

**COMMUNICATIONS:
VERBAL & NON-VERBAL**

Are you satisfied/dissatisfied with the present levels of communication from each other? Do you feel that there is sufficient openness and candor between you? How do you handle strong emotions, particularly anger, in your communications? Are you satisfied or dissatisfied with this?

**PHYSICAL INTIMACY &
SEXUAL COMMUNICATION**

How do you feel about the amount and expression of your physical affection for one another? What about the quality and frequency of your sexual communication with each other? Are your sexual experiences a mutual celebration of joy in each other and of the general well-being of your relationship, or are they occasions of merely enduring demands and expectations?

**SELF-CONCEPT & SELF-ESTEEM
OF EACH PARTNER**

How well do each of you like himself/herself? What are some things that each likes and dislikes about himself/herself? What is each able to cite as his/her strengths and limitations, and how affirmative or accepting of these strengths and limitations is the other? What effect does each of you perceive his/her self-concept to have on your relationship?



**WHAT OTHERS HAVE SAID ABOUT
COUNSELING SESSIONS...**

"Before the first session I was very apprehensive...and thought 'I don't need this'...I am glad I came...the sessions were very helpful."

"This definitely prepared me to be a better husband."

"The sessions provoked discussion before, during, and after on topics which should be discussed."

"...helped me to see important factors in our relationship."

"The sessions made me feel more confident, determined, and excited about our marriage."



**PREMARITAL
COUNSELING
INFORMATION**



We are happy you have inquired about holding your wedding at The First Congregational Church of Ann Arbor. Your wedding is a most significant event in your lives and a sacred ministry of this church. The following information and guidelines will help ensure that your wedding day will be very special and beautiful for you and your families.

**608 EAST WILLIAM STREET
ANN ARBOR, MI 48104
(734) 662-1679
(734) 662-0302 (FAX)
OFFICE HOURS: MONDAY- FRIDAY
9 AM - 3 PM
E-MAIL: office@fccannarbor.org
WEBSITE: www.fccannarbor.org**

GENERAL INFORMATION

An important part of being married is the personal preparation of both partners for their new lifestyle. In accordance with the by-laws of the church, the Board of Deacons and the ministerial staff have arranged to provide premarital counseling for each couple intending to be married by a minister of this church.

When your wedding application, signed consent to premarital counseling form, and \$150.00 non-refundable deposit are received, your names will be given to the counselor, Lynne P. Lande, M.S.W., of **Samaritan Counseling Services**. She will then contact you directly to arrange for an appointment. Counseling sessions usually take place four to six months prior to your ceremony. The total cost for this service is \$195.00 and is your responsibility. This fee is paid directly to Samaritan Counseling Services. Ms. Lande will explain the process to you when she contacts you. It is recommended that your counseling be completed before your first meeting with the officiating minister.

ABOUT SAMARITAN COUNSELING SERVICES

Samaritan Counseling Services offers you help and hope in creating a vital, happy, and healthy marriage. One of the most significant decisions any of us makes is the choice of a life partner. No decision affects our lives "for better or for worse" more profoundly than the decision to marry. It is much easier to prepare for a successful wedding than for a successful marriage.

Samaritan Counseling Services is a non-profit, faith based counseling and psychotherapy agency serving the congregations and communities of Washtenaw, Livingston and Western Wayne counties. With both theological and clinical training, their counselors believe that traditional counseling can be made more powerful by including activities that directly promote spiritual life. These activities are introduced into counseling only in a way that is respectful of the person, utilizing the framework of the client's beliefs and values.

YOU HAVE THE OPPORTUNITY TO...

- ❖ Talk about your hopes, expectations, and dreams of marriage.
- ❖ Discuss your fears and anxieties about marriage.
- ❖ Explore your personal readiness for marriage and the strengths you bring to this commitment.
- ❖ Understand yourself and your partner better.

AREAS TO BE COVERED...

HOUSEHOLD MANAGEMENT & FINANCES

What will be/is your division of labor in the care of your house and in responsibility for your household chores - dishes, laundry, garbage, meal preparation, etc.? Is this a satisfactory arrangement for both of you? Who keeps the financial records? Balances the checkbook? Is this arrangement satisfactory to both? Are you satisfied with each other's spending habits?

IN-LAW RELATIONSHIPS

How well do each of you get along with the other's parents and siblings? Do you feel liked and accepted by them? Are these relationships a source of pre-marital/marital harmony or disharmony between you?

FAMILY PLANNING & CHILD RAISING

Are you agreed as to whether or not you want children? If you do, are you reasonably agreed as to the timing and the number of children you plan to have? How well do your perspectives on child raising and child discipline mesh? How do each of you view your role and your role expectations in parenting?

PHILOSOPHIES OF LIFE: VALUES, GOALS & ROLES

What are the most important things in life to you and why? Do you experience your differences as exciting and enriching to the relationship, or as problematic and potentially conflictual? Are your life values and goals, including the religious or spiritual, complementary to and supportive of your relationship, or are they a barrier between you? What about your respective ideas and wishes concerning a balance between work time and leisure time? Are you reasonably well-agreed on these matters? Satisfied with your achievements to date?