

Couple Checkup™

GROUP SUMMARY

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COUPLE CHECKUP GROUP SUMMARY

|
OVER 35 YEARS OF
SOLID RESEARCH MEANS
COUPLES ARE RECEIVING
VALID RESULTS THAT WILL
MAKE THEM SCREAM,
"THIS IS US!"
|

Congratulations! You have taken the first step to transforming the lives of couples. Group settings enable you to build community among couples and enhance learning, while still providing customized counseling to each couple. This group summary will give you the tools to identify the strengths and issues your group is facing. We have also provided a discussion guide for your couples to keep the conversation flowing. Thank you for your dedication to building stronger relationships.



Confidentiality Notice:

Group leaders do not have access to the results of any one couple. Couples take the assessment online and receive their confidential couple report themselves. It is up to the couple to choose whether or not they want to share their individual results with anyone else. The Couple Checkup is intended to be a private and confidential process.

Once a minimum of 5 couples in a group have taken the Couple Checkup, a group summary can be generated. This allows group leaders to get an overview of the couples with whom they are working, while protecting the privacy of individual couples.

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GROUP DATA

Summary Data is only available if 5 or more couples have completed their Couple Checkup.

Group Account Summary

Couple Checkup Type:	Married
Number of Couples:	146

Couples Scales Summary (based on completed Checkups only)

	Couples	Percentage
Standard Scales Only:	4	2%
Life Transitions:	30	20%
Emotional Climate	0	0%
Intergenerational Issues	17	11%
Children and Parenting	83	56%
Step Children	41	28%
Expecting First Child	0	0%

BACKGROUND INFORMATION

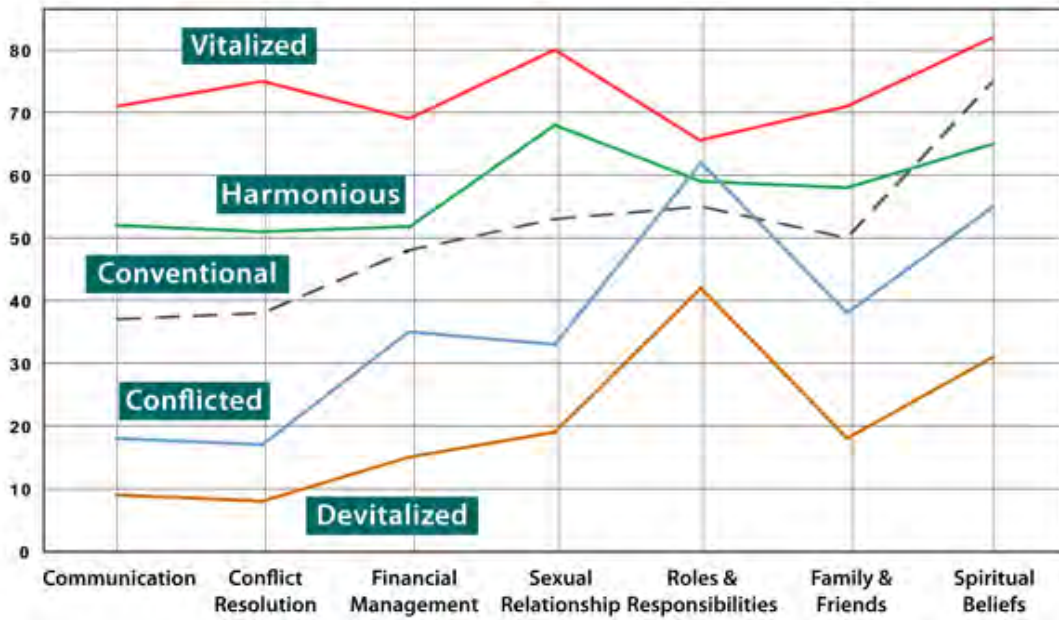
Age Range	<u>Number</u>	<u>Percentage</u>
18 - 20	0	0%
21 - 25	4	1%
26 - 30	17	6%
31 - 35	36	12%
36 - 40	54	18%
41 - 45	51	17%
46 - 50	50	17%
51 - 60	58	20%
61 - 70	16	5%
Older than 70	6	2%
Item Not Answered	0	0%
Education Completed		
Graduate/Professional	93	32%
Four-Year College	125	43%
Some College/Technical School	62	21%
Finished High School	10	3%
Some High School	1	0%
Item Not Answered	1	0%
Individual Yearly Income		
\$0 - \$9,999	49	17%
\$10,000 - \$19,999	14	5%
\$20,000 - \$29,999	12	4%
\$30,000 - \$39,999	19	7%
\$40,000 - \$49,999	33	11%
\$50,000 - \$74,999	57	20%
\$75,000 - \$99,999	33	11%
\$100,000 or more	70	24%
Item Not Answered	5	2%
Religious Affiliation		
Protestant (Christian)	231	79%
Catholic (Christian)	12	4%
Jewish	0	0%
Muslim	1	0%
Other	26	9%
None	4	1%
Item Not Answered	18	6%

Ethnic Background	<u>Number</u>	<u>Percentage</u>
African-American	50	17%
Asian-American	6	2%
Caucasian	217	74%
Hispanic/Latino	9	3%
Native American	0	0%
Mixed	6	2%
Other	2	1%
Item Not Answered	2	1%
How many children do you have?		
None	2	1%
One	54	19%
Two	115	41%
Three	57	20%
Four or more	51	18%
Item Not Answered	3	1%
How long did you date your spouse before engagement?		
Less than 6 months	39	13%
6 - 12 months	91	31%
1 - 3 years	113	39%
4 or more years	42	14%
Item Not Answered	7	2%
How long were you engaged prior to marriage?		
Less than 6 months	86	29%
6 - 12 months	129	44%
1 - 2 years	57	20%
3 or more years	9	3%
Item Not Answered	11	4%
Did you and your spouse live together prior to marriage?		
Never lived together prior to marriage	162	55%
Less than 1 month	12	4%
1 - 6 months	36	12%
7 - 12 months	31	11%
1 - 2 years	33	11%
3 or more years	14	5%
Item Not Answered	4	1%

Number of times previously married?	<u>Number</u>	<u>Percentage</u>
Never married before	222	76%
1 previous marriage	50	17%
2 previous marriages	15	5%
3 previous marriages	2	1%
4 or more previous marriages	0	0%
Item Not Answered	3	1%

How long have you and your spouse been married?		
Less than 1 year	14	5%
1 - 5 years	48	16%
6 - 10 years	49	17%
11 - 15 years	61	21%
16 or more years	118	40%
Item Not Answered	2	1%

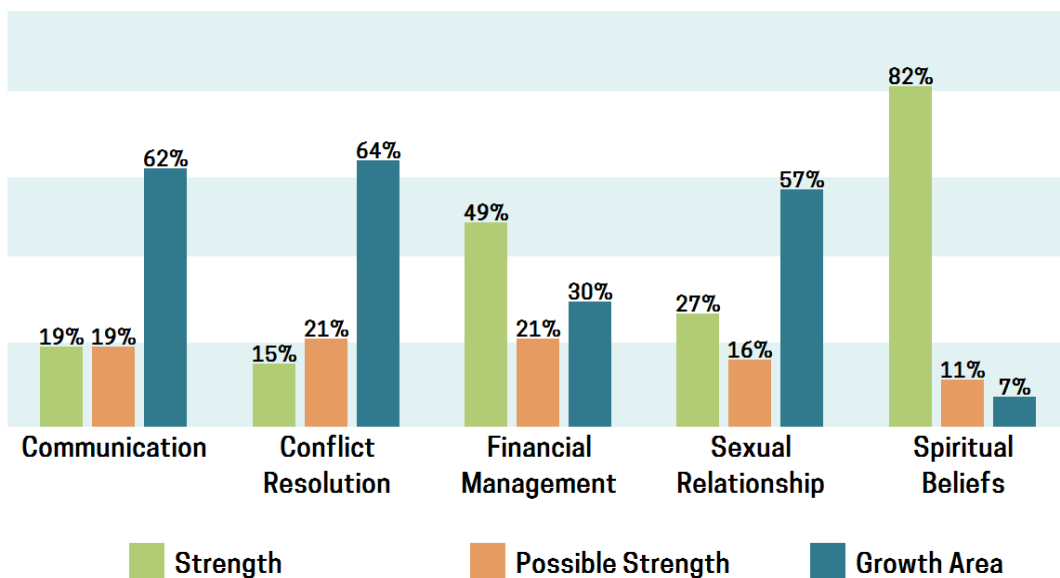
COUPLE TYPES



These Couple Types can be thought of as a measure of relationship satisfaction:

Couple Type Summary	Satisfaction	# of Couples	Percentage
Vitalized	= Very High Satisfaction	33	22%
Harmonious	= High Satisfaction	11	7%
Conventional	= Somewhat Satisfied	32	21%
Conflicted	= Low Satisfaction	41	28%
Devitalized	= Very Low Satisfaction	29	19%

COUPLE STRENGTHS AND GROWTH AREAS



ITEM SUMMARY OF STRENGTHS AND ISSUES

Top 5 Couple Strengths (Based on Positive Couple Agreement)

Items with Highest
Couple Agreement

The role of spiritual beliefs in your commitment	95%
Your similarity in spiritual beliefs	91%
Understanding one another's spiritual beliefs	88%
The role of spiritual values in relationship growth	82%
Feeling more connected because of spiritual beliefs	79%

Top 5 Couple Issues (Based on Positive Couple Agreement)

Items with Lowest
Couple Agreement

Your willingness to share feelings	18%
Whether or not you end up feeling responsible for problems	19%
Your idea of a good time	20%
Bringing differences to a point of resolution	21%
Your time and energy for recreation	21%

Top 5 Male Strengths (Low to High 1 - 5)

Items with
Highest Satisfaction

Your similarity in spiritual beliefs	4.5
The role of spiritual beliefs in your commitment	4.5
Understanding one another's spiritual beliefs	4.4
The role of spiritual values in relationship growth	4.3
Feeling more connected because of spiritual beliefs	4.3

Top 5 Male Issues (Low to High 1 - 5)

Items with
Most Concern

Your time and energy for recreation	2.7
Bringing differences to a point of resolution	2.8
Whether or not you end up feeling responsible for problems	2.8
Fostering an interesting and enjoyable sexual relationship	2.8
The ability to ask for what you want	2.9

Top 5 Female Strengths (Low to High 1 - 5)

Items with
Highest Satisfaction

The role of spiritual beliefs in your commitment	4.7
Your similarity in spiritual beliefs	4.4
Understanding one another's spiritual beliefs	4.3
The role of spiritual values in relationship growth	4.2
Whether or not spiritual differences cause tension	4.2

Top 5 Female Issues (Low to High 1 - 5)

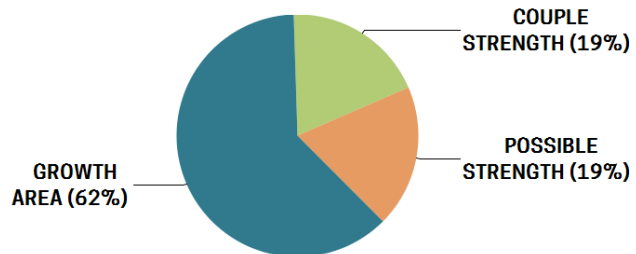
Items with
Most Concern

Bringing differences to a point of resolution	2.5
Your willingness to share feelings	2.6
The ability to ask for what you want	2.8
Your time and energy for recreation	2.8
Your idea of a good time	2.8

COMMUNICATION

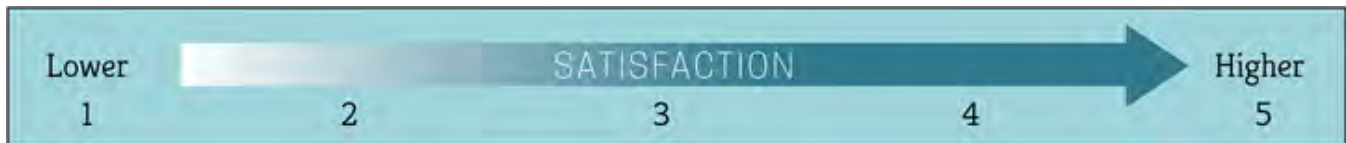
The **Communication** category measures how couples feel about the quality and the quantity of communication. It explores how they share feelings, understand, and listen to one another.

COUPLE AGREEMENT FOR COMMUNICATION

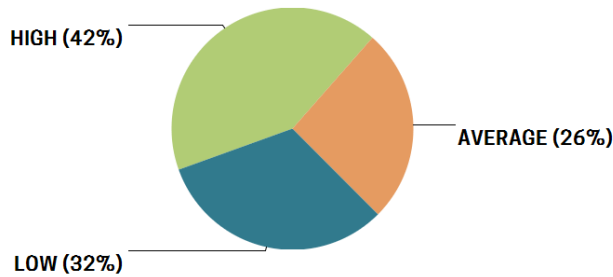


- Items with Highest Couple Agreement**
- 45% Whether or not you refuse to discuss problems
 - 39% Your satisfaction with how you talk to each other

- Items with Lowest Couple Agreement**
- 18% Your willingness to share feelings
 - 22% The ability to ask for what you want



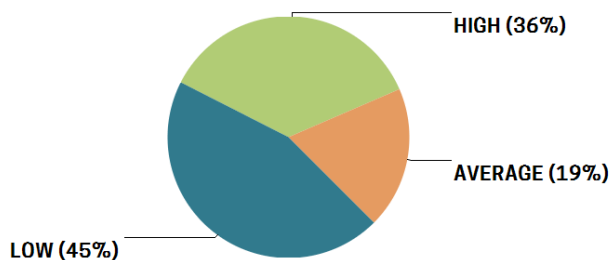
MALE SATISFACTION FOR COMMUNICATION



- Items with Highest Satisfaction**
- 3.7 Whether or not you refuse to discuss problems
 - 3.5 Feeling listened to

- Items with Most Concern**
- 2.9 The ability to ask for what you want
 - 2.9 The ability to share negative feelings

FEMALE SATISFACTION FOR COMMUNICATION



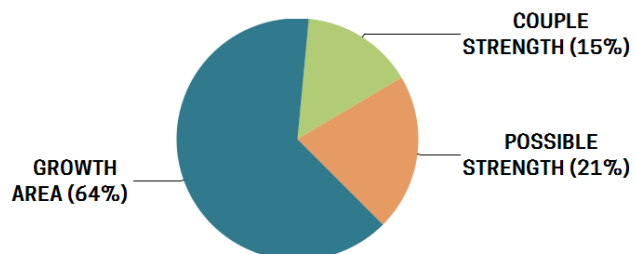
- Items with Highest Satisfaction**
- 3.4 Whether or not you refuse to discuss problems
 - 3.2 Your satisfaction with how you talk to each other

- Items with Most Concern**
- 2.6 Your willingness to share feelings
 - 2.8 The ability to ask for what you want

CONFLICT RESOLUTION

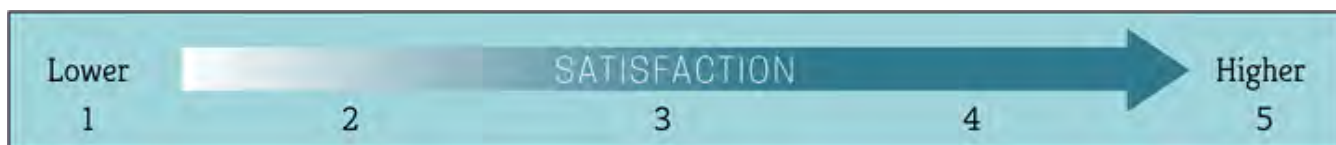
The **Conflict Resolution** category looks at a couple's ability to discuss and resolve differences. It measures how effectively couples share opinions, ideas, and feelings, even during times of conflict.

COUPLE AGREEMENT FOR CONFLICT RESOLUTION

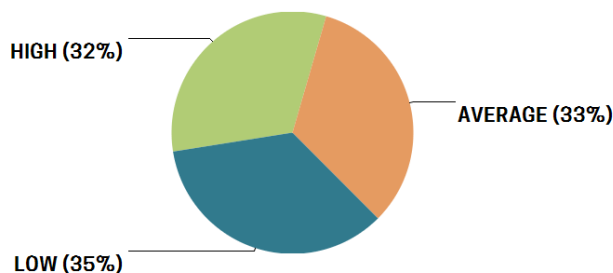


- Items with Highest Couple Agreement**
- 45% The ability to express feelings/ideas while resolving differences
 - 39% Feeling understood while discussing problems

- Items with Lowest Couple Agreement**
- 19% Whether or not you end up feeling responsible for problems
 - 21% Bringing differences to a point of resolution



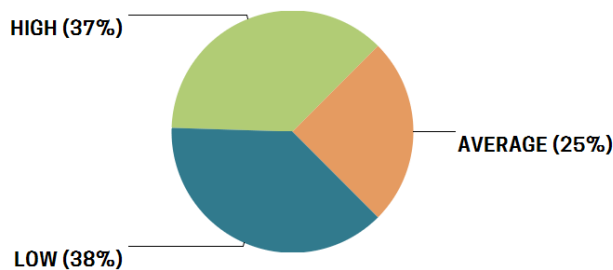
MALE SATISFACTION FOR CONFLICT RESOLUTION



- Items with Highest Satisfaction**
- 3.3 Feeling understood while discussing problems
 - 3.3 The ability to express feelings/ideas while resolving differences

- Items with Most Concern**
- 2.8 Bringing differences to a point of resolution
 - 2.8 Whether or not you end up feeling responsible for problems

FEMALE SATISFACTION FOR CONFLICT RESOLUTION



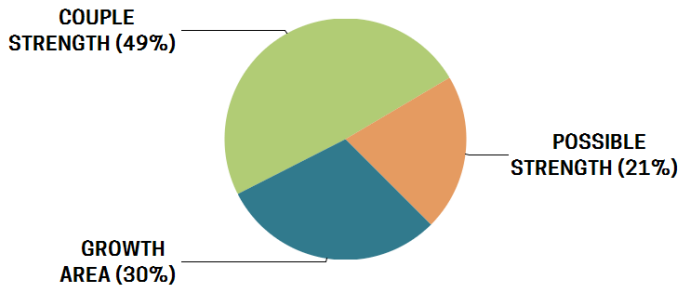
- Items with Highest Satisfaction**
- 3.5 The ability to express feelings/ideas while resolving differences
 - 3.3 Whether or not you say nothing to avoid hurting one another

- Items with Most Concern**
- 2.5 Bringing differences to a point of resolution
 - 3.0 Your approach to solving disagreements

FINANCES

The **Finances** category refers to having realistic financial plans and agreement in the area of finances. This category explores opinions about savings, having a financial plan, and spending habits.

COUPLE AGREEMENT FOR FINANCES

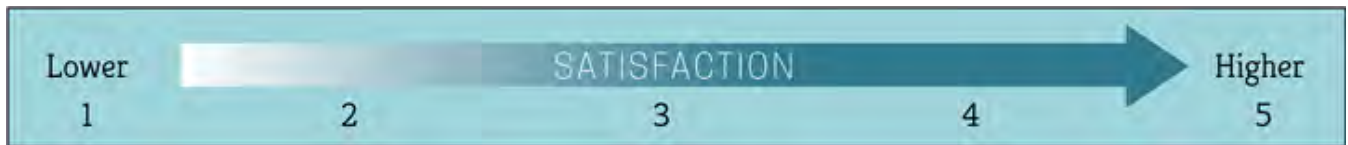


Items with Highest Couple Agreement

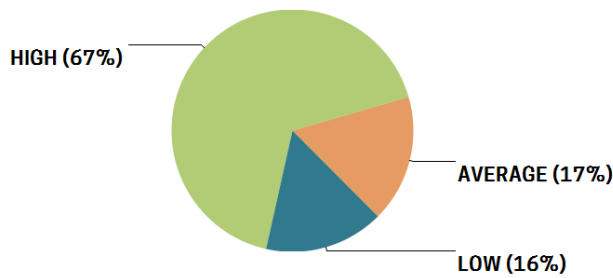
- 66% Spending priorities
- 61% Your level of debt/unpaid bills

Items with Lowest Couple Agreement

- 45% A savings plan
- 53% Making financial decisions together



MALE SATISFACTION FOR FINANCES



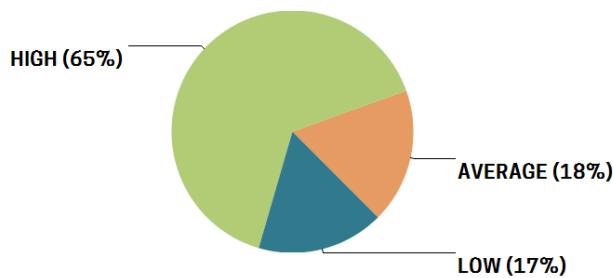
Items with Highest Satisfaction

- 3.9 Spending priorities
- 3.9 Sharing financial control

Items with Most Concern

- 3.4 A savings plan
- 3.6 Making financial decisions together

FEMALE SATISFACTION FOR FINANCES



Items with Highest Satisfaction

- 3.8 Sharing financial control
- 3.8 How money is handled

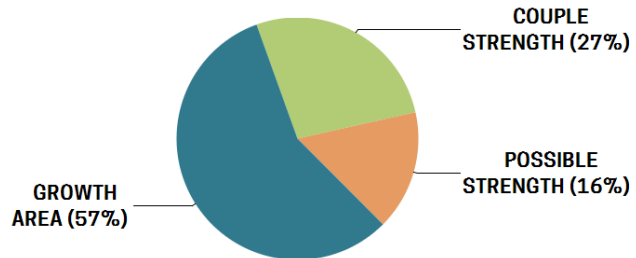
Items with Most Concern

- 3.5 A savings plan
- 3.5 How credit and charge accounts are used

SEXUAL RELATIONSHIP

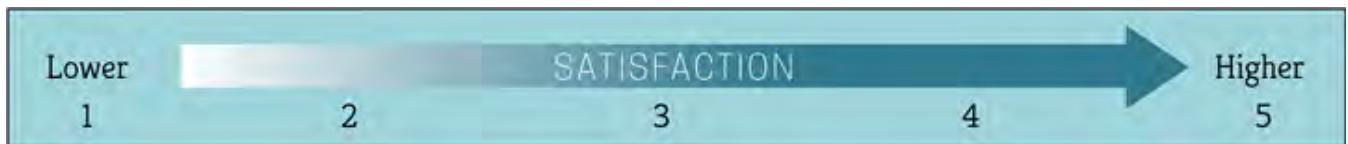
The **Sexual Relationship** category measures a couple's satisfaction with their sexual relationship and level of affection expressed. This category also explores a couple's level of interest in sex and their ability to discuss sexual issues and preferences.

COUPLE AGREEMENT FOR SEXUAL RELATIONSHIP

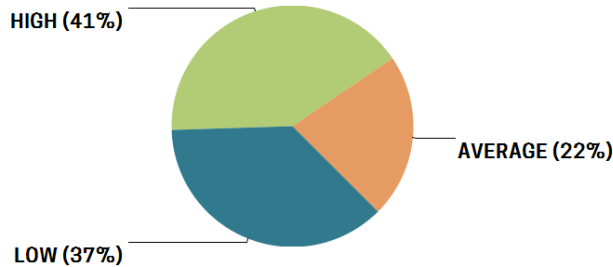


- Items with Highest Couple Agreement**
- 64% Whether or not affection is used or refused
 - 53% Sexual interest and attraction

- Items with Lowest Couple Agreement**
- 25% The amount of affection expressed
 - 27% Having similar levels of interest in sex



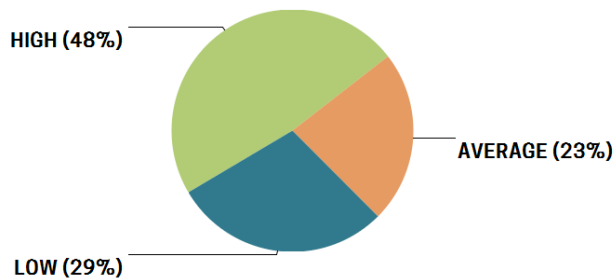
MALE SATISFACTION FOR SEXUAL RELATIONSHIP



- Items with Highest Satisfaction**
- 3.9 Whether or not affection is used or refused
 - 3.5 Sexual interest and attraction

- Items with Most Concern**
- 2.8 Fostering an interesting and enjoyable sexual relationship
 - 2.9 Having similar levels of interest in sex

FEMALE SATISFACTION FOR SEXUAL RELATIONSHIP



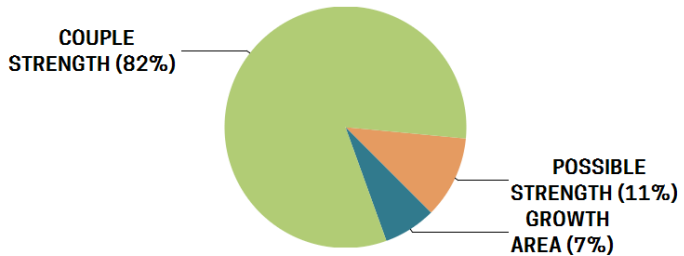
- Items with Highest Satisfaction**
- 4.1 Whether or not affection is used or refused
 - 3.9 Sexual interest and attraction

- Items with Most Concern**
- 2.9 Having similar levels of interest in sex
 - 2.9 Fostering an interesting and enjoyable sexual relationship

SPIRITUAL BELIEFS

The **Spiritual Beliefs** category measures how satisfied a couple is with the practice and expression of spiritual beliefs in their relationship, with an emphasis on similarities and differences.

COUPLE AGREEMENT FOR SPIRITUAL BELIEFS

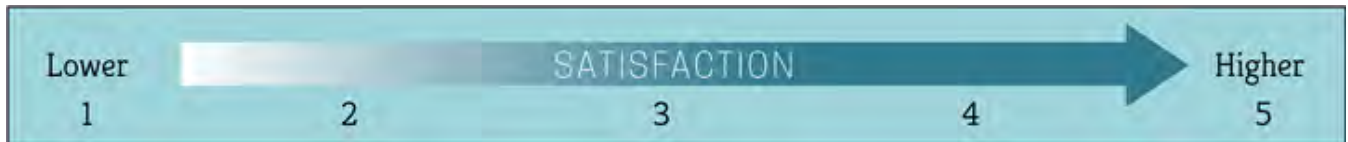


Items with Highest Couple Agreement

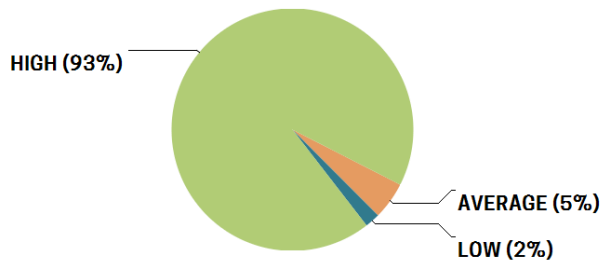
- 95% The role of spiritual beliefs in your commitment
- 91% Your similarity in spiritual beliefs

Items with Lowest Couple Agreement

- 74% Whether or not spiritual differences cause tension
- 76% Reliance on spiritual beliefs during difficult times



MALE SATISFACTION FOR SPIRITUAL BELIEFS



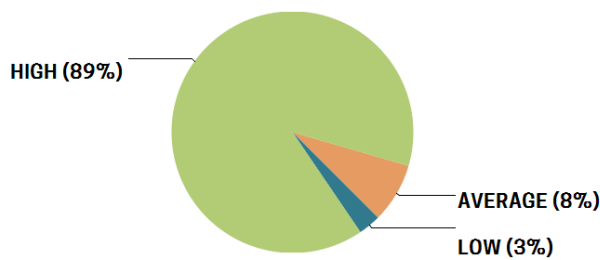
Items with Highest Satisfaction

- 4.5 Your similarity in spiritual beliefs
- 4.5 The role of spiritual beliefs in your commitment

Items with Most Concern

- 4.2 Whether or not spiritual differences cause tension
- 4.2 Reliance on spiritual beliefs during difficult times

FEMALE SATISFACTION FOR SPIRITUAL BELIEFS



Items with Highest Satisfaction

- 4.7 The role of spiritual beliefs in your commitment
- 4.4 Your similarity in spiritual beliefs

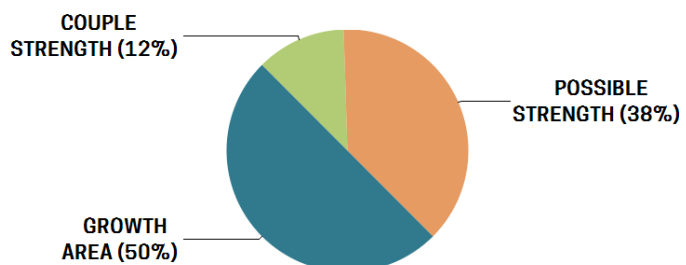
Items with Most Concern

- 4.2 The role of spiritual values in relationship growth
- 4.2 Whether or not spiritual differences cause tension

LEISURE ACTIVITIES

The **Leisure Activities** category measures satisfaction with the amount and quality of leisure time a couple spends together. It looks at similarities in interests, and satisfaction with the balance of time spent together and apart.

COUPLE AGREEMENT FOR LEISURE ACTIVITIES

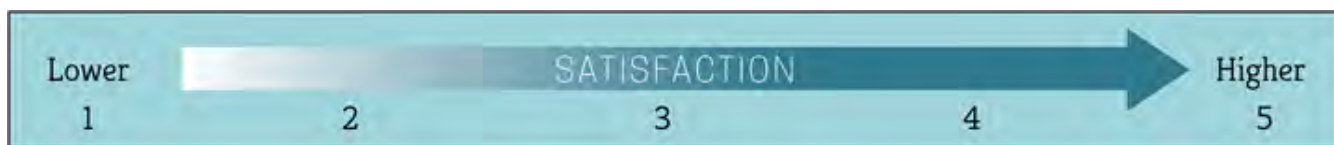


Items with Highest Couple Agreement

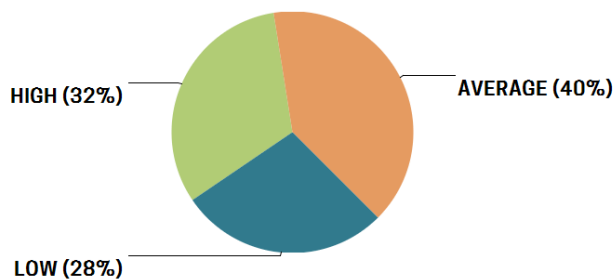
- 69% The amount of activities/hobbies you have
- 46% Whether or not activities interfere with your relationship

Items with Lowest Couple Agreement

- 20% Your idea of a good time
- 21% Your time and energy for recreation



MALE SATISFACTION FOR LEISURE ACTIVITIES



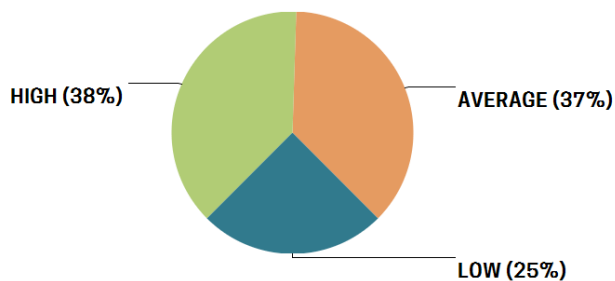
Items with Highest Satisfaction

- 3.9 The amount of activities/hobbies you have
- 3.7 Whether or not activities interfere with your relationship

Items with Most Concern

- 2.7 Your time and energy for recreation
- 2.9 Your idea of a good time

FEMALE SATISFACTION FOR LEISURE ACTIVITIES



Items with Highest Satisfaction

- 4.1 The amount of activities/hobbies you have
- 3.4 Enjoying similar activities

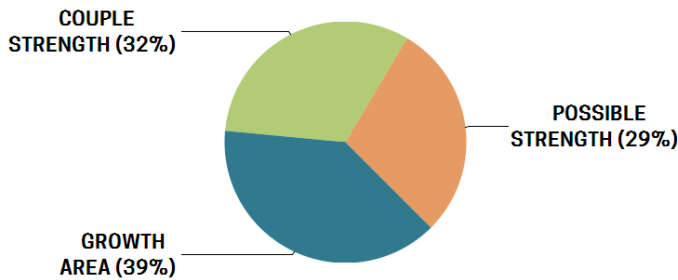
Items with Most Concern

- 2.8 Your time and energy for recreation
- 2.8 Your idea of a good time

ROLES & RESPONSIBILITIES

The **Roles & Responsibilities** category measures the 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.

COUPLE AGREEMENT FOR ROLES & RESPONSIBILITIES

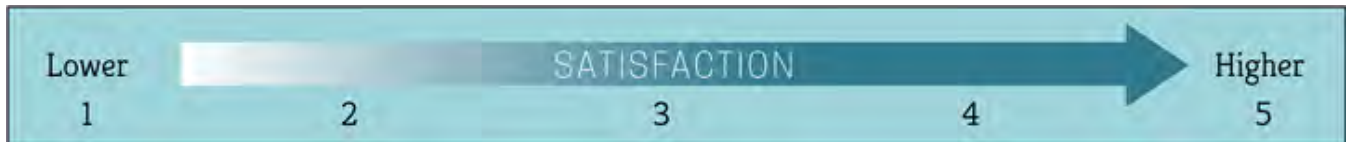


Items with Highest Couple Agreement

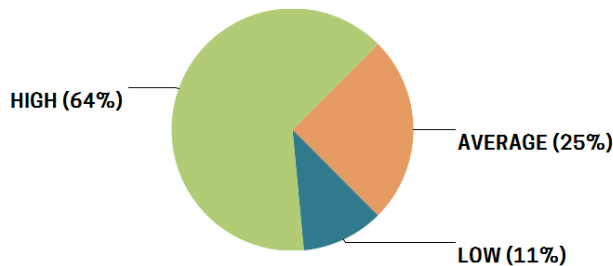
- 75% Consulting one another on important decisions
- 58% Your flexibility regarding roles and responsibilities

Items with Lowest Couple Agreement

- 25% Finishing household chores
- 30% Whether or not you're too busy for household chores.



MALE SATISFACTION FOR ROLES & RESPONSIBILITIES



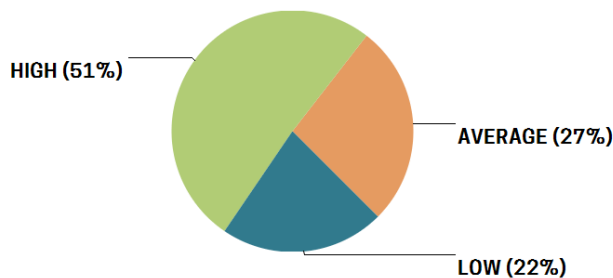
Items with Highest Satisfaction

- 4.2 Consulting one another on important decisions
- 4.0 Sharing household tasks

Items with Most Concern

- 2.9 Whether or not you're too busy for household chores.
- 3.1 Finishing household chores

FEMALE SATISFACTION FOR ROLES & RESPONSIBILITIES



Items with Highest Satisfaction

- 4.0 Consulting one another on important decisions
- 3.6 Your flexibility regarding roles and responsibilities

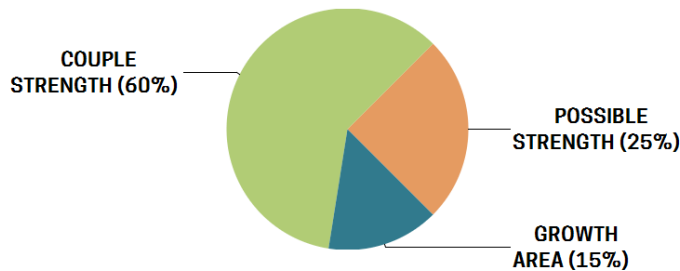
Items with Most Concern

- 2.8 Finishing household chores
- 2.9 Whether or not you're too busy for household chores.

FAMILY & FRIENDS

The **Family & Friends** category measures satisfaction in relationships with relatives and friends. It looks at opinions of friends and families, and the level of interference, influence, and acceptance each spouse feels from family and friends.

COUPLE AGREEMENT FOR FAMILY & FRIENDS

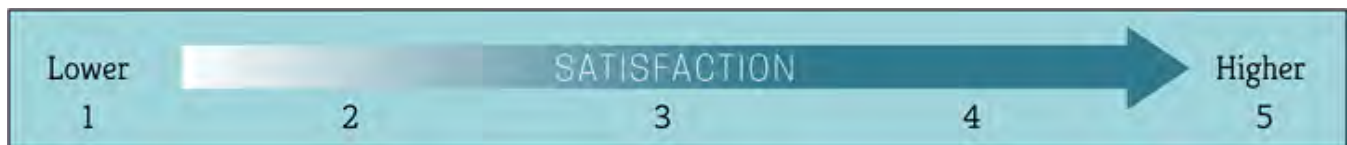


Items with Highest Couple Agreement

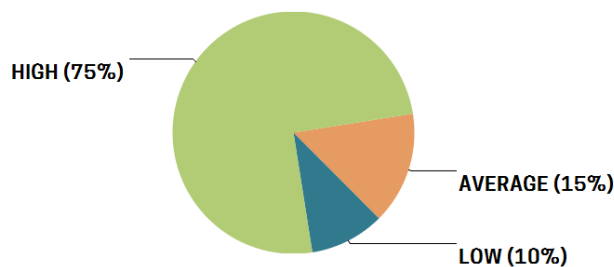
- 87% Whether or not friends interfere with your relationship
- 82% Getting along with one another's friends

Items with Lowest Couple Agreement

- 46% Spending time with one another's family
- 51% Whether or not family causes trouble in your marriage



MALE SATISFACTION FOR FAMILY & FRIENDS



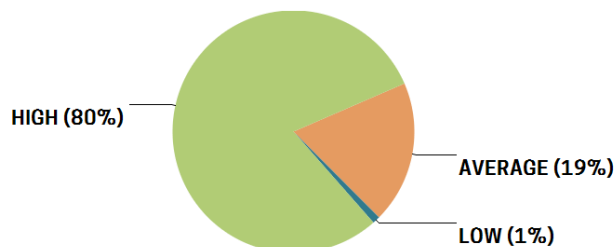
Items with Highest Satisfaction

- 4.3 Whether or not friends interfere with your relationship
- 4.0 Your family's level of involvement in your life

Items with Most Concern

- 3.4 Whether or not family causes trouble in your marriage
- 3.7 Spending time with one another's family

FEMALE SATISFACTION FOR FAMILY & FRIENDS



Items with Highest Satisfaction

- 4.5 Whether or not friends interfere with your relationship
- 4.4 Getting along with one another's friends

Items with Most Concern

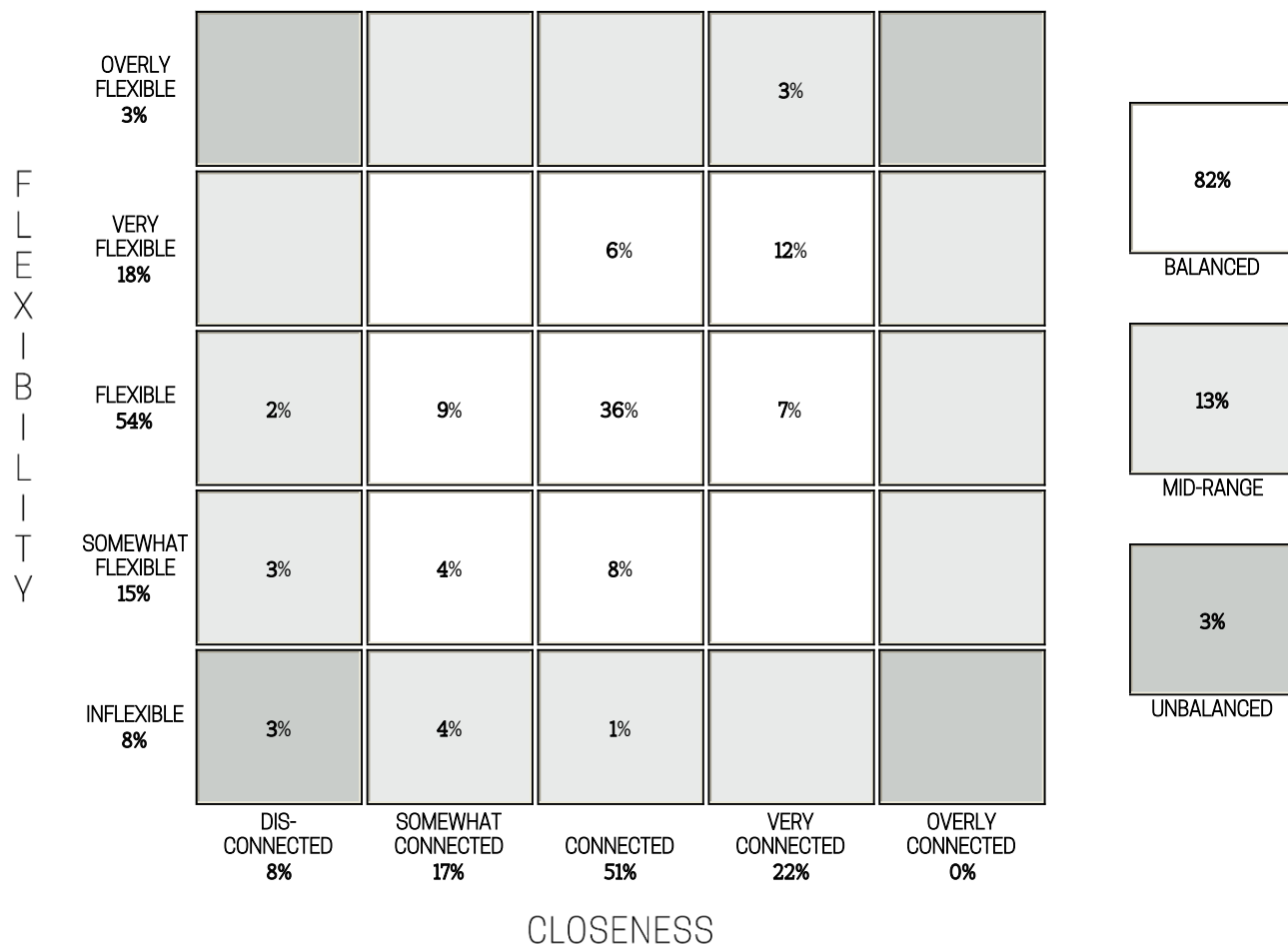
- 3.5 Spending time with one another's family
- 3.7 Whether or not family causes trouble in your marriage

COUPLE MAP

The **Couple Map** summarizes how couples see their relationship in terms of Couple Closeness and Couple Flexibility - each has five levels.

Couple Closeness describes how emotionally close a person feels to their partner. The 3 central levels of closeness are most healthy and the two extremes (Disconnected and Overly Connected) are more problematic.

Couple Flexibility describes how open the couple is to change in leadership and roles. The 3 central levels are most healthy and the two extremes (Inflexible and Overly Flexible) are problematic.



Group Summary of Couples: (See Percentages for Each Group Above)

Balanced Couples (9 central cells): **Most healthy and happy couples.** On Closeness, they range from Somewhat Connected to Very Connected. On Flexibility, they range from Somewhat Flexible to Very Flexible.

Mid-Range Couples (12 side cells): **Somewhat healthy and somewhat happy couples, unbalanced on one dimension.**

Unbalanced Couples (4 corner cells): **Least healthy and most unhappy couples.** On Closeness, they are either Disconnected or Very Connected. On Flexibility, they are either Inflexible or Overly Flexible.