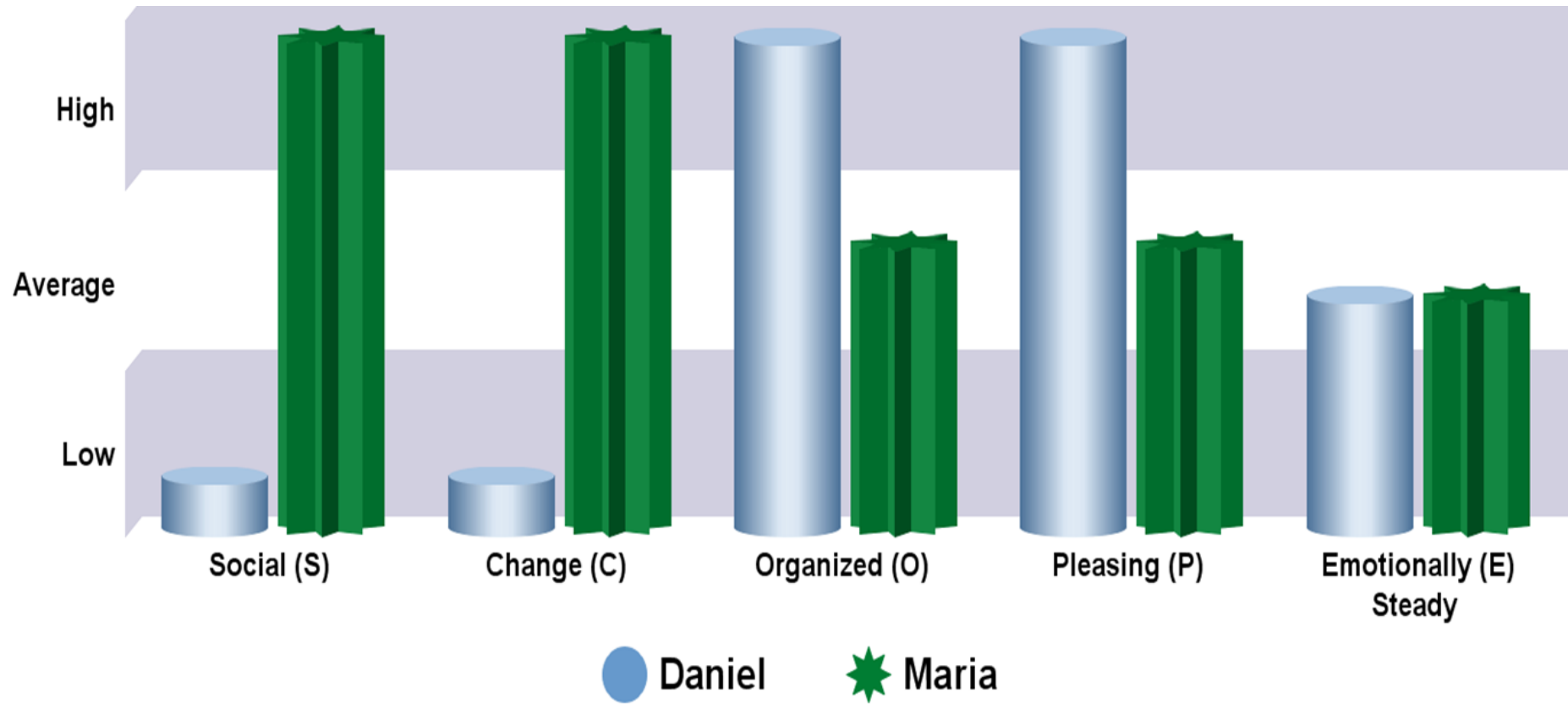


Prepare-Enrich

SCOPE Personality Scales

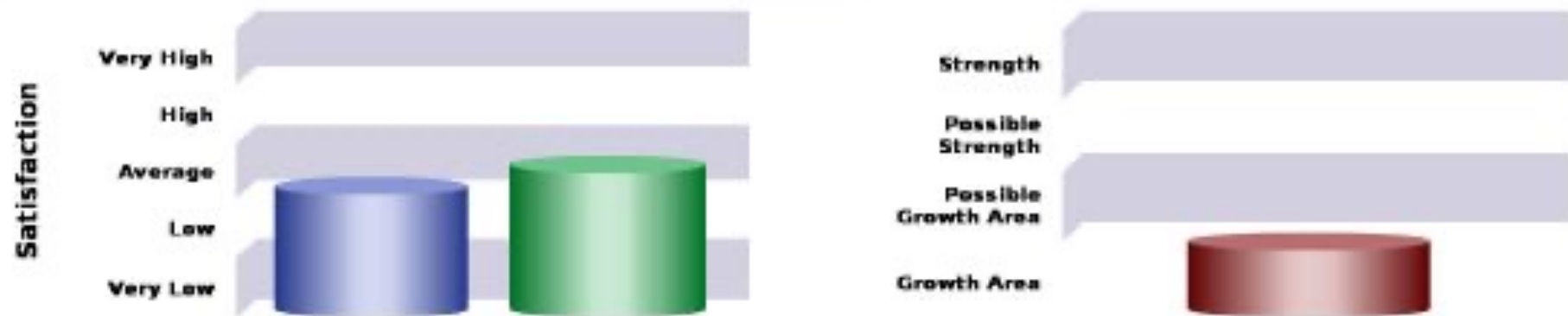


SCOPE

Social																						
	Introverted																				Extroverted	
Change																						
	Routine Satisfies																				Change Energizes	
Organized																						
	Spontaneous																					Organized / Systems
Pleasing																						
	Priority of Productivity																					Sensitive to People
Emotionally Steady																						
	Deep Feeling																					Less Intense Emotion

Communication

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



Communication

Couple Agreement — *The couple agreed with one another on these statements.*

- I feel my partner is honest with me.
- When we are having a problem, my partner and I are able to talk about it.

Disagreement — *The couple disagreed with one another on these statements.*

- I can easily share negative feelings with my partner.
- I like the way my partner listens to me.
- It is generally easy for me to ask my partner for what I want.
- My partner does not make comments that put me down.

Indecision — *One or both individuals were undecided about the issue.*

Special Focus — *Both individuals expressed concern about the issue.*

- I am very satisfied with how my partner and I communicate.
- It is easy for me to express my feelings to my partner.
- My partner is willing to share his/her feelings with me.
- My partner usually understands how I feel.

Relationship Dynamics



Relationship Dynamics



Relationship Dynamics

POSITIVE CYCLES

Goal is to Strengthen
the Positive Cycle

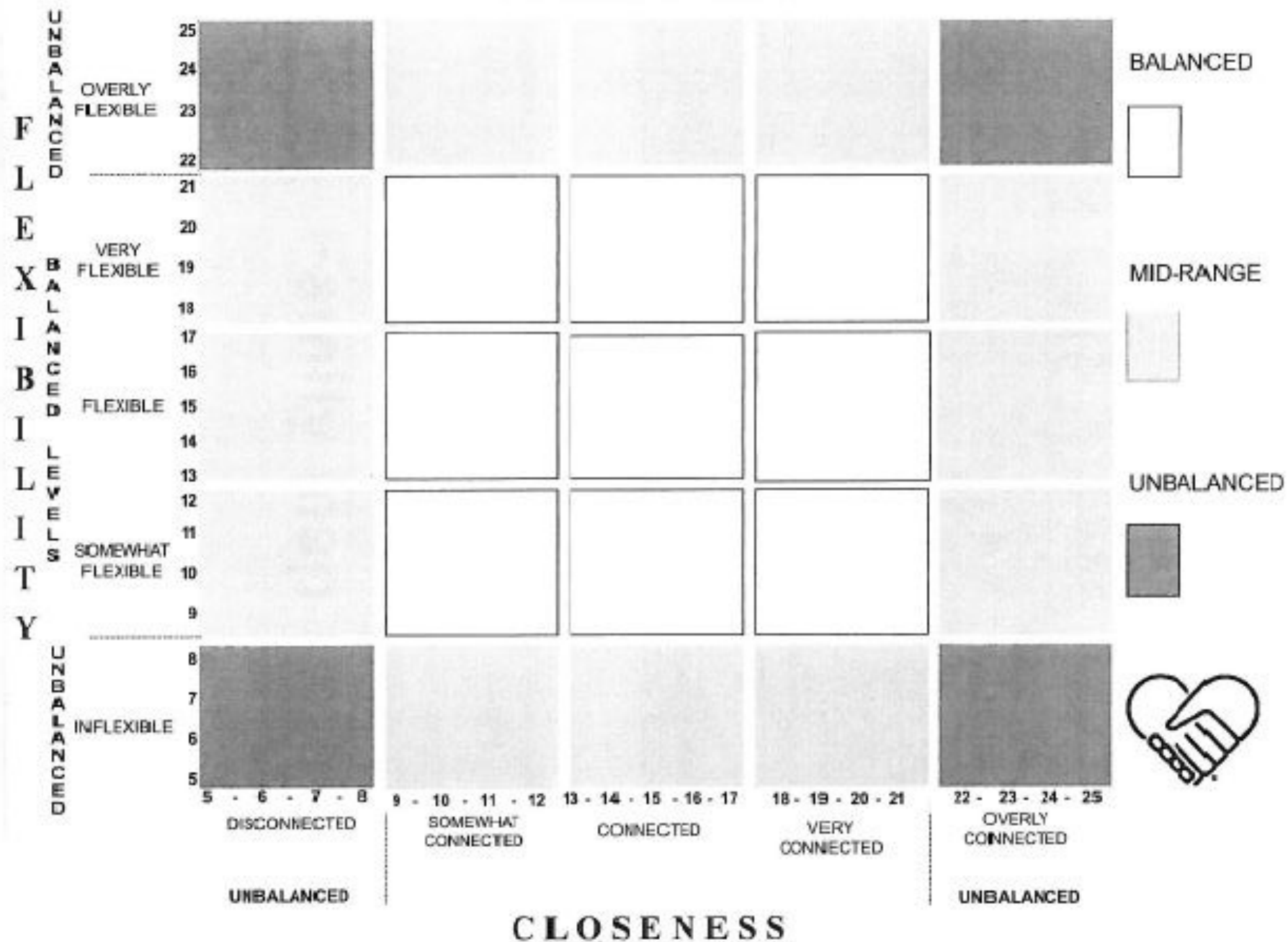


NEGATIVE CYCLES

Goal is to Reduce
the Negative Cycle



FAMILY MAP



HOMework

MAKE SOME LISTS

- **Three stories from childhood that were hard or challenging**
- **Three stories from Childhood that were fun or exciting**
- **Three things you would like more of, or less of in your relationship and what need or feeling would it address.**
- **Three things the Spirit would convict that you need to ask your mate for forgiveness.**