

Abbreviated
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LIFEREADY

marriage oneness

sample

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your marriage oneness profile

Congratulations on completing your Marriage Oneness Profile.

This profile goes hand-in-hand with the Marriage Oneness Video Series that you are now a part of. It will help you evaluate and assess your marriage in each of seven "Key Marriage Oneness Areas" vital to your relationship. These seven marriage areas also correspond directly with the seven video sessions of Marriage Oneness yet ahead of you. This profile will help you identify strengths behind your marriage as well as areas of concern that need your attention. Know this: few couples ever receive the kind of objective feedback on their marriage that you now have: feedback that empowers you with truth and clarity - not guesswork - about the pros and cons of your marital relationship. This fresh perspective on your marriage combined with the clear vision, proven principles, and practical how to's of the Marriage Oneness Video Series will serve as a huge asset in helping you and your spouse build a sound and satisfying marriage relationship together.

Your Marriage Oneness Profile is based on over 25 years of research from the PREPARE/ENRICH Program. Your Marriage Oneness Profile will serve you in three ways:

First, it will help you and your spouse celebrate your relationship strengths. You should be proud of the areas where you 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 money, 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.

Second, it will help you and your spouse identify issues you struggle with 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 the results in your Marriage Oneness Profile as permanent, or unchangeable. They are not. These results are a snapshot of where your relationship is today.*

Third, it will encourage you and your spouse to talk about your relationship. By sharing your feelings and ideas, you will discover new ways to build a strong marriage. 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. Make time to digest these profile results together. 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. May God bless you as you process this Marriage Oneness Profile and the valuable insights you will receive in the video sessions ahead to build a strong and deeply satisfying marriage.





marriage oneness

"For this cause a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh." GENESIS 2:24

What every couple longs for in their marriage is "Oneness", a one-of-a-kind closeness that offers a rich and satisfying companionship unlike any other.

When the Bible speaks of marriage as a "one flesh" relationship (Genesis 2:24), it pictures much more than a physical connection. Instead, it pictures an ever-deepening connectedness and integration of two lives together. Real oneness connects souls, not just bodies.

Therefore, oneness in marriage is partnering with your spouse to pursue **a soul level harmony of mind, heart, and will** which expresses itself in enjoying together **common direction (mind), emotional connection (heart), and mutual commitment (will)**.

Marriage Oneness Levels

Your Marriage Oneness Profile places your marriage on one of five Oneness Levels. The Marriage Oneness Level you, as a couple, are **presently experiencing** in your marriage has been measured by what you reported on your Marriage Oneness Profile. These five Oneness Levels are described below:

- LEVEL 1** Level 1 couples are "highly connected" to one another and are typically very satisfied with their relationship. They are skilled in communication and conflict resolution which helps fuel the oneness they enjoy together.
- LEVEL 2** Level 2 couples are "connected" to one another and experience strong levels of satisfaction across most areas of their relationship. Strengthening areas needing attention will bring even greater closeness.
- LEVEL 3** Level 3 couples are "committed" to one another. Committed couples are also highly loyal to one another but often are not as skilled in communication and conflict resolution. Addressing these areas will be important for increasing oneness and marital satisfaction.
- LEVEL 4** Level 4 couples are "disconnected" in their marriage experience and have a lower level of marital satisfaction and closeness. They often struggle with several important areas of their relationship. Addressing these areas will be key to restoring the oneness that at this time is lacking.
- LEVEL 5** Level 5 couples are "highly disconnected" in their marriage relationship and have very low marriage satisfaction. They have growth needs in a large number of areas of their relationship that require serious attention. Improving skills in communication and conflict resolution will be vital to bringing new hope and new oneness.



your marriage oneness level



Any married couple can greatly benefit from a perspective that accurately reflects back and measures what they believe and feel about their relationship. This is even more true when the areas they report on are areas most vital to the success of their marriage.

This is precisely what the Marriage Oneness Profile does. It provides objective oneness feedback on your marriage relationship as you are now experiencing it. In the pages that follow, your marriage picture will be clarified by feed back in seven key marriage oneness areas. First, however, we want to summarize the overall oneness you reported you are presently experiencing in your marriage. Your profile results indicate that your marriage oneness is currently at...

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Level 3

.....

Level 3 couples are "committed" to one another. Committed couples are also highly loyal to one another but often are not as skilled in communication and conflict resolution. Addressing these areas will be important for increasing oneness and marital satisfaction.

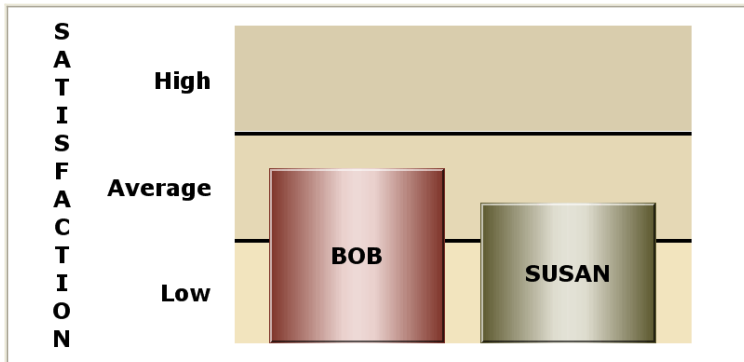
The key to a great and long-lasting marriage is the same for every couple. It is not where your marriage is, but where it is going. It is two people committed to learn how to love each other well. Therefore, regardless of what level of oneness your marriage is presently in, you can always find new ways to improve and deepen it.

If your marriage oneness level is low, do not become discouraged. You are anything but stuck. Studies have shown that any couple can raise the level of their marital oneness by improving their relationship skills. Therefore, take your marriage oneness level as a positive challenge! Seek help in determining what best steps to take for raising your oneness experience and for generating new closeness between one another in the future.



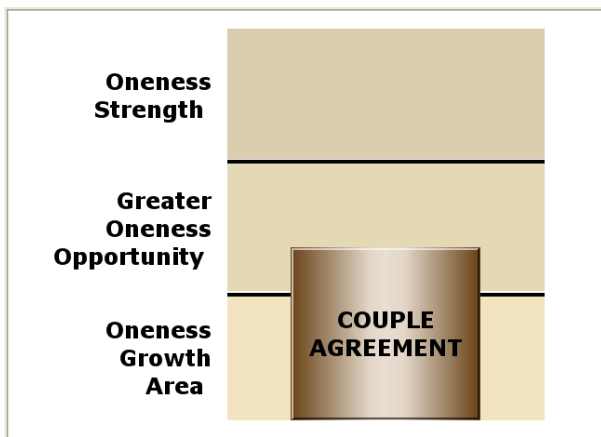
The **Roles & Responsibilities** category measures your satisfaction with how you handle roles and responsibilities in your relationship. More specifically, this category looks at how household chores and decision-making are shared.

Individual Results for Roles & Responsibilities



- As individuals, you are both somewhat satisfied with how you handle roles and responsibilities in your relationship, but there may be some issues that need to be discussed

Couple Results for Roles & Responsibilities



Agreement Items: You both feel positive about:

- How chores are divided
- How leadership is shared
- Your flexibility regarding roles and responsibilities

Discussion Items: It may be helpful to discuss:

- Consulting one another on important decisions
- Finishing household chores
- Sharing household tasks
- Whether or not you're too busy for household chores.

Roles & Responsibilities are **Greater Oneness Opportunities** in your relationship. Finding ways to share and effectively deal with household chores, decision-making, and leadership can be very challenging. Some families adopt more traditional roles, while others divide and share roles and household responsibilities based on time availability, interest, and skill. There is more than one way to successfully approach your roles and responsibilities. By discussing your expectations and agreeing on a plan, you can work together as a team to grow this area of your relationship.

Couple Discussion:

This is a **Greater Oneness Opportunity** 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. Creativity and good communication will help you problem solve and further improve this area of your relationship.

