

## Premarital Counseling

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### Pre-Marital Strategy Paper

I plan to give fifteen sessions, one hour in duration for each. I plan to begin after the couple gets engaged, months before the wedding, to ensure they are on the same path to having the relationship they always dreamed about. The goal during sessions is to make it easier to help them identify if they have issues that should be addressed before they get married. The newest couple should recognize that premarital counseling works to prevent future problems in their relationship. The goal is to help them understand that a solid, strong, and happy relationship should involve three people; God, husband, and wife.

In weekly sessions, I will make integrative approaches to my client's needs to work toward optimal functioning. If they cannot visit the office, I can also accommodate a telephone or Zoom session, but after more than two cancelations, the sessions will be terminated, and I will refer them to see their pastors. I believe that premarital counseling; requires a joint effort between the client and counselor to obtain their maximum potential. As I do in many aspects of my life, I encourage transparency and communication with my clients.

They should be loyal to the schedule and try to participate in each session and complete the assignments that will be required.

I will not give premarital counseling to couples with beliefs that contradict the Bible's concepts and doctrine.

● In each section, I'm planning to engage the couple in answering the questions below:

- 1) What are your expectations from premarital counseling?
- 2) How are you preparing for your marriage? Is there anything from your past that your partner does not know? Are there any secrets that should be revealed before the wedding?
- 3) What are you planning to do to make your partner happy daily?
- 4) Besides love, what is your motivation for marrying your partner?
- 5) What does "compromise" mean to you, and how will you apply it to your marriage?
- 6) How do you plan to divide daily tasks within your home?
- 7) If you plan to have children, how many would you want, and when would you like to start growing your family? How do you envision your family life? Will there be enough money to support the family if you want to stay home? Is there enough income to support the family? What is the goal if one of you cannot get pregnant?
- 8) What are your financial goals? Any of you are dealing with money problems? How much is your debt? How do you pretend to solve this problem? Who will be responsible for the budget? Is there a retirement plan?
- 9) Do you plan to rent or save to buy a house? Will it be a single-family or two-house family to invest in the future?
- 10) How do you prefer to spend your free time?
- 11) Are you impulsive or a planner? How do you deal with the unexpected?
- 12) Do you share the same level of religious commitment? Are both of you involved in a study group? What is your vision for missions? Do you share the same call to serve God?

Are both of you faithful in your tithe? What is your thought about giving extra offerings for missions and supporting the Church missionaries?

13) How will you resolve disagreements? Are you pretending to have an open dialog, bring the problem to your pastor, or discuss it with a closer friend or your parents? When should another person be part of your disagreement?

14) What's your 5-year plan (both personally and professionally)?