

# PREPARE/ENRICH MODEL OF PREMARITAL COUNSELING

## SIX GOALS OF THE PREPARE-ENRICH PROGRAM

- 1) EXPLORE STRENGTH AND GROWTH  
AREAS
- 2) STRENGTHEN COMMUNICATION  
SKILLS
- 3) IDENTIFY AND MANAGE MAJOR  
STRESSORS
- 4) RESOLVE CONFLICTS USING THE TEN  
STEP MODEL
- 5) DEVELOP A MORE BALANCED  
RELATIONSHIP USING THE COUPLE AND  
FAMILY MAPS
- 6) UNDERSTAND PERSONALITY  
DIFFERENCES AND MAXIMIZE  
TEAMWORK