

# SYMBIS+

A S S E S S M E N T

*Report for:*



**NATALIE & MICHAEL BOERNER**

*Date Completed: 9/26/2017*

*Prepared by:*

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# GETTING THE MOST FROM YOUR SYMBIS+ REPORT

What you're about to experience through this report will help you maximize your marriage. With the help of your certified facilitator, you will discover countless new insights and dozens of new skills to strengthen your bond.

## ABOUT US

Date Completed: 9/26/2017

Invite Code: CXYZXYZ



**NATALIE**



**MICHAEL**

### General

|                       |                              |                              |
|-----------------------|------------------------------|------------------------------|
| Age                   | 49                           | 52                           |
| Ethnic Background     | Caucasian                    | Caucasian                    |
| Religious Affiliation | Christian/Non-denominational | Christian/Non-denominational |
| Education             | Some College (no degree)     | Some College (no degree)     |
| Employment Status     | Part Time                    | Full Time                    |
| Employment Category   | Other                        | Professional Services        |

### Family of Origin

|                          |                          |                  |
|--------------------------|--------------------------|------------------|
| Parents' marital status  | One or both are deceased | Divorced         |
| How you were raised      | Both biological parents  | Raised by mother |
| Birth order in family    | Third                    | First            |
| Number of kids in family | 3                        | 2                |

### Marriage

|                       |                  |                  |
|-----------------------|------------------|------------------|
| Wedding Date          | 03/04/1989       | 03/04/1989       |
| Relationship Status   | Married 28 years | Married 28 years |
| Previous Marriages    | 0                | 0                |
| Number of children    | 4                | 4                |
| Expecting a child     | No               | No               |
| Length of engagement  | 3-6 months       | 6-12 months      |
| Stability of marriage | Smooth & steady  | Smooth & steady  |
| Long distance issues  | No               | No               |



*Our Goals Together with SYMBIS+*

1. Obtain a clear picture of your goals for our time working together.
2. Gain new insights into your personalities and how they work together.
3. Gain new skills to strengthen your relationship for lifelong love.



## OVERVIEW: MARRIAGE MOMENTUM

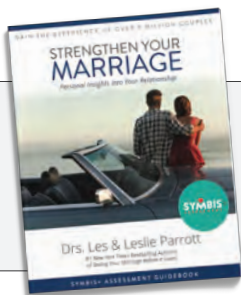
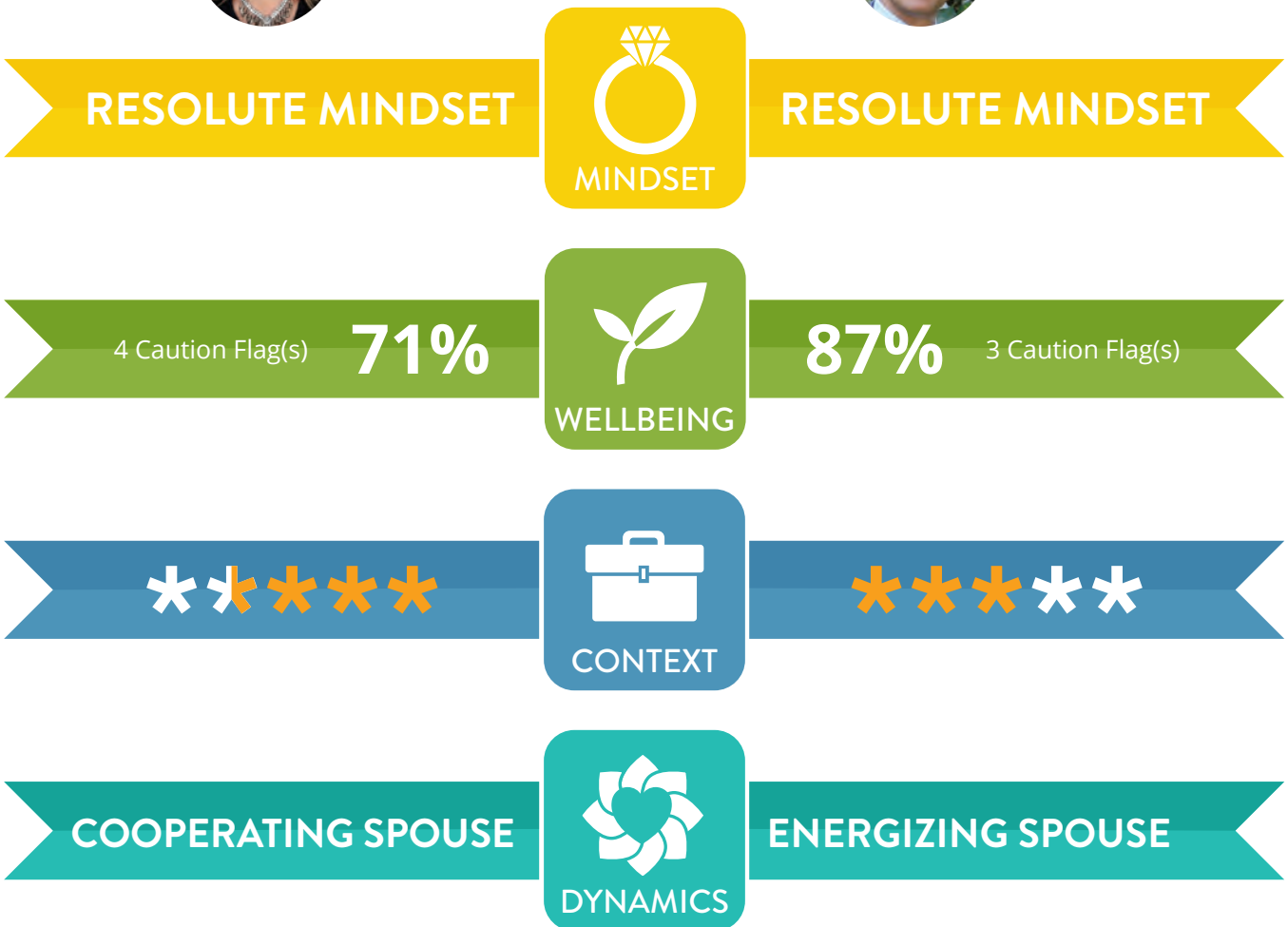
*Congratulations! You have strong momentum for a growing and thriving marriage. The combination of your mindsets, your psychological health as individuals, and your compatibility as a couple, provides you with promising vitality for lifelong love. Of course, this does not exempt you from bumps in the road – that’s part of married life. The good news? Your strong momentum puts you in a prime place for maximizing what you’ll learn in your SYMBIS+ Report. Use your momentum to get all you can out of this experience.*



**NATALIE**



**MICHAEL**



*The Strengthen Your Marriage guidebook can be used to augment your experience with this report—however, it’s not required. A small prompt on some pages will point you to relevant chapters. Learn more: [www.store.LesandLeslie.com](http://www.store.LesandLeslie.com)*

Refer to the “Marriage Momentum” chapter of *Strengthen Your Marriage*



## MINDSET

Whether you are recently married or married for decades, your attitude toward the institution of marriage - and how it mixes with your spouse - can be a helpful insight.



### RESOLUTE MINDSET

You are a true believer when it comes to matrimony. In fact, you have the highest marriage motivation of any other category. You are more than twice as likely as others to say: "Divorce is not an option." When you married, you married for life. You resonate with words like devotion, dedication, and commitment. More than others, you hold strong family values and you want to do everything you can to have a rock solid marriage.



### RESOLUTE MINDSET

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## HOW YOUR MINDSETS MESH

As you can see from your identical descriptions, the two of you share the same Resolute mindset. Is this a good thing? You bet. You're both highly motivated to be married and you're optimistic about it being a life-long commitment. Neither of you see divorce as acceptable. In fact, you'd both say it's not even an option. While you know there will be ups and downs in your relationship, you both expect to be fulfilled in your marriage and you're probably both inclined to have a family. You treasure your traditional values together.

Bottom line? Your like-minded match, compared to being matched with any other mindset, holds great promise for you when it comes to life-long love. The remainder of this report will be particularly helpful to both of you in maximizing your future together.



*What do you think about your results?  
What makes you feel good and what concerns you at this stage and why?*



## WELLBEING

Your marriage can only be as healthy as the two of you. Exploring your wellbeing as individuals, as well as the wellbeing of your relationship, is vital to enduring love.



71%

### INDIVIDUAL WELLBEING

87%



When it comes to your sense of self and your confidence in your abilities, you vacillate. At times you feel strong and sure of yourself but you also have just as many times when you feel unstable. Your self-esteem wavers.

SELF  
CONCEPT

You have a strong sense of yourself. You know who you are and you have confidence in your abilities. In short, you have a healthy self concept that bolsters emotional health and wellbeing.

You show a moderate degree of empathy. You can identify with others when you try to. Being more intentional with this important ability is sure to help you cultivate deeper understanding and a stronger connection with your spouse.

EMPATHY

You show a high level of empathy. You're quick to put yourself in another's shoes. You set your own agenda aside to accurately understand. This is a valuable asset and surely helps you cultivate a deeper connection with your spouse.

You report having a moderate degree of unresolved issues from your childhood home. At times in your marriage, this may drive you to be reactive and sometimes feel controlled or pressured. You may also find yourself leaning on your partner to meet needs that weren't met when you were growing up.

HEALTHY  
AUTONOMY

You tend to be your own person. You have a positive and healthy sense of being able to make decisions on your own within your relationship. Relative to others, you have a minimal amount of unresolved issues or pain in relation to your childhood home. This sense of healthy autonomy likely serves you well in your marriage.

Abuse by someone, Depression, Abuse between parents, Anger



CAUTION  
FLAGS



Abuse between parents, Partners annoying habit, Unrealistic expectations

90% MARRIAGE WELLBEING

**TRUST:** You have absolute trust in each other. You feel completely safe together and have confidence in each other. You know you can count on one another and this mutual trust is an enormous asset for your marriage.

**STABILITY:** Because you characterize your relationship as being consistent, reliable, and dependable, with little turbulence or conflict, you are more likely to have practiced negotiation and compromise. Your stability bodes well for your marriage.

**SIMILARITY:** You share a great deal of your core values in common and this certainly edifies your marriage.



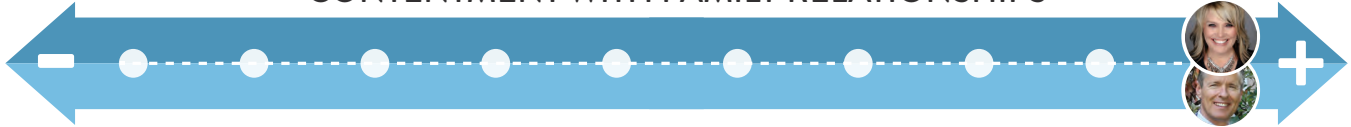
When it comes to your individual as well as relationship wellbeing, what concerns you the most and why?



## CONTEXT: SOCIAL LIFE

*The social support a couple enjoys around their marriage is vital. Being aware of how your two worlds combine on a practical level is essential to making sure they don't collide on an emotional level.*

### CONTENTMENT WITH FAMILY RELATIONSHIPS



**Natalie:** You feel very content and happy with your level of connection with your immediate and extended family relationships. Relative to others you have very little friction with any of them.

**Michael:** You feel very content and happy with your level of connection with your immediate and extended family relationships. Relative to others you have very little friction with any of them.

### MY RELATIONSHIP WITH MY IN-LAWS



**Natalie:** The relationship you have with your partner's parents seems optimistic and supportive.

**Michael:** The relationship you have with your partner's parents seems optimistic and supportive.

### PRIORITIZING TIME WITH MUTUAL FRIENDS



**Natalie:** You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

**Michael:** You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

### SOCIAL SUPPORT FROM MY FAITH COMMUNITY



**Natalie:** Your religious faith and the people you worship with is somewhat important to your social support system.

**Michael:** You view your religious faith and the people you worship with to be a significant part of your social support system.



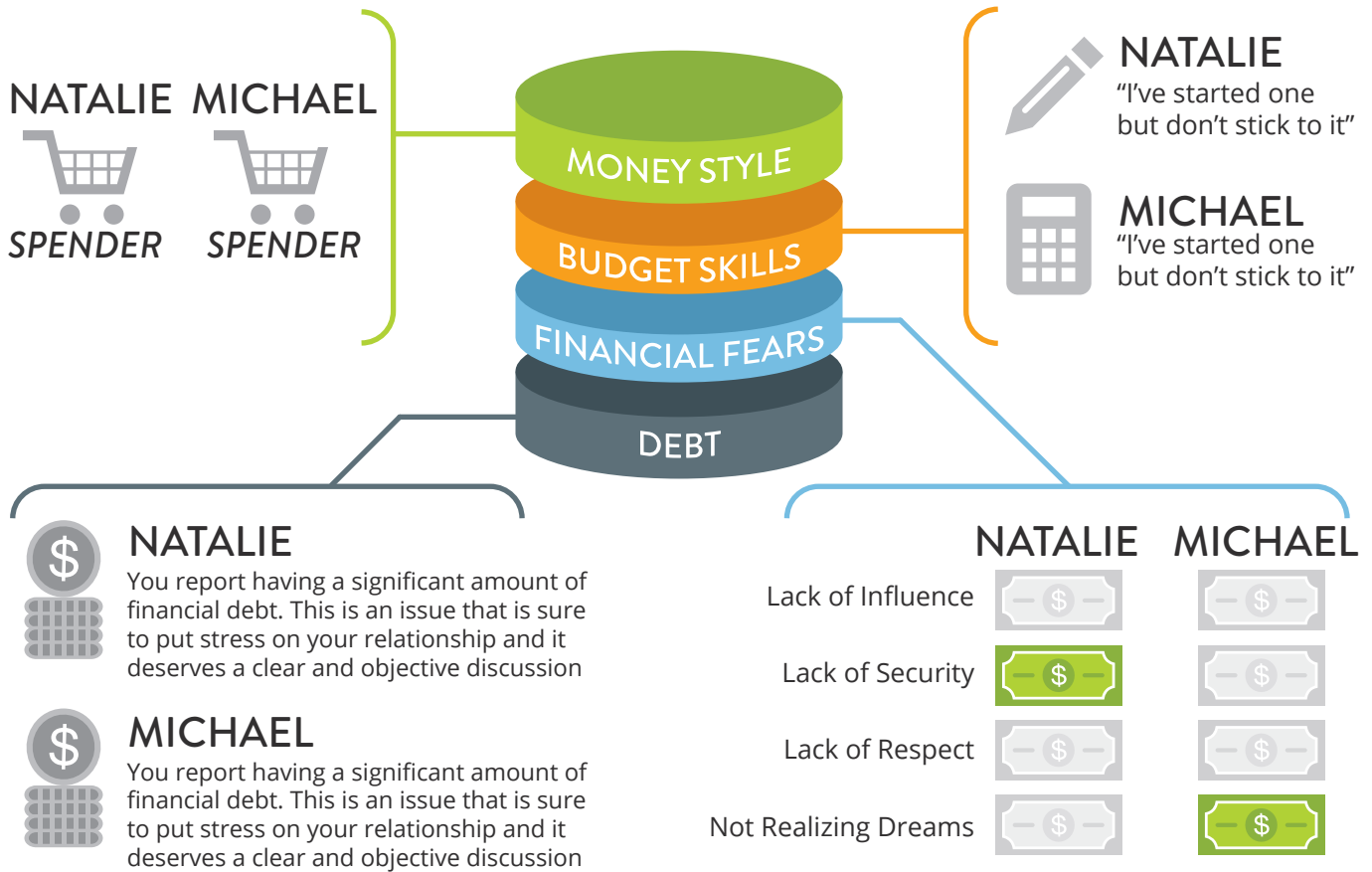
*Are you each satisfied with your current level of social support? What do you wish were different and why? What can you do to improve your social support as a couple?*



## CONTEXT: FINANCES

Your financial skills, attitude and history, make up an important part of your marriage. Every couple benefits from a healthy "money talk" to curtail currency conflicts.

## MONEY MATRIX



What concerns you most about the current picture of your Money Matrix and why? What gives you peace about your financial future?

## MONEY TALKS

To minimize friction over finances, you'll want to keep the communication channels clear. Completing these sentences with your Facilitator will help you do just that:

- In my home growing up, money was...
- When I think about our financial future...
- What you may not know about money and me is...
- The thing I appreciate about you in relationship to money is...
- When it comes to money, I'd like to improve my...
- One specific action we could take right now that would help me is...



What's one practical action step you can both take within the next month to ensure your marriage is on the best financial path?



## CONTEXT: EXPECTATIONS

Making your roles conscious: for most people, the biggest part of their “context” is what they unconsciously learned about their role as a spouse from their family of origin.

We both agree on who is doing these things:



|                |   | Mom                                 | Dad                                 | Me                                  | You                                 | Mom                                 | Dad                                 | Me                                  | You                                 |
|----------------|---|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <b>Both</b>    | Providing Income                        | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Staying home with children              | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Paying bills and handling finances      | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Both</b>    | Gassing up the car                      | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Laundry                                 | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Doing the dishes                        | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Cleaning the house                      | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Natalie</b> | Cooking meals                           | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Michael</b> | Taking out the trash                    | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| <b>Natalie</b> | Grocery shopping                        | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Michael</b> | Planning vacations & holidays           | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| <b>Natalie</b> | Decorating the house                    | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| <b>Michael</b> | Making major decisions                  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| <b>Michael</b> | Initiating talks about the relationship | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| <b>Both</b>    | Disciplining the children               | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|                | Yard work                               | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Auto maintenance                        | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Fixing things around the house          | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Making the bed                          | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
|                | Caring for a pet                        | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Scheduling social events                | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Maintaining ties with friends           | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
|                | Maintaining ties with relatives         | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
|                | Talking about spiritual matters         | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

We need to decide on:



How can you better handle role behaviors where you are currently not in sync?  
How can you go about improving in these areas?





## CONTEXT: REMARRIAGE & BLENDING A FAMILY

Remarried couples face a unique set of challenges. The more you resolve unfinished business, the more you make your second marriage a first-class success.



### RELATIONSHIP RESIDUE

Potential unfinished business



Not at All ..... *Rebounding from a previous marriage* ..... Not at All

Not at All ..... *Rebelling against my ex-spouse* ..... A Little

More Than a Little ..... *Persistent loneliness* ..... Not at All

A Little ..... *Financial advancement* ..... Not at All

A Little ..... *Pressure from others* ..... More Than a Little

Not at All ..... *Sense of obligation* ..... Absolutely



What questions or concerns does this raise in your mind?  
Which issue, if any, provokes distress or unease?

### ADDITIONAL UNRESOLVED ISSUES

Potential unfinished business with ex-spouse

A Little ..... *Unresolved issues with ex-spouse or ex-in-laws* ..... Not at All

Not at all ..... *Financial or legal issues with ex-spouse* ..... Not at All

More Than a Little ..... *Still deeply grieving the loss of previous marriage* ..... Absolutely



In general, how do you feel about your potential relationship residue from your previous marriage?  
What gives you peace of mind and what causes you anxiety?

### BLENDING A FAMILY

Thoughts to explore:

No ..... *Feel uninformed about how to blend family* ..... Yes

No ..... *Feel sure children will adjust quickly* ..... No

Yes ..... *Feel torn between spouse and children* ..... Yes

Yes ..... *Feel like I'm competing for attention* ..... Yes

No ..... *Feel the kids will work us against each other* ..... No

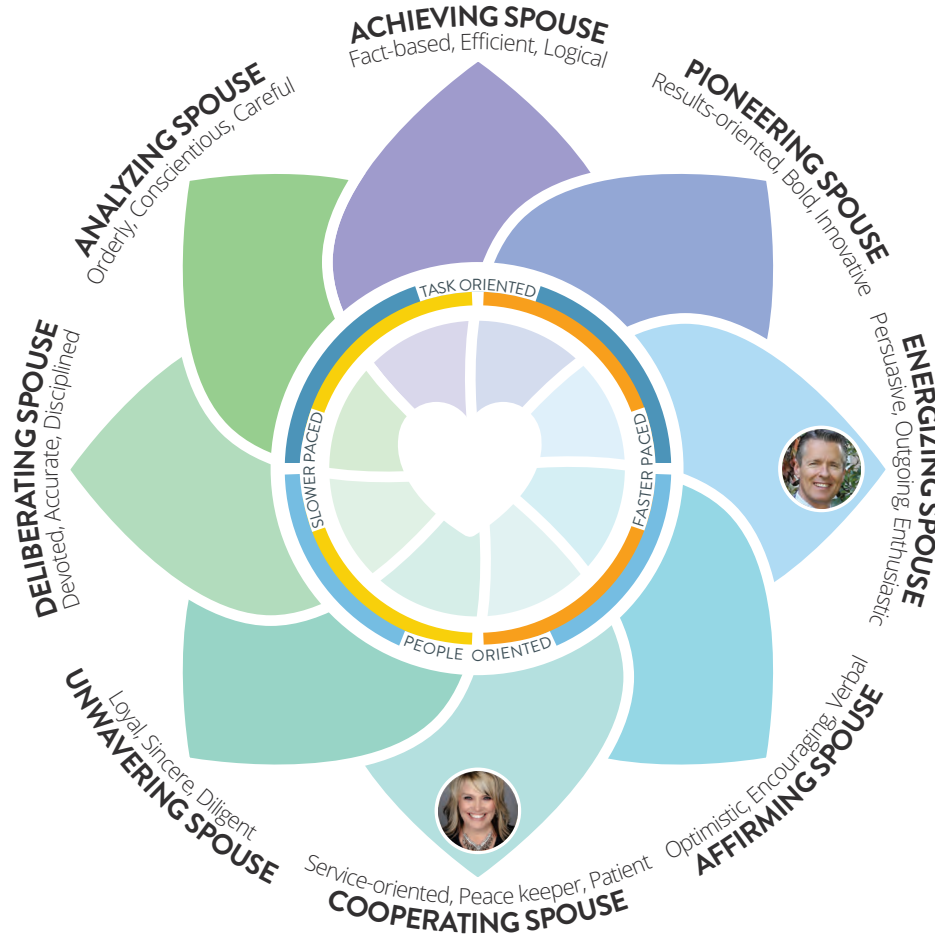


What's your biggest concern in relationship to the children?  
What are your fears? What are your blessings?



## DYNAMICS

Here's a snapshot of your two personalities—their similarities and differences. There's no right or perfect combination, the key is understanding and appreciating your differences.



### COOPERATING SPOUSE

The "life of the party" might characterize you when at parties or entertaining friends. You generally become involved with whatever social activities are taking place. You could benefit from help on setting appropriate priorities for yourself. You tend to procrastinate. You have a strong sense of humor. You usually know when to lighten a difficult situation, amuse and entertain people. You have a strong feeling of optimism, considered favorably by your spouse and most people around you. Your perception is that the glass is half-full rather than half-empty.



### ENERGIZING SPOUSE

You have to be with people. This extends into the need to gain popularity, achieve social recognition and influence those people around you, including your spouse. The "bottom-line" is a strong people orientation. You have a strong feeling of optimism, considered favorably by your spouse and most people around you. Your perception is that the glass is half-full rather than half-empty. You usually participate in whatever social group you belong. You're not a "wallflower"—you like to meet people, generate group enthusiasm and provide an open environment for communicating.



Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.



## DYNAMICS

*There has never been a marriage like yours before. The combination of your two personalities can be mapped out to discover how you are hard-wired to give and receive love.*

### YOUR DYNAMICS: COOPERATING SPOUSE + ENERGIZING SPOUSE

You are a fun-loving couple, relative to others. Your personalities differ, for sure. Michael (Energizing Spouse) may come across as more driven and competitive while Natalie (Cooperating Spouse) may come across as more passive and overly trusting on occasion – not to mention resistant to changes Michael (Energizing Spouse) may like to make. These differences are likely to create friction in your relationship unless both of you commit yourselves to understanding, appreciating, and valuing the other's different style. When you do, your combination of personality types creates a fun and collaborative marriage. Your personalities can be quite complimentary. Beware, however, it can take time to find your dance steps together. Give each other grace and patience along the way.



*What do you think and feel about the shared dynamics of your two personalities and how they mix? What can you do, in practical terms, to leverage your Dynamics?*



### STRENGTHS YOU BRING TO MARRIAGE



- Gathers facts before offering an opinion.
- Motivated to understand spouse.
- Works for a win-win.
- Engenders enthusiasm and support.
- Brings a feeling of security and stability.

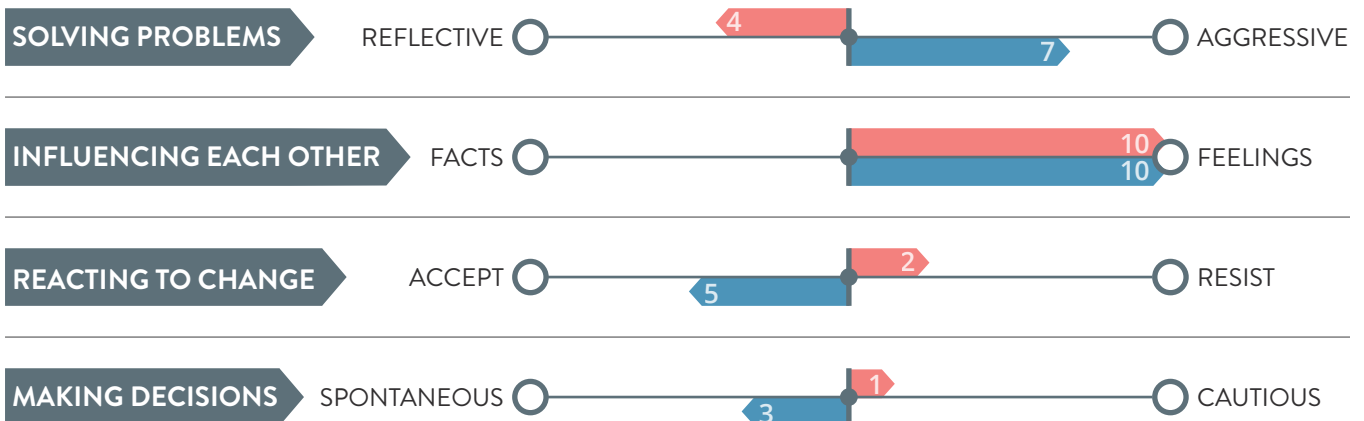
- Questions norms and the status quo.
- Hospitable and neighborly.
- Future focused to not stay stuck in past.
- Sociable, builds couple friendships.
- Works for a win-win.



*Identify the top 1 or 2 statements you agree with most about yourself. Explain why. Note the top strength you appreciate about your spouse.*

Natalie top / Michael bottom

### YOUR STYLES



*Consider some real life examples in your marriage where these play out. How can you genuinely appreciate your differences in these four categories?*



## DYNAMICS: LOVE

What is love? Perhaps it's no surprise that everyone seems to have their own answer. After all, each of us is hardwired uniquely for giving and receiving love.

### HOW YOU VIEW LOVE IN PRACTICAL TERMS



#### COOPERATING SPOUSE

Being heart-felt, vulnerable, and giving the benefit of the doubt.



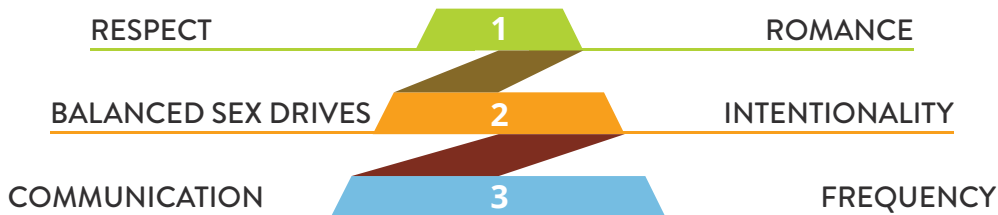
#### ENERGIZING SPOUSE

Being passionate, bold and adventurous together.



What aspects of your definition do you agree with most and how would you elaborate on it? How can you help your spouse love you in ways you most desire? Use concrete examples.

### HOW EACH OF YOU WOULD IMPROVE YOUR SEX LIFE



How do your top desires compare? Elaborate on the qualities you chose. How would each of you complete this sentence: "The thing that would improve our love life most for me..."

### LET'S TALK ABOUT SEX

How do you rate your desire?

8

NATALIE

10

MICHAEL

Are you comfortable talking about sex?

ABSOLUTELY

NATALIE

MOSTLY

MICHAEL

My attentiveness to spouse's needs?

8

NATALIE

9

MICHAEL

How often do you expect to have sex?

ONCE PER WEEK

NATALIE

ONCE PER DAY

MICHAEL



As you think about your love life, what other sexual issues or questions come to mind? What issue related to sexuality causes some anxiety for you?



## DYNAMICS: ATTITUDE

*Marriage was never intended to make you happy—you make your marriage happy. How? It all comes down to attitude and adaptability, in other words, your ability to adjust to things outside your control.*

*The percentages depict how optimistic, adaptable and resilient you are when faced with a challenge.*



60%

Your resilience level is relatively low. Adjusting to circumstances beyond your control does not come easy. You may see the proverbial glass as half-empty and you may struggle with having an upbeat outlook.



85%

Your resilience level is high. Relative to others, you generally do a good job of adjusting to circumstances beyond your control. You tend to be adaptable, up beat, and positive when it comes to overcoming a hurdle.



*What do you think about your results? What about your spouse's? In specific terms, how do the two of you adjust to an unfavorable circumstance? Real life examples?*

## YOU AT YOUR BEST WHEN FACING A CHALLENGE

*Based on your personality profiles, here are your most constructive natural coping tendencies when life becomes demanding.*

### COOPERATING SPOUSE

- CHARMING
- INSPIRING
- ENTHUSIASTIC
- PERSUASIVE
- OUTGOING



### ENERGIZING SPOUSE

- OPTIMISTIC
- CHARMING
- ENTHUSIASTIC
- PERSUASIVE
- OUTGOING

## HOW YOUR SPOUSE MAY PERCEIVE YOU UNDER STRESS

SELF-PROMOTING  
UNREALISTIC  
OVERLY OPTIMISTIC



OVERLY OPTIMISTIC  
GLIB  
UNREALISTIC



*What do you agree or disagree with? Why? Think of a real life scenario where you saw this to be true. What could you have done to be easier to live with?*



## DYNAMICS: COMMUNICATION

*Communication is the lifeblood of your relationship. The more understanding and better understood each of you feels, the stronger your marriage.*



### COOPERATING SPOUSE

You specialize in listening. You create a warm and safe environment for great conversations, allowing your partner to feel at ease and open much of the time. Your conversations are rarely judgmental and you're often quite patient, listening long after others would have interrupted. This goes a long way in helping you and your partner have collaborative conversations. You help your partner feel understood and valued and that helps them to open up. You try to stay clear of conversations that involve confrontation.



### ENERGIZING SPOUSE

Relatively speaking, you are a professional when it comes to engaging in conversation. You love connecting with your partner through talk, especially when the conversation topic is inspiring and filled with enthusiasm. You likely use a colorful vocabulary and you communicate not only with words, but facial and other nonverbal expressions, giving your partner every means possible to catch your message. You'll also stay with a point in a conversation when others might give up. You want to make sure your partner gets the message. Your natural expressiveness can mean you need to work at being a better listener on occasion.



*What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?*

## HOW YOU LIKE YOUR SPOUSE TO COMMUNICATE WITH YOU

- Let me know your expectations.
- Be fun-loving and humorous.
- Have some grace when I drop the ball.
- Discuss dreams and goals with me.
- Engage with me when I tell stories.
- Have some grace when I drop the ball.
- Give ample time to our conversations.
- Ask me specific questions.
- Weigh pros and cons in making decisions.
- Engage with me when I tell stories.



*Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your spouse succeed?*

## COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Managing emotions appropriately
- Thinking clearly before speaking
- Inviting and receiving feedback

NATALIE

- Thinking clearly before speaking
- Reserving opinion until the right time
- Being appropriately vulnerable

MICHAEL



*Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.*



## DYNAMICS: GENDER

*We all know men and women are different, but understanding how these differences drive our deepest needs, on top of our unique personalities, can make or break a marriage.*



### WHAT NATALIE NEEDS TO KNOW ABOUT MICHAEL:

As your husband, Michael needs more shared activity.

As a dating couple, you enjoyed lots of shared activity. Research shows this tends to diminish once you marry. Husbands place surprising importance on having their wife as a recreational companion.

*Why this matters:*

Michael, more than you, connects emotionally by doing things together.



### WHAT MICHAEL NEEDS TO KNOW ABOUT NATALIE:

As your wife, Natalie needs to be cherished more than you think.

In your dating relationship, you focused a lot on wooing Natalie. Research reveals that this fades once you're married because you become more focused on providing for her than cherishing her.

*Why this matters:*

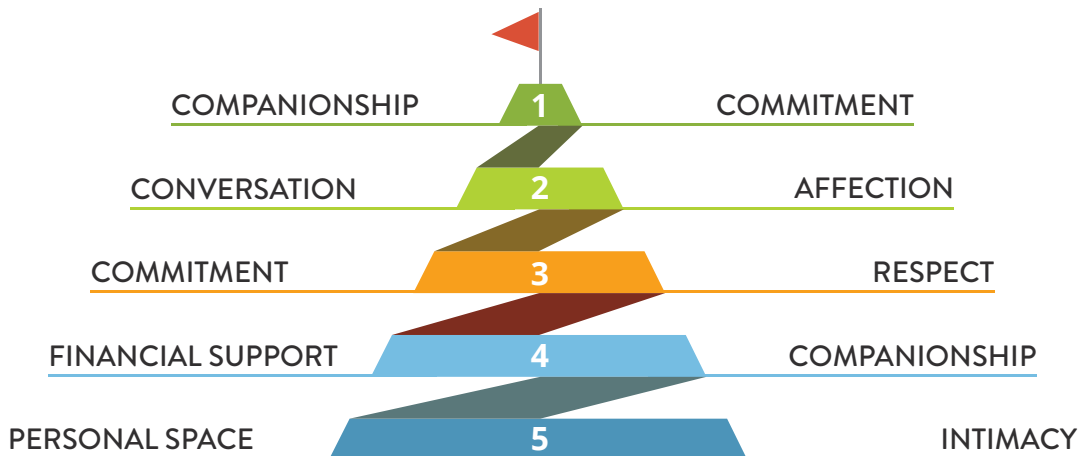
Natalie will be more passionate and intimate with you when she feels cherished.



*What recreational activities can you enjoy with Michael through the years?*

*In what practical ways will Natalie know you are cherishing her?*

## YOUR TOP 5 NEEDS



*Why do these needs top your list? How will your spouse know when these needs are being met? Be as specific and concrete as you can.*





## DYNAMICS: CONFLICT

*Conflict is inevitable, even for loving marriages. It's the price we pay for a deeper level of intimacy. When you learn to fight a good fight, you can use conflict to your advantage.*



### COOPERATING SPOUSE

You can be intense when confronted with a tough problem. The intensity may not always fit the problem; that is, sometimes you can get intense over a problem that looks tough, but in actuality is not. Often you will display a tremendous sense of urgency to solve a problem. You like to solve it and get onto the next activity. You project a strong desire to help others. You give so much of yourself that your own life and marriage relationship can become disorganized. When working on plans for activities, you must feel that you are "in on things." You will generally offer creative ideas or suggest activities.



### ENERGIZING SPOUSE

You tend to be emotional in the decision making process; you become involved in making each decision. Your spouse needs to understand that this is a part of your style, and it may add energy and excitement to activities. To be more effective, you should be more organized. Don't let things pile up; handle matters and get them out of the way, especially things that your spouse is counting on to be finished. You mean well in starting numerous activities, but your involvement with so many usually forces some aside. As a result, some things go unfinished. Often you will display a tremendous sense of urgency to solve a problem. You like to solve it and get onto the next activity.



*What do you agree or disagree with? Why? Select two or three statements from your paragraph that you agree with most and explain how they may influence conflicts.*

## PERSONAL CONFLICT CHALLENGES

*These can limit your ability to successfully manage conflict*

- You sometimes overestimate your ability to motivate your spouse.
- Because of your trusting nature, you may sometimes feel taken advantage of.
- You sometimes use gestures or facial expressions more than words to communicate.
- Relative to your spouse, you may ignore or forget small details.
- You sometimes look for a quick fix rather than a permanent solution.
- You sometimes make decisions based only on surface analysis.
- When it comes to spending money, you may be more impulsive than your partner.
- Relative to your spouse, you may ignore or forget small details.



*What do you resonate with most from each list? Explore why these happen and discuss what you can both do to grow in these areas. Use real life examples.*

## HOT TOPICS

*Every couple has a list of issues that are prone to conflict. Your hot topics, listed in priority below, are most likely to spark tension for the two of you:*



*Knowing these topics are likely to spark tension, how can you use this information to curb conflicts? Give a concrete example of how you can better manage each one.*





## DYNAMICS: SPIRITUALITY

*Even happily married couples eventually discover a soulful longing to bond with their lover, not just for comfort or passion—but also for spiritual meaning.*

### YOU FEEL CLOSEST TO GOD THROUGH:



Being compassionate and loving others even if it means significant sacrifice. You are drawn to people in need, and the more needs you meet, the more energized you feel.



Connecting in a small group and being accountable to them. You may struggle to pray on your own but not in a group. You are energized by socializing and fellowship with other believers.



*Explore what each of you do to feel closest to God. Give specific examples of when and what you do. How can you support each other in these practices?*

### YOUR SPIRITUAL LIFE TOGETHER

*What you believe about spiritual practices in marriage:*

|     |   |     |
|-----|---|-----|
| Yes | Attend church weekly.                   | Yes |
| Yes | Go to the same church.                  | Yes |
| Yes | Discuss spiritual issues.               | Yes |
| Yes | Receive communion together regularly.   | Yes |
| Yes | Agree on theology.                      | Yes |
| Yes | Give a financial tithe and/or offering. | Yes |
| Yes | Pray for each other.                    | Yes |
| Yes | Pray together every day.                | Yes |
| Yes | Be involved in serving others together. | Yes |
| Yes | Study the Bible together regularly.     | Yes |

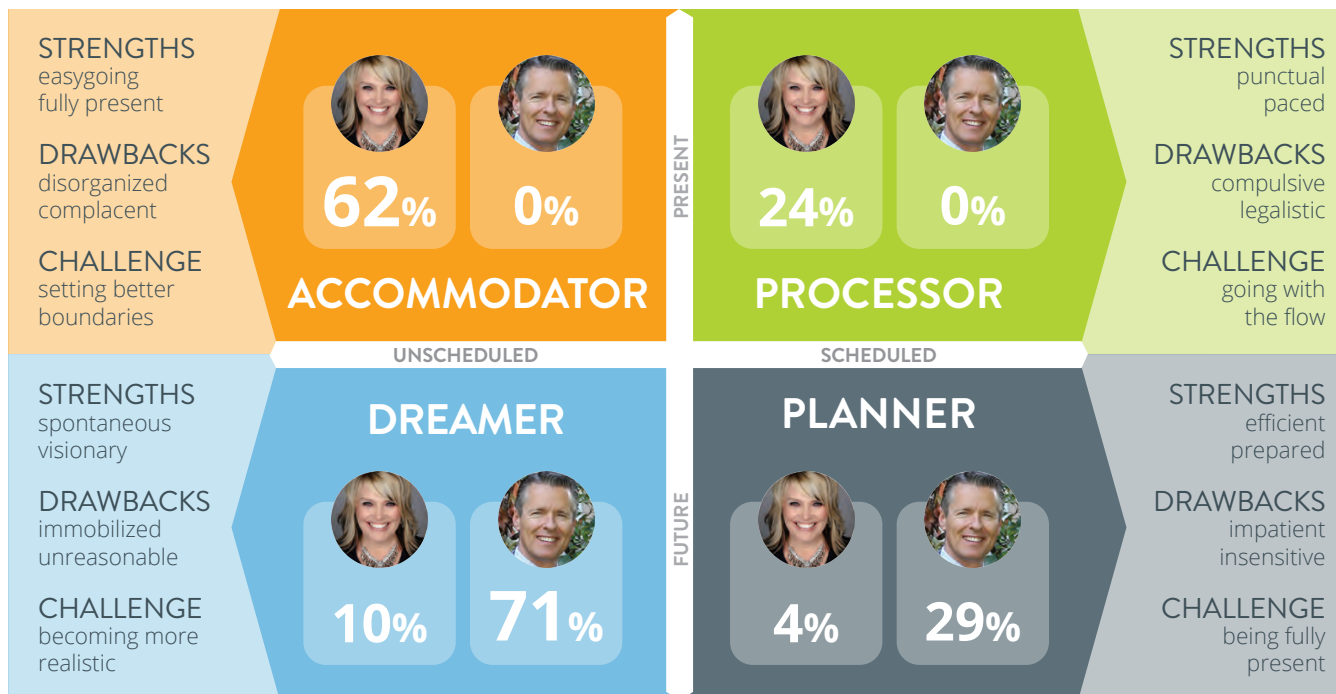


*Would you consider yourselves in sync spiritually? Why or why not?  
How would you finish these two sentences right now:  
"My spiritual life has been..."  
"When it comes to our shared spiritual life..."*



## TIME STYLE

*Feeling overscheduled and underconnected? Understanding your two “time styles” can help you reclaim the moments you’ve been missing together.*



### ACCOMMODATOR

You're relatively unscheduled. So is Michael. You both enjoy a more intuitive approach to time. But the two of you focus your energy in different places. While you focus primarily on the present, Michael focuses primarily on the future. This can sometimes cause conflict. After all, while you are living in the here-and-now, Michael is thinking about what's down the road – or maybe even considering what road to take, or even build. So what does this mean for how you manage time as a couple? First of all, no need to convert Michael to be more present oriented. Michael is hard-wired for the future. So whenever you can enter your spouse's dreaming, your spirits will be joined together. Why? Because this is where Michael comes alive. If you will try to focus on the future a little you will find that these are moments when you are most connected.



### DREAMER

At times you may sometimes feel like Natalie is clipping your wings. After all, you are trying to create an exciting and better tomorrow as you dream about ways to soar higher in the future. By default, Natalie's focus on the present may be perceived by you as holding you back. This may or may not be true, but generally speaking, it's probably not. It's simply an attempt to help you live in the here-and-now. So don't take it personally. Instead, see the value of what Natalie is doing for you. Consider how you might incorporate reality into your dreams with Natalie's influence. Also, since both of you are relatively unscheduled, your marriage may be able to benefit from a little more planning. This does not mean getting detailed with an elaborate schedule, just keep in mind that you may benefit from an objective influence.



*What is your greatest insight into your respective “time styles”?  
What's one practical thing you can do to reclaim more quality time together?*



# HARMONY

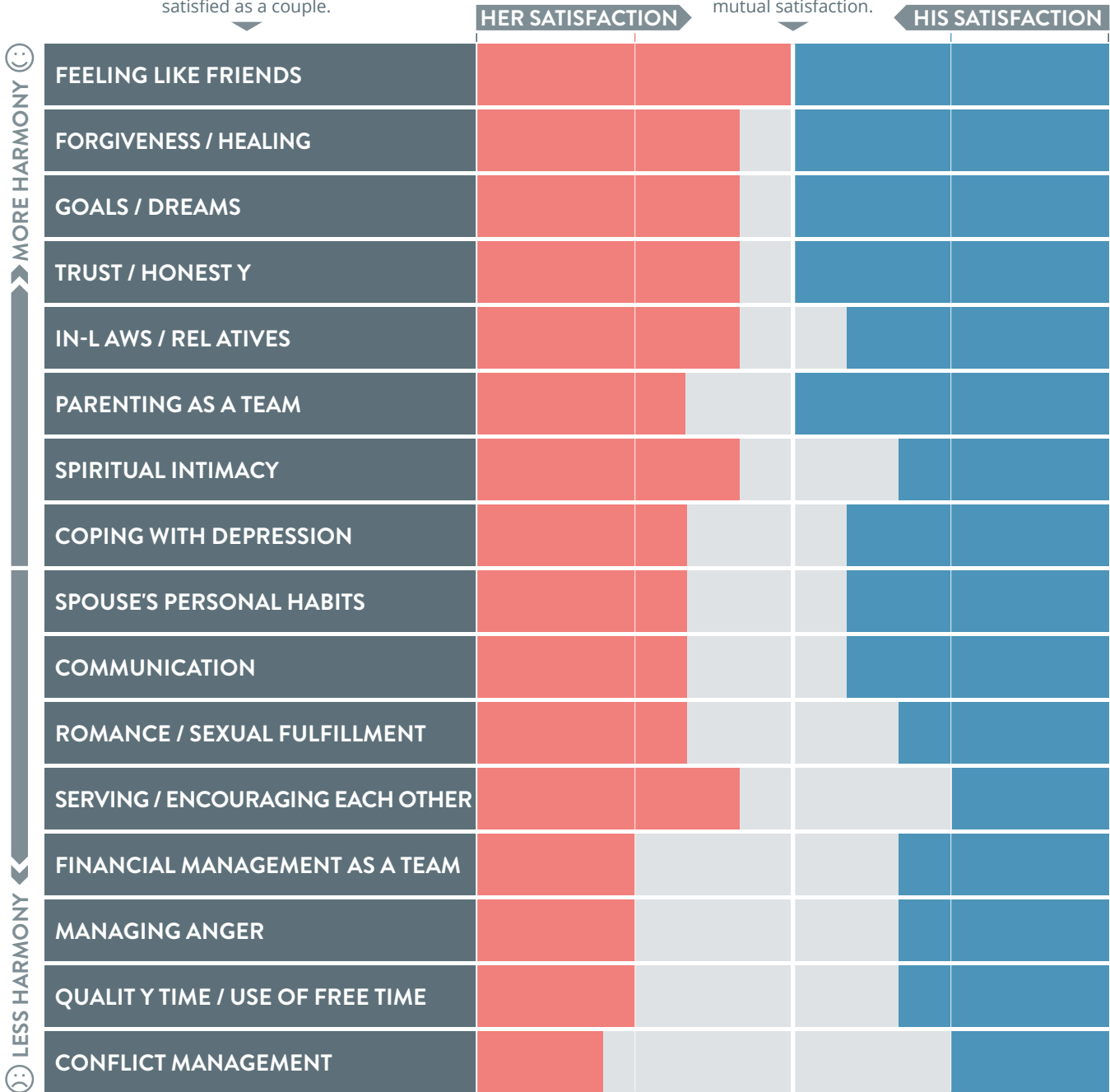
Knowing where you stand strongest together and where you might stand apart is a huge step in cultivating more harmony.



In descending order, here is your list of issues where you are most-to-least satisfied as a couple.



The closer the bars are to meeting in the middle, the greater mutual satisfaction.



How can the two of you celebrate the areas where you are most happy and harmonious? What practical steps can you take to find more harmony near the bottom of the list?



## WHERE DO WE GO FROM HERE?

*Let's identify your take-aways from this experience. And as you consider where to go from here we have a few suggestions for making your marriage everything it was designed to be.*



## MY GREATEST INSIGHT FROM OUR REPORT



## MY NUMBER ONE GOAL TO WORK ON



### FIND A MARRIAGE MENTOR

One of the most effective ways to ensure that your relationship stays healthy and strong is to have a more experienced “go-to” couple that has traveled the road before you. Do you have a couple you’d like to mentor you? Send them to **MarriageMentoring.com** for information and training.



### GROW YOUR LOVE

You can never check “growing” off of your to-do list. Smart couples grow by reading marriage books, attending an annual marriage seminar, and sometimes having a group of couples they meet with. To get you started, we’re giving you a 15% discount on your first order at **LesandLeslie.com**. To get your unique discount code, email [info@LesandLeslie.com](mailto:info@LesandLeslie.com)



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