

# FORMATION GUIDE FOR



BRAD DAVIDSON



MELISSA GARCIA

Completed on 02/12/20

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## ASSESSMENT **OVERVIEW**

FACILITATOR: To Be Known

**ASSESSMENT TYPE:** Formation Guide

**ASSESSMENT DATE:** 12/31/19

**COUPLE CODE:** 

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# COUPLE **PROFILE**





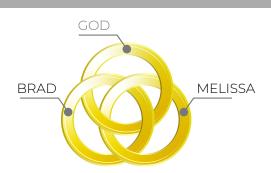
	BRAD	MELISSA
Gender	male	female
Age	31	26
World view	Catholic	Catholic
Religious participation/activity frequency	occasionally	active weekly
Birth order	1	3
Number of children in birth family	2	3
Number of children you have	Ο	0
Number of children together	0	0
Marital status	engaged	engaged
Current living arrangement	separate	separate
Number of months engaged	4	4
Number of previous marriages	0	0
Employment	full-time	full-time

### OPENING SUMMARY

Welcome to your To Be Known Marriage Guide. This guide has been prepared for you by your Facilitator based on your responses to the assessment questions. Any questions you may have about this report should be directed to the Facilitator who sent you the Assessment Code.

## HOW TO READ THIS REPORT







Look carefully at the wedding bands above. The first thing to note is that there are three. Christian marriage is a union of three: you, your spouse, and God. The other interesting fact about these rings is that they are connected in such a way that if any one of them is broken, all the rings become separated. These three circles have been used throughout history to indicate strength in unity, and of course, the Trinity of the Christian faith.

It is the sincere hope of this guide to present insights about you, your marriage, and how this union of three is strengthened and challenged through the various aspects of marriage and family life. The ultimate goal of this guide is to facilitate productive conversation that will enhance marital oneness and foster a deeper understanding of each other and the awesome and wonderful ways we are made in God's image and brought together for His purpose.

As you read the following pages, take time to reflect on your life and your relationships. God has given you certain strengths and challenges to face. Be open to seeing yourself and your partner through God's eyes, and in so doing, bringing about greater unity in the bonds illustrated by the rings above.

## REPORT **OVERVIEW**

Before we begin the first section of this guide, let's take a high level look at the topics we will be discussing.

#### FUNDAMENTAL SELF



OUR BEHAVIORAL BALANCE

- Our Natural behaviors
- Behavior under pressure
- Consistency and intensity
- Relational manifestations

### LOVE **DIMENSIONS**



FILLING UP THE LOVE TANK

- Overall fulfillment
- Where are we missing it
- Desire vs Attempt
- Keys ways to show love

### FAMILY OF **ORIGIN**



OUR EMOTIONAL SPECTRUM

- Where we are coming from
- Positive and negative feelings
- How our family shaped us
- The impact on oneness

#### Key areas to focus on

- Overall satisfaction
- Identifying common ground

RELATIONSHIP ALIGNMENT

**ROOM FOR** 

GROWTH

Growing forward together

#### FUNDAMENTAL SELF



MOTIVATIONS AND INNER SELF

- What motivates us
- Understanding the inner self
- Power this brings to marriage
- The effect of birth order

### LOVE **DIMENSIONS**



HOW WE EXPRESS AND DESIRE LOVE

- Our Love Dimensions
- How we express love
- How we receive love
- Communicating love

### FAMILY OF **ORIGIN**



OUR SENSE OF SELF-WORTH

- How history affects the present
- Our journey of self-worth
- Self-perception
- Where we each struggle

### RELATIONSHIP ALIGNMENT



GETTING ON THE SAME PAGE

- Communication and conflict
- Spirituality and sexuality
- Finances and decision making
- Key alignment areas

**NEXT MODULE: FUNDAMENTAL SELF** 



### IN THE BEGINNING

This first section focuses on getting to know your own Fundamental Self better, and that of your partner. This Fundamental Self profile consists of insights about you and your partner's behaviors, motivations, and birth order. Taking a closer look at these core elements that underlie our individual personalities, together with the rest of the report, can help us to know and to be known at a deeper level.

Understanding each other's behavior styles should not be used to determine the success or compatibility of a relationship, but instead to enable more effective communication and to gain a greater appreciation of each others differences, as well as recognize areas of potential conflict.

### THE DISC BEHAVIOR MODEL

The DISC Behavior Model focuses on four distinct behavioral styles: Dominance, Influence, Steadiness, and Compliance. We all possess each of these traits, and we all express them with varying degrees of intensity. The various attributes of the model are described in the graphic below.

Your DISC behavior style can be influenced by any number of factors such as life experiences, education, family of origin, and maturity. Understanding yourself better is the first step to becoming more in tune with others, including your mate. Learning about each other's DISC style can help you understand your partner's priorities, how they handle conflict, and when they feel stress and anxiety.

## UNDERSTANDING DISC

Someone who tends to take charge and make quick decisions.

### **TENDENCIES:**

Assertive, Direct, Decisive, Venturesome, Competitive, Aggressive, Demanding, Bossy, Confrontational

#### **TASK FOCUSED**

Someone who has both high D and C behaviors is generally more task focused and may be more likely to value getting things done over personal feelings.

#### **COMPLIANCE**

Someone who tends to abide by rules and regulations, and pays close attention to detail.

#### **TENDENCIES:**

Precise, Orderly, Quiet, Methodical, Conscientious, Critical, Picky, Fussy, Worrisome, Perfectionist

#### OUTGOING

Someone who has both high D and I behaviors is usually perceived as being outgoing and assertive. They are likely to be known as leaders and generally move through life at a fast pace.

OUTGOING **TASK** PEOPLE **FOCUSED** FOCUSED

RESERVED

#### **RESERVED**

Someone who has both high C and S behaviors is usually perceived as being more reserved and cooperative. They are likely to be known as reliable and generally move through life at a more consistent pace.

#### **INFLUENCE**

Someone who tends to seek out others to interact with, a "people person".

#### TENDENCIES:

Enthusiastic, Expressive, Warm, Optimistic, Talkative, Impulsive, Easily Distracted, Noisy, Disruptive

### **PEOPLE FOCUSED**

Someone who has both high I and S behaviors is generally more people focused and is likely to value relationships and feelings over following rules or getting things done.

#### **STEADINESS**

Someone who tends to be easy going and considerate of others.

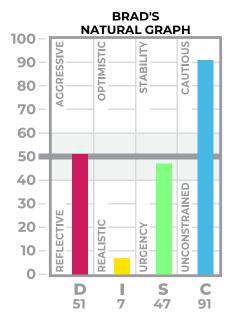
### **TENDENCIES:**

Patient, Cooperative, Stable, Reliable, Consistent, Passive, Stubborn, Slow to change, Conflict averse



## NATURAL BEHAVIORS

Our Natural behavior graph is based on our "Least like us" choices. This reflects our true inner selves, based on the idea that we feel more strongly about what we are NOT like than what we are like. Also understood as how we behave under normal, everyday circumstances.



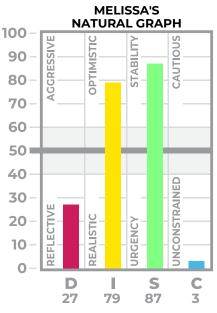


ANALYTICAL
METHODICAL
PERFECTIONIST



Brad's responses to the behavior questions throughout the assessment indicate he is a very conscientious person who tends to be highly detail oriented and does things by the book. It is likely that he would be viewed by others as systematic, tactful, and diplomatic.

To communicate effectively with a high C behavioral style, try to keep your message precise and straightforward. Give clear expectations and be prepared to answer many questions. Be tactful and reserved; refrain from getting emotional. Demonstrate that you have examined the issue from multiple points of view. High C's tend to be more cautious, desiring time to think things through.





TOLERANT
GENTLE
PEOPLE FOCUSED



Melissa's responses to the behavior questions throughout the assessment indicate she is a steady and influential person who tends to be easy going and enjoys social interaction. It is likely that she would be viewed by others as a people person who is cooperative and optimistic.

To communicate effectively with a high S behavioral style, take time to be patient and logical in your approach. If your message involves any type of change, tell them about it right up front and allow them time to adapt to it slowly. Affirm their importance and show sincere appreciation and solidarity with them. High S's often dislike being forced to make a quick response.

### HOW WE RELATE...NATURALLY

Melissa and Brad may at times find they need to bend a little to really understand each other. They have significant differences in the way they solve problems, interact with people, and express themselves. These differences can be a great strength when you are both conscious of each other's natural behaviors.

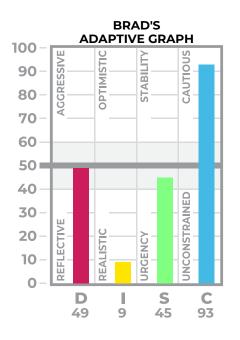


We all have behavior styles that make up part of our personality. What do you love most about your partner's behavior style?



### **UNDER PRESSURE**

Our Adaptive behavior graph is based on our "Most like us" choices. This reflects how we adapt to our environment and is the behavior we exhibit when we are under stress or feel we are being observed.





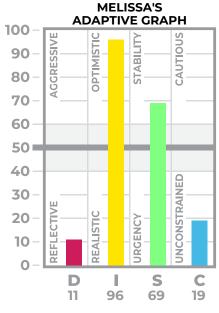
TENDS TO WORRY

MAY BE DEFENSIVE

DIFFICULTY ASKING FOR HELP

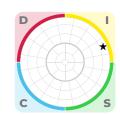


Brad's DISC graph does not change very much during times of stress or pressure, which indicates that he does not adapt behavior in a noticeable way during these times. This should not be understood to mean that he doesn't feel stress or pressure, but that behavioral balance can be expected to remain fairly consistent.





NEEDS TO EXPRESS FEELINGS AVOIDS CONFRONTATION SEEKS SOCIAL INTERACTION



During times when Melissa is under pressure or feels she is being observed, the Adaptive DISC graph changes in a noticeable way. The D level decreases, meaning that she may become less dominant and decisive. The I level rises which indicates she is likely to become more optimistic. The S level decreases, which indicates she may become restless or impatient when under pressure. The C level goes up, indicating she would be more cautious and detail oriented during these times.

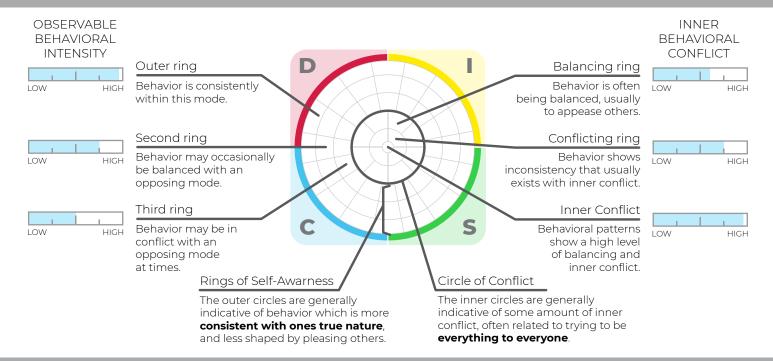
### HOW WE RELATE...ADAPTIVELY

When Brad is under pressure, his high C level indicates he may fear making mistakes which could lead to paralysis and an inability to take risks. When Melissa is under pressure, her high I level indicates she may want her partner to just listen and share feelings and ideas.

BEING KNOWN In what ways do you feel your partner's adaptive behavior style helps them deal with times of stress or pressure?

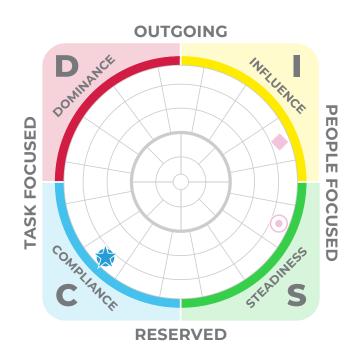


## ANATOMY OF THE BEHAVIOR WHEEL



### RELATIONAL BEHAVIOR MIX

We all exhibit a variety of behavioral traits, but in varying degrees of intensity and with varying levels of consistency. The graph below shows how intensely and consistently our behavior style is expressed.





NATURAL: O

BALANCING CONFLICTING BEHAVIOR: Not at all

Brad's Natural behavior style is located in the outermost ring which indicates that his Natural behavior is always within the same mode, very seldomly being balanced by a different behavioral style. During times of stress, his Adaptive behavior remains within the same mode as well, not adapting in a discernable way.



NATURAL:

ADAPTIVE:

BALANCING CONFLICTING BEHAVIOR: Not at all

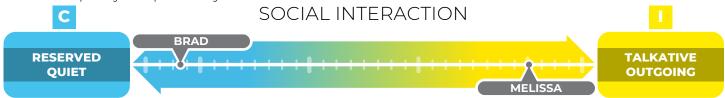
Melissa's Natural behavior style is located in the outermost ring which indicates that her Natural behavior is always within the same mode, very seldomly being balanced by a different behavioral style. During times of stress, her Adaptive behavior remains within the same intensity, but adapts significantly to a different mode.

### **BEHAVIOR MANIFFSTATIONS**

Understanding ourselves at a fundamental level is key in good communication and healthy interaction as a couple. The following four categories, along with their associated attributes, help to paint a picture of these fundamental behavioral realities.



Brad and Melissa definitely appear to have certain things in common when it comes to handling problems. They both show some tendency to cooperate and be patient, but Melissa may avoid conflict at times and Brad may move a little more quickly toward resolution or trying to fix the problem. Responding intentionally and being aware of your spouse's fundamental behaviors during times of conflict may be helpful in finding resolution quickly and peacefully.



Based on your responses, Brad and Melissa have significant differences in the way they approach social situations. This significant difference in social interaction can be an occasional source of conflict. Melissa is overtly talkative and outgoing, while Brad may tend to avoid of social interaction altogether. Melissa may find identity and self-affirmation from friend groups where Brad does not display that same behavior.

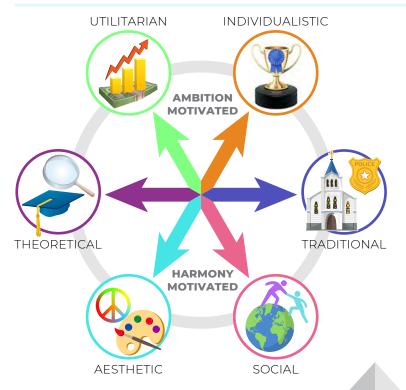


There is a slight difference in the pace at which Melissa and Brad handle life. While neither of you may be intensely fast paced, Melissa may tend to desire to move more quickly through a process or conversation, while Brad may desire to analyze the situation more fully before making a final decision. Respecting each other's time to process and not being overly critical of each other may help to maintain balance in the relationship.



Brad and Melissa have a different primary focus when it comes to handling various life events and situations. Brad tends to be a little more task focused and perhaps less likely to be worried about how people's feelings may be affected. Melissa on the other hand, may tend to be more people focused, having more concern for people's opinions and how outcomes may affect people's feelings.





### THE SIX BASIC MOTIVATIONS

The aim of this motivations instrument is to measure the relative prominence of the motives behind our behavior and actions. These six basic motives are: Theoretical, Utilitarian, Aesthetic, Social, Individualistic, and Traditional.

**Theoretical**: Accumulating understanding, knowledge, research and facts

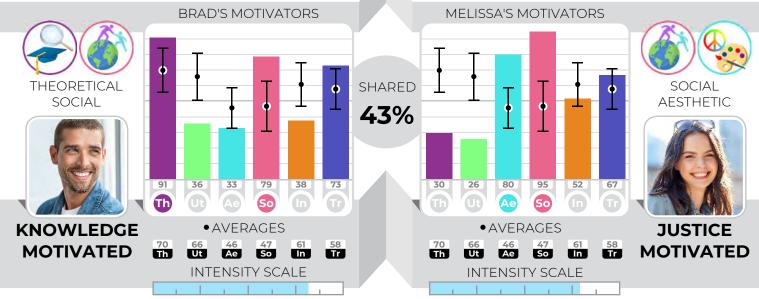
**Utilitarian**: Utilizing resources to gain greatest possible return on investment

**Individualistic**: Gaining power, leading others and advancing position

**Traditional**: Following a particular system for living that provides the basis for decisions

**Social**: Helping people and eliminating conflict, hatred, and injustices

**Aesthetic**: Self-actualization through experiencing beauty, variety, harmony and balance



This black dot indicates the average score of those who have taken this assessment.
 This indicates 68% of those who have taken this assessment fall within this range.

#### MOTIVATOR INTERACTIONS

Brad and Melissa have some differences when it comes to what motivates them. Brad has a high Theoretical score and a low Aesthetic score. He will tend to be motivated more by facts and information than by the beauty and harmony around him. Melissa has a high Social score and a low Utilitarian score. She will tend to be motivated more by public service and humanitarian efforts than by maximizing time and return on investment. As a couple, these core motivators shape many of the patterns and interactions within the relationship. Understanding what motivates your partner helps you to speak their language more effectively.

BEING KNOWN Can you see these motivations present in your partner? How do you think this mixture of motivations shapes your relationship?

### SEFING OUR INNER SELVES

Your primary motivators combined with your most prominent behavior styles endow you with certain "super powers" in this relationship! As any super hero will tell you, these powers can be used for good or ill.





### SUPER **POWERS**





### CONSCIENTIOUS THINKER

#### **DESCRIPTION**

People with a high Theoretical motivation tend to focus on the discovery of truth and knowledge, solving problems, and pursuing facts and research. They use their cognitive ability to understand, discover, and systematize the truth.

#### SUPER POWER IN MARRIAGE

The value to the relationship from a high Theoretical is found in thinking through problems and showing objectivity in all situations. The Theoretical person will be strong in identifying, differentiating, generalizing, and systemizing knowledge. The pursuit of knowledge, identifying truth and untruth, and explaining and defining complex systems are all values brought by the highly Theoretical individual.

#### **UNDER STRESS**

When experiencing stress, the pursuit of knowledge or understanding may be so primary that practical or relational matters could be neglected or ignored. The discovery and explanation of truth may take priority over the opinions and feelings of others, causing communication to be more difficult.

### FRIENDI Y SUPPORTER

### **DESCRIPTION**

People with a high Social motivation tend to focus on how their ideas and actions will benefit others. They are motivated by investing themselves, their time and resources, in helping others to achieve their potential.

#### SUPER POWER IN MARRIAGE

The value to the relationship from a high Social is found in a desire to invest themselves in others and be selfless. The Social person will be generous with their time, talents and resources. Seeing and developing potential in others and being a champion of worthy causes are all values brought by the highly Social individual.

#### **UNDER STRESS**

When experiencing stress, the Social person may place their primary focus on others or on a cause, feeling a heightened sense of urgency or a need for justice. This stress may give rise to feeling anxious or depressed over situations around them or in their own lives.



When these two powers join forces they have the potential for great synergy in the relationship. Recognizing each other's strengths and weaknesses is the key. With Brad's high Theoretical super power of pursuing and discovering hidden truth and knowledge combined with Melissa's high Social super power of promoting worthy causes and performing selfless acts, these two can be an impressive team. Ultimately, learning to lean on each other's strengths may help to resolve differences that may arise.



### BIRTH ORDER GENERALIZATIONS

Your birth order within your family of origin can often contribute to certain personality traits. The accuracy and intensity of this effect can vary depending on several factors, including the gap between siblings, the presence of and relationship with parents, socioeconomic status, among other factors. Some additional exceptions that are detailed in the center circle below.

### THF FIRST BORN





Difficult to categorize, they avoid being boxed in

and have a more go-with-the-flow attitude than

These children quickly learn how to please their parents — becoming conscientious, organized and reliable and serving as surrogate parents to younger siblings.

#### **CHARACTERISTICS**

- Reliable
- Conscientious
- Structured
- Cautious
- Controlling
- Achieving

These children usually receive the least discipline, the fewest responsibilities and the biggest audience. As a result of being babied, they tend to be tender and altruistic. They learn that being funny and adorable gains attention and approval.

### CHARACTERISTICS

- Fun loving
- Uncomplicated
- Manipulative
- Outgoing
- Attention seeking
- Self-centered

### **5 YEARS**

The time gap it takes for birth order to restart

### SOME EXCEPTIONS

Second born of two

First born in gender

Children with disabilities

Adoptions

**Twins** 

their older siblings. They tend to be unbiased and levelheaded and are good at negotiations, most likely from playing mediator between their siblings.

CHARACTERISTICS

- People-pleasing Good friend
  - Social
- Peacemaker■ Rebellious
- Thrives on
- friendship

These children are typically mature for their age due to time spent with adults. Many are high achievers, with a few rebelling and following their own path.

### **CHARACTERISTICS**

- Mature
- Diligent
- Perfectionist
- Sensitive
- Conscientious
- Confident

### THE YOUNGEST





### THE **ONLY CHILD**



OUR **BIRTH ORDER** 



3rd of 3 children

THE YOUNGEST

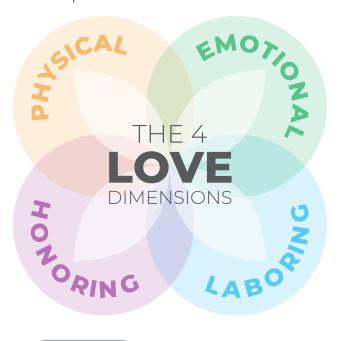
**NEXT MODULE: LOVE DIMENSIONS** 

1st of 2 children

THE OLDEST



The 4 Love Dimensions help us to visualize different ways that we communicate and receive love from each other. This section will attempt to provide insights into how to most effectively communicate love to your partner, areas where you both may be experiencing or lacking fulfillment, and the different ways that you attempt to show love to each other.



The 4 Love Dimensions capture many aspects of how we express and communicate love to each other.

**PHYSICAL:** Engaging in expressions of love through touch and proximity. This is expressed through just being physically close, holding hands, embracing each other, touch or caress, kissing or sexual activity.

**EMOTIONAL:** Understanding you more fully by taking an interest in your thoughts, ideas, and feelings. This is expressed through listening and talking, spending uninterrupted time together, and feeling like your partner really gets you.

**LABORING:** Providing love by working, helping, and serving. This is expressed through helping with household tasks, planning time together, acts of service, giving gifts, and sacrificing their own time or interests for you.

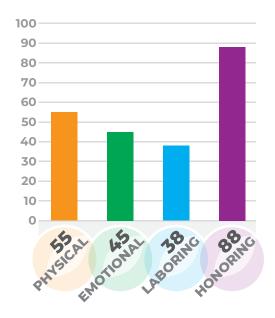
**HONORING:** Displaying signs of honor, respect, and praise. This is expressed through showing respect for your decisions, offering words of praise or affirmation, expressing gratitude, and esteeming you before others.

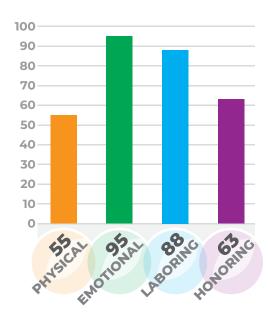


## OUR **LOVE DIMENSIONS**



Below are the ways you each desire to receive love from each other within The 4 Love Dimensions.





BEING KNOWN Can you see these Love Dimensions present in your partner? How do you think this mixture of dimensions shapes your relationship?

This page looks at overall fulfillment in The Four Love Dimensions. This also gives us insight into our "Love Tank" level. Feelings of fulfillment are all about being on the same page and recognizing how to fill each other's love tanks.

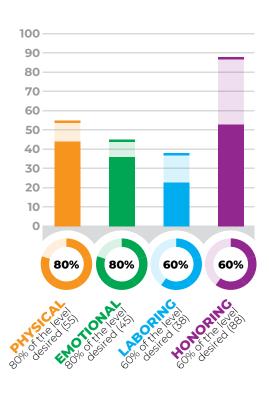


## FULFILLMENT **GRAPHS**



The charts below indicate fulfillment in each of The Four Love Dimensions based on rating fulfillment in each category on a scale of zero to five.

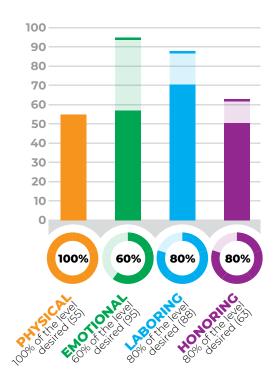
### **BRAD'S FULFILLMENT**



BRAD'S LOVE TANK



### MELISSA'S FULFILLMENT



MELISSA'S LOVE TANK



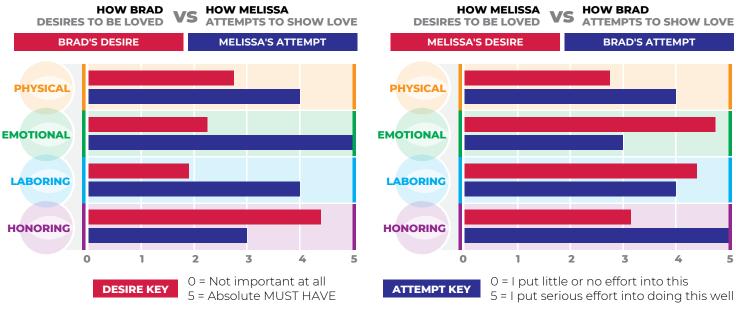
BEING KNOWN We all have a love tank. What is it about your partner's love tank that your find most surprising?



## DESIRE vs ATTEMPT



How does the way you attempt to show love to your partner compare to how your partner desires to be loved?



## HOW TO LOVE ME

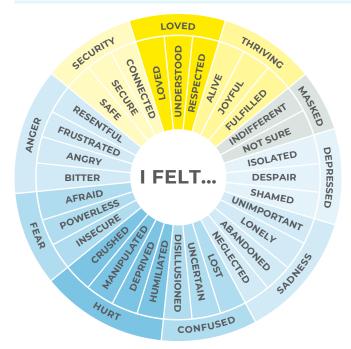
Below are the most important ways you each desire to receive love.



PHYSICAL	EMOTIONAL	LABORING	HONORING
Touch, caress	Knowing someone I love is thinking of me	Receiving gifts	Receiving words of praise
Holding each other	Being able to share my feelings	Getting help with chores or tasks	Recognition and appreciation
Sexual activity	Spending uninterrupted time together	Being provided for	Protecting my dignity, honor or reputation
Being close to someone I love, in their space	Listening to my feelings	Someone I love sacrificing their time/interests for me	Honoring me in a social setting or on social media
Cuddling, embracing	Flirting, being playful	Acts of service without being asked	Honoring or respecting my wishes/decisions
Holding hands	Knowing someone I love shares my feelings	Being patient with my shortcomings	Noticing my effort or accomplishment
Gentle touch when near me or during conversation	Someone I love is curious to learn new things about me	Doing or planning something special for me	Hearing compliments from someone I love
Frequent physical contact	Frequent talking, sharing of feelings	Frequent acts of service or help	Frequent praise and affirmation

**BEING** Take a moment to reflect on the way your partner desires to be loved. How do they communicate these desires? How do you respond?

NEXT MODULE: FAMILY OF ORIGIN



### THE EMOTIONAL SPECTRUM

Our upbringing and family of origin has a significant impact on our emotional development and sense of well-being. These emotions often transfer into our marriage relationship in a variety of positive and negative ways. Understanding each other on this deep emotional level can help you to develop a clearer picture of your partner and how they view a variety of life situations.

### BEING **KNOWN**

What areas of this emotional spectrum do you identify with most as it relates to your family of origin?





### EMOTIONAL BAGGAGE CLAIM



Let's face it, we all have some emotional baggage we carry with us from our upbringing and family of origin. These burdens shape us into who we are, but can also add challenges to marriage as well. The following scales were determined by the overall percentage of negative emotion that was recorded by this assessment related to family of origin.











PERSONAL ITEMS CARRY-ON **CHECKED SUITCASE** 

CARRY-ON **CHECKED SUITCASE** 

PERSONAL ITEMS:

This indicates there are a small number of negative emotions that you associated with your family of origin. These one or two items can be carried through marriage, but may require attention from time to time and could be sources of stress or conflict occasionally.

CARRY-ON:

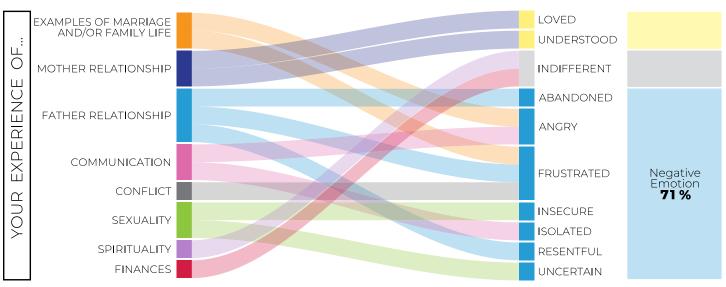
The carry-on indicates there are more than just a couple negative emotions that you associated with your family of origin. There are likely times when these negative emotions could affect regular, healthy communication if not reconciled.

CHECKED SUITCASE: This indicates there are many negative emotions associated with your family of origin. These negative emotions are very likely to cause a variety of issues if not reconciled. Acheiving a true sense of oneness with your spouse may be difficult when anger, frustration, and shame are present.

The emotion graphs below drill a little deeper into an awareness of our emotions as they relate to a variety of key areas during our upbringing. How do you feel your emotions today are or are not affected by the past?

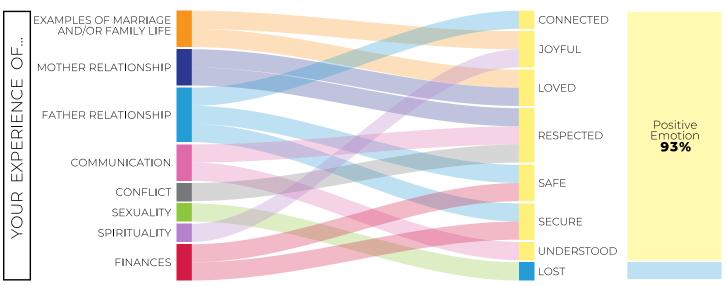


## BRAD'S **EMOTION GRAPHS**





## MELISSA'S **EMOTION GRAPHS**

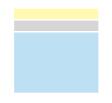




## WHERE WE ARE COMING FROM



### FROM A PLACE OF HURT



POSITIVE **14%** OTHER **14%** 

NEGATIVE 72%

### FROM A PLACE OF LOVE



POSITIVE 93%

NEGATIVE 7%

IN MY FAMILY, I EXPERIENCED...

Mostly negative examples of marriage and family life

Very close relationship with mom

Estranged relationship with dad

Communication was most often yelling, struggle for dominance

Conflict was mostly avoided, not resolved

Little to no communication about sexuality, lack of guidance

Faith was nominal

Financially we had enough

IN MY FAMILY, I EXPERIENCED...

Mostly positive examples of marriage and family life

Close relationship with mom

Very close relationship with dad

Communication was most often talking calmly, good communication

Conflict was mostly addressed and resolved quickly

Little to no communication about sexuality, lack of guidance

Faith was central

Financially we had enough

## IMPACT ON **ONENESS**

Brad and Melissa come from two different places when it comes to their experiences of family life growing up. Melissa describes some negative emotions such as Confusion and Frustration, but generally associates positive emotions from her childhood. Brad describes a significant amount of negative emotion from his childhood including Frustration, Resentment, and Anger. The following areas of marital oneness may be affected by negative emotions and thought patterns which remain unaddressed or unresolved.

MUTUAL RESPECT
SELF-IMAGE
CONFLICT RESOLUTION

EXPECTATIONS OF OTHERS

MUTUAL TRUST

PRODUCTIVE COMMUNICATION



## WHEN GROWING UP...



My experience of bullying or intimidation as a child or young adult was	<b>NOT AT ALL</b> I FELT: Indifferent	OCCASIONAL OR MODERATE  I FELT:  Insecure, Frustrated
I experienced physical and/or sexual abuse as a child	<b>FALSE</b> I FELT: Indifferent	<b>FALSE</b> I FELT: Safe
I experienced emotional and/or verbal abuse as a child	<b>TRUE</b> I FELT: Angry, Resentful, Frustrated	<b>FALSE</b> I FELT: Loved
How I thought of my body and appearance was most consistently	MOSTLY POSITIVE	MOSTLY NEGATIVE
I generally perceived myself as	INSIGNIFICANT, UNWANTED, INVISIBLE	AVERAGE AND OCCASIONALLY OVERLOOKED

## AS AN **ADULT...**

	ALWAYS	SOMETIMES	SELDOM	NEVER
I feel that I struggle with constantly judging myself.				
I feel that I struggle with not being able to accept my flaws.				
I feel that I struggle with feelings of unworthiness.				
I constantly feel I am not good enough, less valuable than those around me.				
accept my flaws.  I feel that I struggle with feelings of unworthiness.  I constantly feel I am not good enough,				

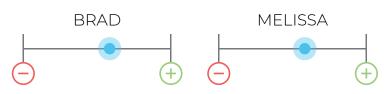
### OVERALL VIEW OF **SELF-WORTH**



Low, negative view



Strong, positive view



Brad and Melissa both significantly struggle with feelings of low self-worth. Strong feelings of negative self-worth can, at times, add to relational stress or conflict. Understanding the origin and nature of your spouse's sense of self-worth can help to strengthen your relationship as you seek to accept and love your spouse in areas of potential feelings of low self-worth, helping them to become the best version of themselves and be who God created them to be.

**NEXT MODULE: RELATIONSHIP ALIGNMENT** 



### UNDERSTANDING THE RELATIONSHIP ALIGNMENT SECTION

The following several pages are designed to take a look at Relationship Alignment. This instructional page serves as a guide to help understand the section. The overall alignment within a marriage relationship can be understood as how "on the same page" you feel as a couple. This alignment is assessed and broken down into several categories.

On the following pages you will see the Relationship Alignment assessment statements and both yours and your partner's responses. This Guide uses **four metrics** for each category. Two of these metrics look at your responses together (COMBINED), and two are based on individual responses (INDIVIDUAL).

## COMBINED **METRICS**





### ALIGNMENT

**ALIGNMENT** is a general indicator of how closely you are positively aligned with each other with regards to the topic. Positive Alignment is a good indicator of satisfaction and marital strength in that category. This is different than AGREEMENT because you can both be in agreement about a statement, but your agreement on something negative may indicate a relational misalignment.

### **AGREEMENT**

**AGREEMENT** is a straight percentage of how often you were in agreement, even if it was agreement about something which is problematic in the relationship. Overall Agreement within a category can be a good indicator that you both see things through the same eyes, even when there is relational misalignment present. This can be a good starting point in understanding where another person is coming from and identifying common ground.

## INDIVIDUAL METRICS





### SATISFACTION

**SATISFACTION** is an average of how positive an individual feels about the statements in the category. We generally feel more satisfied when we agree with positive statements about our relationship, and disagree with negative ones.

### **INDIFFERENCE**

**INDIFFERENCE** is an average of how often one chose "Indifferent." Indifferent may be selected for various reasons. It may indicate that we are ok with whatever our spouse indicates, or it may indicate that we just haven't really thought about the statement before or its impact on our relationship. Either way, it's good to take a look at these responses and discuss further.



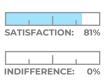
absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	MARRIAGE EXPECTATIONS  H: 100	alignment	agreement
							<ul> <li>I believe that love in our marriage is a decision and a covenant, not a feeling.</li> </ul>		
							+ We both desire and expect our marriage to be lifelong.		
							+ We have decided who will be the spiritual head of our household.	•	
							+ We have decided who will be the financial breadwinner of our household.	•	
							My partner will exceed all my expectations.		
							<ul> <li>My partner will always be the perfect spouse.</li> </ul>	•	
							+ I expect a successful marriage to require hard work.	•	
							+ I expect a successful marriage to require self-sacrifice.	•	



Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Openly discuss your expectations about marriage with your partner
- 2. Getting on the same page about how our family will be guided spiritually





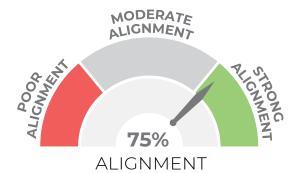


**AGREEMENT** 



BEING **KNOWN**  Have you made your expectations known to your future spouse? Can you identify any areas where your expectations may not align?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	CHILDREN AND PARENTING	alignment	agreement
							+ I am open to God blessing us with children.	•	
							+ I believe that being open to having kids is important.		
							+ We are open to however many children God blesses us with.	•	
							<ul> <li>I am afraid to think about having kids.</li> </ul>	•	
	•						My partner and I are on the same page with regard to how we will discipline our children.	•	
							+ We plan to teach our children our faith.		
							We plan to both consistently enforce the same set of rules and standards in our home.		
							+ I will value spending quality time with our kids.		
							Hy partner and I are on the same page with regard to who will stay home with our children when they are young.	•	



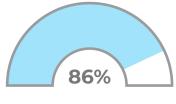


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Being open to God's will for your marriage and family
- 2. Embracing the challenges and changes involved with family







**AGREEMENT** 





BEING **KNOWN** 

What role will self-sacrifice play in your family life? In what ways will you sacrifice in order to support your partner and children?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	FINANCES	alignment	agreement
	•						+ I feel my partner and I handle finances well.	•	
							+ I value giving/tithing.	•	
							+ I am comfortable with our future financial plans.	•	
							I am often uncomfortable discussing money or finances with my partner.	•	
							<ul> <li>Money management in our marriage often negatively affects my mood.</li> </ul>	•	
							<ul> <li>I have concerns about the way my partner handles money.</li> </ul>	1	
							— Many of our disagreements and frustrations are related to money management.	•	



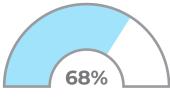


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Identifying each other's cues and moods related to money management
- 2. Understanding and validating each other's feelings







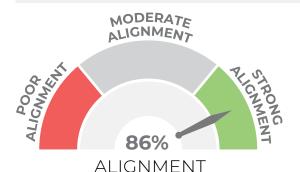
**AGREEMENT** 





BEING **KNOWN**  On a scale of 1 to 10, how would you rate your ability as a couple to come together on financial matters in a healthy, productive way?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	INTIMACY	alignment	agreement
							+ I feel expressions of love and affection from my partner without having sex.	•	
							+ I feel that my partner truly understands me and respects me and my dignity.		
							Hy partner and I are on the same page concerning the role of sex in our marriage.	•	
							+ I feel that sex will bring me closer to my partner and strengthen our relationship.	•	
	•						+ I feel very comfortable discussing sex and sexual expectations with my partner.	•	
							+ I have had open, honest discussion with my partner about premarital sex.	•	
							<ul> <li>I have concerns about my partner viewing pornography.</li> </ul>		
							<ul> <li>I feel my partner uses affection or sexuality to manipulate me or others.</li> </ul>		
							<ul> <li>I have concerns that my partner is not always faithful to me.</li> </ul>		



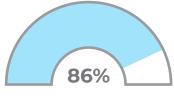


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Discussing sex and purity openly
- 2. Identifying areas where expectations about sex may be idealized or unrealistic







**AGREEMENT** 

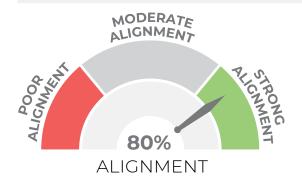




BEING **KNOWN** 

Ask yourself: What do you think the biggest roadblock to oneness is in your relationship? How does it affect intimacy?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	COMMUNICATION	alignment	agreement
							Good, clear, positive communication is imperative to me in this relationship.		
							+ I feel heard and understood when I communicate with my partner.	•	
							+ I enjoy the time we spend communicating.	•	
							- I feel at times that our communication doesn't end in clear resolution.		
							- I feel my partner will often belittle me or talk down to me.	•	
					•		I feel my partner is often distant and uninterested in communicating with me.	•	

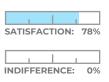


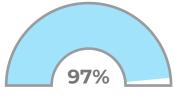


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Establishing clearly defined outcomes
- 2. Patience in seeing each other's point of view







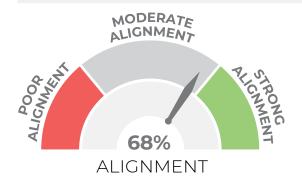
**AGREEMENT** 





BEING **KNOWN**  We all have a movie playing in our minds. It's our life. Have you ever put yours on pause to check out what your partner is watching?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	CONFLICT	alignment	agreement
	•						+ I feel that my partner and I handle conflict well.	•	
							+ Good communication is the key to resolving conflict.		
							I generally avoid conflict with my partner.	•	
							I feel my partner avoids conflict with me.	•	
							— I am afraid of conflict with my partner.		
							— I win most conflicts or arguments with my partner.	•	





Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

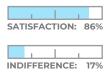
- 1. Creating a safe space to share and respect each other's feelings
- 2. Understanding each other a priority over winning an argument







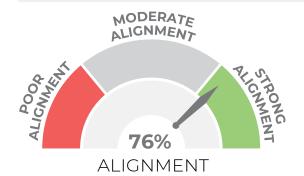




BEING **KNOWN** 

As people, we all have a desire to be heard and understood. Does the way you and your partner handle conflict help or hurt this desire?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	PAST / UPBRINGING	alignment	agreement
	•						+ My partner knows about my past, family of origin, and upbringing.	•	
							+ I am an open book about my past.	•	
							+ I am aware of how my upbringing has shaped me.	•	
	•						+ My partner is an open book about their past.	•	
							There are past hurts or negative emotions from my upbringing that I have difficulty discussing.	•	
							There are experiences in my past that I don't want to share with my partner or anyone.	•	





Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Identifying past hurts that may need to be reconciled
- 2. Developing a deeper awareness of how past events shape us







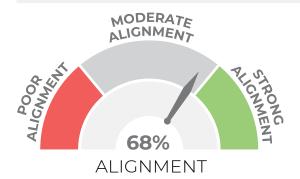
**AGREEMENT** 





BEING **KNOWN**  Is there anything about your own past or upbringing that you feel may affect the way you relate to your partner?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	SACRAMENTS	alignment	agreement
							+ I am a practicing Catholic.	•	
							+ I go to Mass regularly.	•	
							+ I go to confession regularly.	•	
	•						+ I believe the sacraments of the Church help me in my walk with Christ.	•	
							+ I have received the sacraments of Baptism, Eucharist, and Confirmation.		
							+ I value my partner and I going to church together.	•	
							+ I value raising children to know and practice their Catholic faith.		

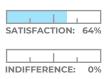


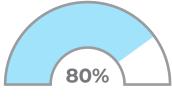


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Discussing the importance of the Holy Mass
- 2. Identifying the role of confession in life and marriage

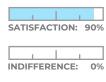






**AGREEMENT** 

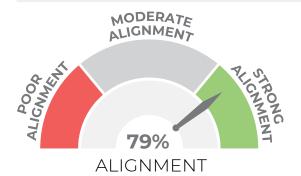




BEING **KNOWN** 

What role do the sacraments of the Church play in your life? What role do they play in vitalizing your marriage?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	SPIRITUALITY SPIRITUALITY	alignment	agreement
							+ Faith is an important part of my life.	•	
							+ The practice of my faith is an important part of my life.	•	
							+ Our faith is an important part of our marriage.	•	
		•					+ My partner and I share the same view in regards to faith.	•	
	•						+ My faith is an important part of my belief system and decision making.	1	
							Hy partner and I are on the same page with regard to the time and level of commitment spent in support of our faith.	•	
							I feel my partner doesn't understand or doesn't try to understand my beliefs.	•	
						•	<ul> <li>I feel my partner disagrees with me on beliefs or principles that are central to my faith.</li> </ul>	•	





Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

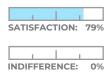
- 1. Discussing the time and commitment spent in support of our faith
- 2. Identifying what role faith could or should play in our lives







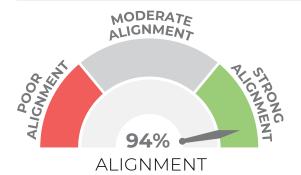




BEING **KNOWN** 

In what ways has faith been a source of strength in your marriage? What role could faith play in making your marriage stronger?

absolutely agree	agree	mostly agree	indifferent	mostly disagree	disagree	absolutely disagree	DECISION MAKING	alignment	agreement
							+ I pray before making difficult decisions.	•	
							+ I include my partner in making important decisions that affect our marriage or family.		
	•						+ I discuss tough moral issues with my partner.	•	
	•						+ I rely on my faith to guide me in moral decisions.	1	
							Hy partner and I are on the same page with regard to making important decisions in our marriage.	1	
					•		<ul> <li>I have concerns about my partner's inability to make quick decisions.</li> </ul>	1	
							<ul> <li>I am concerned my partner doesn't think through their decisions properly.</li> </ul>	•	

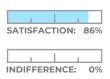


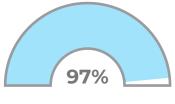


Based on your responses, the areas below may be a good place to focus on growing depth in your relationship:

- 1. Discussing the role of prayer in decision making
- 2. Discussing tough moral issues together

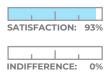






**AGREEMENT** 





BEING **KNOWN**  Some decisions don't have easy, clear cut answers. If you see your partner is struggling with a decision, how do you react?

### OVERALL RELATIONSHIP ALIGNMENT



With an overall alignment of 77%, your marriage falls in the category of strong alignment. Congratulations, this means that in most areas you align well and are generally on the same page when it comes to the topics assessed. The primary areas with the greatest room for growth are Finances, Conflict, and Children and Parenting. Your areas of strongest alignment are Decision Making, Intimacy, and Marriage Expectations.



With an overall agreement of 83%, you have strong common ground in the way you perceive the statements about relationship alignment. This is a good sign that the two of you are usually on the same page when it comes to the topics assessed. The areas with the greatest overall agreement are Communication, Decision Making, and Children and Parenting. Your area of least agreement are Finances and Conflict.

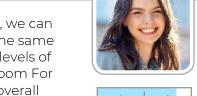
# OVERALL INDIVIDUAL METRICS





INDIFFERENCE: 0%

With Brad's overall satisfaction at 75% and Melissa's at 84%, we can see that there is strong satisfaction, indicating you are on the same page about many of these topics. You both show very low levels of indifference and indecision which is healthy. Look to the Room For Growth items below to see areas that can help improve overall satisfaction in your marriage.







### ROOM FOR GROWTH

Based on your responses, the areas below represent the key growth areas in your relationship. There may be various areas for growing depth in your marriage found on the preceding pages, but this list condenses some important areas to concentrate on.

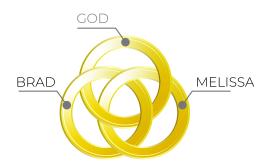
- 1. Identifying past hurts that may need to be reconciled
- 2. Understanding each other a priority over winning an argument
- 3. Establishing clearly defined outcomes
- 4. Understanding and validating each other's feelings
- 5. Identifying each other's cues and moods related to money management
- 6. Embracing the challenges and changes involved with family
- 7. Openly discuss your expectations about marriage with your partner

NEXT MODULE: CLOSING RECAP





### **CLOSING RECAP**



As this Marriage Enrichment Guide draws to a close, reflect back on this marriage union as we described it at the beginning. This guide has revealed certain insights about you, your marriage, and how this union of three is strengthened and challenged through the various aspects of marriage and family life. As you continue to engage in productive conversation, consider the questions below:

What I learned about myself that I didn't know before:
What I learned about my partner that I didn't know before:
7 F 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
How I will use these insights to strengthen my marriage:

## GOING DEEPER



To Be Known is a program of Spiritual Retreat Foundation.

Your support of Spiritual Retreat Foundation helps us fulfill our mission of providing world-class retreat facilities and programs that allow people to "retreat from the world" and deepen their relationship with our Lord Jesus Christ.

#### **Our Mission Statement**

"Rooted in the Catholic faith, we will provide world-class retreat facilities and programs that allow people to 'retreat from the world' and deepen their relationship with our Lord Jesus Christ."

Spiritual Retreat Foundation is becoming a national leader in faith-based retreat facilities and programs that inspire the laity to more fruitful evangelistic action.

We seek excellence in all we do, including providing food, facilities, and programs. We work with the church to build up the family, as all baptized are "called to make disciples of all nations." (Matthew 28:19) We work collaboratively with all the children of God and welcome all of our Christian brothers and sisters.

Spiritual Retreat Foundation is a 501c3 public charity. Your donation may be tax deductible.

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