

### **Get It Right: Premarital Counseling Program- Overview**

- Session 1: Initial Meeting/Introductions: Your Relationship Up To This Point
- Session 2: Creating Healthy Expectations of Marriage
- Session 3: Getting a Realistic Concept of Love
- Session 4: Keeping a Positive Attitude and Outlook Toward Life
- Session 5: Ability to Communicate Feelings
- Session 6: Understanding and Accepting Gender Differences
- Session 7: Ability to Make Decisions and Settle Arguments
- Session 8: A Common Spiritual Foundation
- Session 9: Healthy Intimacy and Sexual Communication
- Session 10: Managing the Business of Marriage

#### Program Objectives:

To identify and enhance the healthy aspects of your relationship

To minimize maladaptive behaviors in to prevent common marital pitfalls

To provide education on how to maintain effective communication, healthy intimacy, and managing finances