Premarital Preparation

HAPPILY EVER AFTER

Getting Ready for Happily Ever After

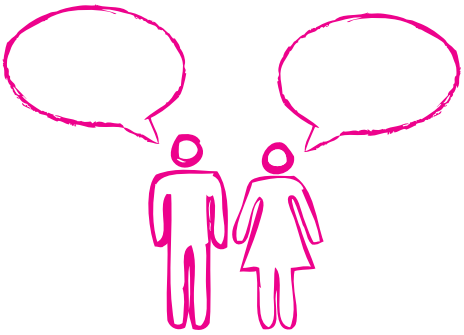
You wouldn't run a marathon without some preparation, so why would you get married without some coaching ahead of time. To dispel rumors, premarital preparation is not just for couples who are already having problems. In fact, it's often most beneficial to those who are happily engaged. Research shows that in the year before you are married and the six months after, couples get the most out of counseling. Later, under stress, your negative habits may have become more established and therefore are harder to work through.

Choosing a counselor can be as easy as choosing your church's spiritual director. Some couples however decide to choose a psychologist, and others choose to go to both. But when making the choice, discuss honestly with your fiance about each of your comfort levels with the counselor.

The actual preparation itself should focus on some key topics like long-term goals, and communication. Some couples find out through counseling that they didn't really know their partner's expectations, or even their own. Counselors can share with you ways to handle some of the rocky moments in your relationship with conflict resolution techniques. And they can help a couple that is dealing with intimacy and sexuality issues.

Just because Mr. Right is everything you want him to be today, does not mean that you won't weather a good storm or two in your relationship. Being prepared is the best way to make sure that in the end you both come out as happy and in love as you are today!

IT CAN BE FUN



When you think of counseling you may think of it as being uncomfortable or boring. This isn't necessarily the case. Many times counseling can be fun. Your counselor may have you do different exercises that you and your hubby-to-be just plain enjoy. You two will grow together and feel much better about your relationship and may even calm any nervousness you have about your upcoming nuptials.

Counselor contact

Phone:_____ Adress:_____

Email:_____ _____

Appointments

Date:___/___/___ Time:_____	Date:___/___/___ Time:_____
Date:___/___/___ Time:_____	Date:___/___/___ Time:_____
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