPE consists of five dimensions based on the Five Factor Model of Personality.

The five dimensions, and your scores on them, are described below. Review your results on all five dimensions rather than focusing on just one or two traits where you scored high or low.

Then, as a couple, compare where your Personality SCOPE results are similar and where they are different. Discuss the advantages and potential drawbacks to each.

Social (S)

This trait reflects preference for, and behavior in social situations.

- John, you scored in the **Low** range, suggesting you tend to be reserved or introverted. Social introverts often lack the exuberance and activity levels of extroverts. You may be low-key, deliberate and less socially connected. You often prefer to be alone or with just a few close friends. You most likely feel energized after spending time alone or in small, intimate settings, as opposed to large groups or parties. Don't confuse introversion with shyness or unfriendliness. If you are too introverted, however, you could appear reclusive or cut off from others. Some people may even misinterpret your need for personal time as aloofness.
- Sandy, you scored in the **High** range, suggesting you are generally outgoing. Social extroverts enjoy being with people and are often full of energy. You may be enthusiastic and action-oriented. You most likely enjoy your ability to make friends and acquaintances easily and do not prefer solitude. In groups you like to talk, assert yourself, and may often be the center of attention. If out of balance, you could appear to be attention seeking or shallow. Others may even see your high extroversion as an inability or refusal to take life seriously.

Couple Discussion:

Because your scores are rather different regarding being social, you will need to communicate openly with one another about attending social events and getting together with others. One of you gets energy from socializing with others, while the other prefers more privacy and alone time. This difference may become more apparent when you experience greater than normal amounts of stress. You can avoid unnecessary conflict in your relationship by checking with one another before saying yes or no to making plans with others.