



What to Expect in Premarital Counseling

Love That Lasts Series – Tools for Couples

Premarital counseling strengthens your relationship, clarifies expectations, and builds a strong foundation. It's not about fixing problems—it's about preparing you for success.

Topics You'll Explore:

- Communication Skills
- Conflict Resolution
- Money & Finances
- Family & Traditions
- Intimacy & Connection
- Parenting & Children
- Faith, Culture & Beliefs
- Future Goals & Dreams

What Sessions Look Like:

- 4–8 sessions (weekly or bi-weekly)
- Assessments (Gottman assessments)
- Guided conversations with your counselor
- Tools, exercises, and take-home activities

Think of premarital counseling as an investment in your lifelong partnership.

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Conversations Every Couple Should Have Before Saying "I Do"

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Marriage is one of the biggest adventures you'll embark on together. Preparing early is beneficial in making the journey together even more rewarding.

These conversations help you build a strong foundation and keep your relationship thriving.

The Five Conversations:

1. **Money & Finances** – Discuss budgeting, saving, and financial goals.
2. **Communication Styles** – How you express feelings and resolve conflict.
3. **Family & Traditions** – Holidays, traditions, and family involvement.
4. **Intimacy & Connection** – Affection, closeness, and keeping connection alive.
5. **Future Goals & Dreams** – Careers, lifestyle hopes, children, long-term vision.

It is very important to identify a common goal in each of these areas to create the future you envision as a couple.

Premarital counseling can give you tools to navigate these conversations with confidence.

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Newlywed Survival Guide

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Congratulations! The first years of marriage are exciting but also bring challenges. These tips will help you nurture your connection and thrive together.

10 Tips for Newlyweds:

- 1. Keep Communicating**
- 2. Protect Date Night**
- 3. Manage Money as a Team**
- 4. Learn Healthy Conflict Skills**
- 5. Balance “We” and “Me”**
- 6. Share Responsibilities**
- 7. Show Appreciation Often**
- 8. Keep Intimacy Alive**
- 9. Lean on Support Systems**
- 10. Don’t Be Afraid to Ask for Help**

Marriage is a journey of growth and love. We’re here to support you through every season.

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