

## The Couple Checkup, from [www.everymarriagematters.org](http://www.everymarriagematters.org)

### **What is the Couple Checkup?**

The Couple Checkup is designed to help you and your partner build a more satisfying and intimate relationship. Just answering the questions will stimulate thoughts and attitudes about your relationship. It is designed to activate dialogue, discovery, and increase the overall quality of your relationship.

### **Why take the Couple Checkup?**

The Couple Checkup will help you discover your strengths as a couple. Strengths are what enable you to enjoy, and to continue developing a healthy relationship. It will also help you identify issues that are threatening the vitality of your relationship and may need to be addressed.

### **Who can take the Couple Checkup?**

Whether you are dating, engaged or married, the Couple Checkup is valuable and relevant. After indicating the stage of your relationship, the Couple Checkup will automatically select applicable questions for you and your partner. It is designed for any couple desiring to enrich their relationship.

### **Will the Checkup be relevant for us as a couple?**

A powerful and unique aspect of the Checkup is that the questions are tailored to you as couple. Based on background questions you answer, your Checkup will be customized to include questions specific to your couple type.

### **How long does it take to receive our Checkup Report?**

Within 30 seconds after you have both completed the Checkup online, you may view and print your Checkup Report.

### **What feedback do we receive?**

You will receive a 15-20 page Computer Report, with your results broken down into relational categories. A Discussion Guide is also available to help you interpret the results.

### **What topics are covered in the Checkup?**

Twenty important relationship areas are explored. There are also questions about your personality and family-of-origin.

### **How much does the Couple Checkup cost?**

Unless you have a prepaid voucher, the Checkup costs \$29.95. Couples consider it an economical and worthwhile investment in their current and future relationship.

### **Where can I find the Couple Checkup?**

Go to [www.everymarriagematters.org](http://www.everymarriagematters.org), click on "Couple Checkup."

### **Who developed the Couple Checkup?**

The Couple Checkup was developed by Dr. David Olson and Dr. Peter Larson at Life Innovations in Minnesota.

Dr. David Olson is nationally and internationally known expert in marriage and the family. He is a licensed psychologist and marital and family therapist. He developed the well known couple assessment called PREPARE/ENRICH and he has over 30 years experience in the field of marriage and the family.



Dr. Peter Larson is a licensed psychologist and former Director of Counseling at the Smalley Relationship Center. He has extensive experience using PREPARE/ENRICH with couples and with training others in this program.



### **Is the Couple Checkup scientifically accurate?**

The Couple Checkup is very accurate and is based on the highly respected PREPARE/ENRICH couple questionnaire. The Checkup has high levels of scientific rigor, which means the scores are reliable and accurate.

### **What if we have relationship problems?**

If you have issues that you are not able to resolve, it is important for you and your partner to get professional help before the problems escalate or cause resentment which will destroy the intimacy of your partnership.

**Sample Report:** [www.couplecheckup.com/premarital\\_checkup/sample/SampleCheckupReport.pdf](http://www.couplecheckup.com/premarital_checkup/sample/SampleCheckupReport.pdf)

**Sample Discussion Guide:** [www.couplecheckup.com/premarital\\_checkup/sample/SampleDiscussionGuide.pdf](http://www.couplecheckup.com/premarital_checkup/sample/SampleDiscussionGuide.pdf)