



FOCCUS®
Marriage Ministries

MARRIAGE ENRICHMENT

REFOCCUS®
Deacon Formation

THE Catholic
marriage inventories since 1985



MARRIAGE ENRICHMENT

Inventories Overview

“Marriage is like a plant. It is not an armoire, which is placed there, in the room, and it’s enough to dust it every once in a while. A plant is alive, and it needs to be cared for every day: to see how it is doing, to give it water, and so it goes. Marriage is a living reality: the life of a couple should never be taken for granted, in any phase of a family’s journey.”¹

*¹Address of His Holiness Pope Francis to Personnel of the Holy See and of the Vatican City State with Families,
Paul VI Audience Hall, 21, December 2015.*



WHAT IS THE PURPOSE OF MARRIAGE ENRICHMENT INVENTORY?

The purpose of Marriage Enrichment Inventory is to facilitate open and honest communication between a married couple looking to enrich and refocus their marriage and can be used with married couples in a Diaconate Program. The Marriage Enrichment Inventory can be used by individual couples or in groups of couples. When used in groups of couples it supports learning from one another as they engage in both individual couple and group processes using our marriage enrichment materials and concepts. Some experiences include: weekend retreats, small or large groups of couples meeting regularly, diaconate formation, etc. It can be used as the sole tool for marriage enrichment or in combination with other marriage enrichment processes or programs.

WHAT IS MARRIAGE ENRICHMENT INVENTORY?

Marriage Enrichment Inventory was developed in 1988 and is based on decades of extensive research. It is a self-diagnostic Inventory designed to help couples learn more about themselves and their unique relationship. It is not a pass/fail test nor meant as a predictor of success or failure in marriage. A married couple needs to stop and take stock of who and where they are. The results are for this point in time. They are not “carved-in-stone” indicators of their permanent relationship but are an indicator of a) what needs discussing today, b) what the couple has achieved that can be celebrated, c) what is somewhat awry that could benefit from time and attention. When couples complete a Marriage Enrichment Inventory it provides an easy-to-read and unique profile of the couple that can reinforce the strengths in the relationship and concentrate discussion or problem solving on challenging areas.



Marriage Enrichment Inventory is ideal for couples who wish to enrich their marriage. Marriage takes place across a lifespan and as such requires that a couple make an ongoing commitment to their relationship. Marriage Enrichment Inventories are designed to help a couple understand, appreciate, enrich and strengthen their marriage. It is not meant to be used as a single measure of the quality of a couple's marriage. Marriage Enrichment Inventories are designed to help a couple focus on key areas to enrich and strengthen their marriage through rediscovery of the depth of a couple's love and desire to continue to grow together. The comprehensive, user-friendly Inventory is administered to an individual couple or in couple groups by a trained Marriage Preparation/Marriage Enrichment Facilitator(s) who is typically clergy, lay individuals, mentor couples or professional counselors who help married couples with their marriage enrichment. The Inventory helps married couples appreciate their unique relationship, learn more about themselves, and discuss topics important to a lifelong marriage.

WHEN SHOULD MARRIAGE ENRICHMENT INVENTORY BE USED?

The recommended guideline:

- **REFOCCUS® Marriage Enrichment Inventory** is for married couples. It can be used multiple times throughout a marriage.
- **Deacon Formation Inventory** is for married couples who are diaconate candidates. This Inventory can be used once or multiple times throughout diaconate program.

A healthy marriage will change over the course of a lifetime commitment. That change and rebuilding can be difficult and upsetting. It can also be exciting

and challenging. Couples who know that they are in process and have survived process before will be affirmed in their growth. They can face new issues with hope. Marriage Enrichment Inventories calls on a couple to acknowledge and examine the process that they have known; it helps them communicate about the process of growth/change that each is experiencing. It helps them *own* the process. A couple needs to take stock of who and where they are. Marriage Enrichment Inventories are designed to be used by a couple to help identify and strengthen areas that are important in their marriage today.

WHAT GROUPS USE MARRIAGE ENRICHMENT INVENTORY?

It was discovered long ago that couples learn from other couples. They gain hope and support from peer couples and are probably best motivated to work on their individual marriages. Couples build well when they can build with other like-minded couples.

Marriage Enrichment Inventories lends itself well to group marriage enrichment processes/programs such as Advent or Lenten series, Valentine's weekend events, weekend retreats for couples, renewal committees, marriage ministry such as diaconate formation, etc. The Marriage Preparation/Marriage Enrichment Facilitator Manual contains several sample models that illustrate ways that Inventories can be used with groups. The possibilities of adapting these models to other formats and time frames is almost endless.

WHAT IS THE MARRIAGE ENRICHMENT INVENTORY PROCESS?



Marriage Enrichment Booklets available on the FOCCUS® website were designed for group settings. Contact FOCCUS® Marriage Ministries for more information on Marriage Enrichment Inventories for groups.

PROCESS FOR INDIVIDUAL COUPLES WITH A MARRIAGE PREPARATION/MARRIAGE ENRICHMENT FACILITATOR:

Step 1 – Meet with a Marriage Preparation/Marriage Enrichment Facilitator

Couples can either contact their local parish/diocese/archdiocese about their marriage enrichment program which includes Marriage Enrichment Inventories or they can go to the FOCCUS® website to locate a trained Marriage Preparation/Marriage Enrichment Facilitator in their area or by contacting FOCCUS® Marriage Ministries.

Step 2 – Couple Takes the Inventory

The Marriage Preparation/Marriage Enrichment Facilitator sets up the Inventory for a married couple to either take the Inventory online or in paper-pencil form. Married couples complete the Inventory independently, and as honestly as possible to gain maximum benefit. Most married couples complete the Inventory in 45 to 60 minutes and statements are presented to each member of the married couple responds with agree, disagree, or uncertain. Depending on the Marriage Enrichment Inventory there may be statements for Marriage as a Process, Intimacy, Compatibility, Communication, Commitment, Ministry Marriages, and Empty Nesters.

Step 3 – Marriage Enrichment Inventory Results

Once the married couple completes the Marriage Enrichment Inventory, an online report, called the Couple Report is generated for the Marriage Preparation/Marriage Enrichment Facilitator and a Couple Take Home Report is generated for each member of the married couple. The Couple Report provides the Marriage Preparation/Marriage Enrichment Facilitator a starting point to facilitate discussion with the married couple. The Couple Report provides a profile of the married couple at the time they responded to the Marriage Enrichment Inventory statements. Thought and discussion following that time usually modifies their attitudes and level of awareness. The Couple Report is not a permanent measure of the couple relationship. The Marriage Preparation/Marriage Enrichment Facilitator Manual helps the facilitator interpret the Couple Report and guide the married couple's discussion, as they continue to strengthen their relationship toward a holy, happy, and healthy marriage. The Couple Take Home Report includes the married couple's Graphs of Agreement and listing of potential organizational resources.

Step 4 – Couple Conversation Wrap-Up

Facilitators should try to meet with their married couples four – six times to go over their results in the Couple Report. The Marriage Preparation/Marriage Enrichment Facilitator can share additional resources for the married couple to integrate what they have learned from their Marriage Enrichment Inventory discussion.



WHAT MAKES OUR MARRIAGE ENRICHMENT INVENTORY DIFFERENT?

Marriage Enrichment Inventories is one of the most comprehensive and complete marriage enrichment inventories available. It was developed in 1988 in the Archdiocese of Omaha with extensive research and study and has been used with thousands of couples in all church denominations and many countries around the world.

A marriage has many seasons. The couple who knows what season they are in and who understands that season's characteristics and its challenges will probably weather that season very well. Our Marriage Enrichment Inventories are a tool that can help a couple determine where they are right now.

Our Marriage Enrichment Inventories were written for the married couple. Every married couple has both strengths and challenges in their relationship. The strengths of a relationship give the couple the motivation and ability to seek out and use marriage enrichment tools and processes. The challenges need to be identified and addressed. Our Marriage Enrichment Inventories are developed to affirm and promote growth in strong marriages; it is also written to give direction and help to the couple struggling with the daily challenges of marriage.

HOW CAN YOUR ORGANIZATION BECOME A FOCCUS® MEMBER?

It is easy and free for your organization to become a FOCCUS® Member. FOCCUS® Marriage Ministries offers resources to help an organization manage the Marriage Preparation Inventories, Marriage Enrichment Inventories and your Facilitators. Contact FOCCUS® Marriage Ministries today!



FOCCUS®
Marriage Ministries

HOW DO YOU BECOME A CERTIFIED MARRIAGE PREPARATION/MARRIAGE ENRICHMENT FACILITATOR?

FOCCUS® Marriage Ministries offers website self-paced online modular training and resource tools to become a certified Marriage Preparation/Marriage Enrichment Facilitator in our Marriage Inventories (FOCCUS®, Convalidation and Mid-Life & Beyond) and our Marriage Enrichment Inventories (REFOCCUS® and Deacon Formation). You will receive access to the online modular training, a frameable facilitator certificate, Marriage Preparation/Marriage Enrichment facilitator manuals, and a training participant guide. After the training you will be able to:

- Administer the Marriage Enrichment Inventories
- Interpret the Couple Report
- Encourage couple interaction and meaningful discussion

Certified Marriage Preparation/Marriage Enrichment Facilitator training is offered by FOCCUS® Marriage Ministries.

SAMPLE REFOCCUS® MARRIAGE ENRICHMENT INVENTORY

10 random sample statements

	Inventory Statements	Agree	Disagree	Uncertain
5	I have talked with my spouse about the events that I think have most strengthened our marriage.	A	D	U
9	Change and crisis in the lives of the children in our family causes difficulties in our marriage.	A	D	U
20	Some things get in the way of our relationship over and over again.	A	D	U
24	My spouse and I can talk about our sexual fears, hopes and preferences.	A	D	U
41	My spouse is comfortable with the way I handle organization and order.	A	D	U
50	We have discussed how each of us was disciplined as a child and how this has affected our parenting.	A	D	U
56	I feel I can express myself clearly to my spouse.	A	D	U
78	I am fearful that we have drifted from each other because we are caught up in the day-to-day life.	A	D	U



	Inventory Statements	Agree	Disagree	Uncertain
88	There is support in our extended families for our roles in ministry.	A	D	U
110	Attending church regularly as a couple is important to us in the “empty nest” years.	A	D	U

REFOCCUS® MARRIAGE ENRICHMENT INVENTORY CATEGORIES

Marriage As A Process	<ul style="list-style-type: none"> • Dynamics of individuals and of the relationship in change and process • Specific factors and the impact of change/ process • Means of handling change/process • Overall relationship commitment through change/process
Intimacy	<ul style="list-style-type: none"> • Models and attitudes on intimacy • Impact of conflict on intimacy • Sexuality and intimacy • Children and intimacy • Religion and intimacy • Jobs, money and Intimacy
Compatibility	<ul style="list-style-type: none"> • Present attitude • Personality Factors • Background factors • Roles and expectations
Communication	<ul style="list-style-type: none"> • Present balance • Sharing, listening, discussion • Conflict resolution models • Attitude toward communication/work/process



Commitment	<ul style="list-style-type: none"> • Overview of the present • Priority of the relationship • Specific factors in the commitment process • Marriage covenant/spirituality values • Process of the commitment
Ministry Marriages:	<ul style="list-style-type: none"> • Support for roles in ministry • Attitudes and expectations • Impacts on lifestyle • Ministry's effect on the marriage relationship • Differences and conflict • Models and attitudes
Empty Nesters	<ul style="list-style-type: none"> • Dynamics of adjustment to the new stage of marriage • Communication & problem solving • Issues with immediate and extended family members • Physical changes • Impact on lifestyle • Long-term planning • Commitment



Marriage Enrichment Inventories are well-used if it is seen as a tool for discussion to strengthen and deepen a relationship. Accordingly, the number of statements per category is relevant only to the degree to which it promotes good discussion and problem solving. For the most up to date list of languages available for Marriage Enrichment Inventories please visit www.foccusinc.com.

Since 1985, FOCCUS® Marriage Ministries, a non-profit organization, is an apostolate of the Archdiocese of Omaha, has provided trusted resources that help couples discuss issues important to establishing a healthy foundation for lifelong marriage and strengthened family life. Our marriage preparation and enrichment resources, including the Marriage Preparation Inventories (FOCCUS®, Convalidation, Mid-Life & Beyond) and the Marriage Enrichment Inventories (REFOCCUS®, Deacon Formation) have been reviewed and revised with resources developed to address societal changes and the needs of today's engaged and married couples.



MARRIAGE ENRICHMENT

Marriage Enrichment is a profoundly important ministry in the Church and in our world. FOCCUS® Marriage Ministries seeks to assist clergy, marriage mentors, professional counselors, engaged couples and spouses in this great work by building up holy, happy, and healthy marriages in a world thirsting for authentic intimacy and sacrificial love. It is our prayer that the Marriage Enrichment Inventories shows both the married couples, and those who help enrich their marriage, that the institution of marriage was meant to serve as the image of our merciful God, who is the very essence of love itself.

**FOR INFORMATION ON MARRIAGE
ENRICHMENT INVENTORIES OR OTHER
PROGRAMS VISIT:**

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