



FOCCUS for the Future®

A Summary and Planning Form for Use at the Completion of Your FOCCUS® Facilitation Sessions

My Name _____

My Fiancé(e)'s name _____

Date _____

Dear Engaged Couple,

*You have completed the study and discussion of the **FOCCUS®** Pre-Marriage Inventory and perhaps an additional preparation program. Because of your commitment to your relationship, you have put time and energy into shared awareness and decision making as a couple. This **FOCCUS for the Future®** form is designed to help you integrate what you have learned and plan ways to build on the awareness that you have gained.*

The statements in this form are intended to help each of you 1) name and evaluate your individual and couple strengths and challenges, and 2) identify ways to build positively on what you have learned during your facilitated sessions.

How to use this *b/wtween* Summary and Planning Form:

- 1) Each of you fills out a copy of the form separately and without consulting the other.
- 2) You and your fiancé(e) share and discuss the Summary and Planning responses with each other and perhaps with a facilitator or person(s) preparing you for marriage. Use the time to explore and plan for discussion of what has surfaced as your couple strengths and challenges.
- 3) Keep your Summary and Planning Forms and use them in the months ahead to remember, revise and refocus as you build your marriage.

It's a privilege to work with you and you are always welcome to contact us with any questions or comments at foccuscouples@foccusinc.com. Our very best wishes to you both.

To Help You Summarize and Plan, Please Complete the Following:

1. I think that our styles of decision making which come from our personalities and our family styles are

Very alike
1

Pretty much alike
2

Mostly different
3

Knowing this, to improve our communication, I will _____

2. In sharing what we think and feel with each other, we are

Very Good
1

Pretty good
2

Not so good
3

To help us better understand each other, I need to _____

3. There are some differences between us on how we handle conflict. These differences are

Seldom a problem
1

Sometimes a problem
2

Frequently a problem
3

Knowing this, to handle conflict between us well, I will _____

4. Something that I think could be a problem for our relationship is _____

I think this is

Very important
1

Somewhat important
2

Not very important
3

Knowing this, I will _____

5. Asking for forgiveness or forgiving the other is, in my opinion, something that we

Do very well
1

Do fairly well
2

Struggle with doing
3

Regarding forgiveness, I will _____

6. Differences in our personalities show up most often in our relationship when

I think these differences are

Very important
1

Important
2

Not important
3

Knowing these differences in personality, I will _____

7. A value from our families of origin that most impacts our relationship is

When I see or consider this, I am

Very concerned
1

Concerned
2

Not at all concerned
3

Knowing this, I will _____

8. When I think about how we're going to handle money together

I'm confident
1

I'm somewhat worried
2

I'm very worried
3

Knowing this, I will _____

9. The way that each of us looks at the relationship of sex to intimacy is something on which

We have full understanding
and agreement
1

We basically understand
and agree
2

We don't understand
nor agree
3

Knowing this, I feel what we need to do to enrich our relationship is _____

10. Differences in the way we handle balancing careers and marriage are

About this I feel:

Very prepared
1

Somewhat prepared
2

Not very prepared
3

It would help me in this if we _____

**11. I would describe the connection between our relationship and our spirituality/
relationship with God as _____**

This relationship between God and us is

Very important to me
1

Somewhat important to me
2

Not important to me
3

Our spirituality/relationship with God can strengthen our marriage if we _____

12. One area that I see needing growth in our relationship is _____

I think this is

Very important
1

Somewhat important
2

Not very important
3

Knowing this, I will _____

13. To me, commitment to our relationship means _____

About the meaning of commitment, we

Completely understand and agree
1

Mostly understand and agree
2

Don't understand nor agree
3

Knowing the meanings each of us brings to commitment, I will _____

14. Working at marriage with one person for an entire lifetime seems primarily

An adventure
1

Hard work, but rewarding
2

May be impossible
3

To keep working on our relationship, I will _____

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