

Marriage Preparation

Be Prepared for your relationships Future!



WHAT ARE THE BENEFITS?

Benefits include "enhanced communication and conflict management skills, more commitment to one's mate, greater positivity in marriage, and reduced chances for divorce." (Duncan, Childs, Larson, 2010)



WHEN SHOULD YOU ATTEND MARRIAGE PREPARATION CLASSES?

The recommended time period for a couple to attend Marriage preparation classes would be 4-12 months before the wedding. The more time you have the better. (Rolfe, 1985 & Olson, 1983)



WHERE CAN YOU FIND MARRIAGE PREPARATION CLASSES?

Currently, more than 90% of couples who receive marriage preparation do so from a church or religious institution. (Wilmoth & Symser, 2012)



FINANCIAL DISCUSSIONS

In marriage you need to be able to look at finances as a couple and how they will best fit into your life style, careers, and spending habits. Whether you decide that is a shared account or separate and everything split 50/50 that's a conversation you need to have prior to marriage.



COMMITMENT & DIVORCE

Lack of Commitment is one of the major reasons for a marriage to fail. In an online survey in Oklahoma they found that 85% of those who had been divorced blamed a lack of commitment. This is something you should discuss with your partner before marriage. (Burgoyne, Reibstein, Edmunds, & Routh, 2010)



OTHER WAYS TO PREPARE

If you do not have access to an institution that offers marriage preparation there are other ways you can educate yourself:

- Marriage preparation books
- Marriage Successful learning videos
- And always being open and honest about topic of concern with your partner. Communication is Key!



OTHER TOPICS TO DISCUSS WITH YOUR PARTNER BEFORE MARRIAGE

- Children
- Neighborhoods/ family location
- School choices (you may be from different religious backgrounds)
- Family roles
- Any other topic that you feel needs to be addressed that could result in an argument

