

SYMBIS

SAVING YOUR MARRIAGE BEFORE IT STARTS

A S S E S S M E N T

Report for:



TONI DAY & CHRIS CRARY

Date Completed: 9/12/2014

Prepared by:

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GETTING THE MOST FROM YOUR SYMBIS REPORT

What you're about to experience through this report will help you launch one of the greatest adventures of your life: marriage. With the help of your certified facilitator, you will discover countless new insights and dozens of new skills to strengthen your bond.

ABOUT US

Date Completed: 9/12/2014

Invite Code: CXYZXYZ



TONI



CHRIS

General

Age	27	29
Ethnic Background	Caucasian	Caucasian
Religious Affiliation	Christian/Non-denominational	Christian/Non-denominational
Education	College	College
Employment Status	Full Time	Full Time
Employment Category	Education	Professional Services

Family of Origin

Parents' marital status	Divorced	Married
How you were raised	Raised by mother	Both biological parents
Birth order in family	Third born	Fifth born
Number of kids in family	3	5

Relationship

Wedding Date	10/1/14	10/1/14
Relationship Status	Engaged (not living together)	Engaged (not living together)
Previous Marriages	0	0
Number of children	0	0
Expecting a child	No	No
Length of dating relationship	18-24 months	18-24 months
Stability of dating relationship	Smooth & steady	Smooth & steady
Long distance relationship	No	No



Our Goals Together with SYMBIS

1. Obtain a clear picture of your personal and relational momentum for marriage.
2. Gain new insights into your personalities and how they work together.
3. Gain new skills to strengthen your relationship for lifelong love.



OVERVIEW: MARRIAGE MOMENTUM

Congratulations! Your relationship has strong momentum for a growing and thriving marriage. The combination of your mindsets, your psychological health as individuals, and your compatibility as a couple, provides you with promising vitality for lifelong love. Beware, however, this does not exempt you from bumps in the road – that’s part of married life. The good news? Your strong momentum puts you in a prime place for maximizing what you’ll learn during your SYMBIS Assessment. Use your momentum to get all you can out of this experience.



TONI



CHRIS

ROMANTIC MINDSET



MINDSET

RESOLUTE MINDSET

3 Caution Flag(s)

88%



WELLBEING

97%

0 Caution Flag(s)



CONTEXT



COOPERATING SPOUSE



DYNAMICS

AFFIRMING SPOUSE

The Saving Your Marriage Before It Starts (SYMBIS) book and His/Her Workbook Set can be used to augment your experience with this report—however, it's not required. A small prompt on some pages will point you to relevant chapters. Learn more: www.store.LesandLeslie.com



MINDSET

What's your attitude toward marriage? Research reveals the course of your relationship will be impacted by the combination of your two mindsets toward marriage. Which of the five are you?



RESOLUTE
MINDSET

Chris



RATIONAL
MINDSET



ROMANTIC
MINDSET

Toni



RESTLESS
MINDSET



RELUCTANT
MINDSET



ROMANTIC MINDSET

You approach marriage with more idealism than most. In some respects, you're living out your own romantic script with the "soulmate" of your dreams. In fact, you are nearly twice as likely as the average person to say, "There's only one perfect person for me." Love conquers all for you. You believe in a soul-to-soul connection that doesn't require much effort and you expect it to not only last forever but to bring you both unending bliss.



RESOLUTE MINDSET

You are a true believer when it comes to matrimony. In fact, you have the highest marriage motivation of any other category. You are more than twice as likely as your peers to say: "Divorce is not an option." You are marrying for life. You resonate with words like devotion, dedication, and commitment. More than others, you are likely to want to have children at some point, too. In fact, only 2% of Resolutees say they never want children.

HOW YOUR MINDSETS MESH

You don't share the same mindset, but you both share a passion for a loving marriage. The two of you bring together a combination of dedication and idealism. This can work well as long as both of you are sensitive to your differing attitudes and you're both willing to work as a team. A Romantic mindset is often tempted to ignore real-life work because it doesn't fit their "love story." Yet the Resolute perspective can learn from the Romantic how to lean a bit more into the softer side of love. The key is honest discussions about your values and your commitment to each other – even when times get tough. That's not always as easy with a Romantic mindset, but it's crucial.

Bottom line? While you're not exactly a like-minded match, your prospects for life-long love are good. You'll have some differences to work out. But if you are willing to make some compromises and adjust some expectations (as noted later in this report) a bit you will learn from each other and build a life-long marriage together.



*What do you think about your results?
What makes you feel good and what concerns you at this stage and why?*



WELLBEING

Your marriage can only be as healthy as the two of you. Exploring your wellbeing as individuals, as well as the wellbeing of your relationship, is vital to launching enduring love.



88%

INDIVIDUAL WELLBEING

97%



When it comes to your sense of self and your confidence in your abilities, you vacillate. At times you feel strong and sure of yourself but you also have just as many times when you feel unstable. Your self-esteem wavers.

SELF
CONCEPT

You have a strong sense of yourself. You know who you are and you have confidence in your abilities. In short, you have a healthy self-concept that bolsters emotional health and wellbeing.

By default, your age (over 25) puts you in an optimal zone for lifelong marriage. Ages 24 and younger are correlated with higher divorce rates.

MATURITY

By default, your age (over 25) puts you in an optimal zone for lifelong marriage. Ages 24 and younger are correlated with higher divorce rates.

You tend to be your own person who is likely to be more objective about your current relationship. As a result, you report having minimal unresolved issues or pain in relation to your parents. This sense of healthy autonomy will aid you in building a strong alliance in your marriage.

INDEPENDENCE

You tend to be your own person who is likely to be more objective about your current relationship. As a result, you report having minimal unresolved issues or pain in relation to your parents. This sense of healthy autonomy will aid you in building a strong alliance in your marriage.

Abuse between parents
Partner's annoying habit
Depression



CAUTION
FLAGS



None

91% RELATIONSHIP WELLBEING

LONGEVITY: The mere fact that you two have dated for less than two years puts you into a moderate caution zone for longevity. Dating for a minimum of two years correlates with the highest rate of marital satisfaction.

STABILITY: Because you characterize your relationship as being consistent, reliable, and dependable, with little turbulence or conflict, you are more likely to have practiced negotiation and compromise. Your stability bodes well for your marital readiness.

SIMILARITY: You share a great deal of your core values and this heightens your marital readiness.



When it comes to your individual as well as relationship wellbeing, what concerns you the most and why?



CONTEXT: SOCIAL SUPPORT

You're marrying a set of circumstances as well as each other. Being aware of how your two worlds combine on a practical level is essential to making sure they don't collide on an emotional level.

SUPPORT OF FRIENDS AND FAMILY FOR OUR RELATIONSHIP



Toni: You have a great deal of social support from your friends and family as it relates to your relationship. Having their blessing is a tremendous advantage for having a great start in your marriage.

Chris: You have a great deal of social support from your friends and family as it relates to your relationship. Having their blessing is a tremendous advantage for having a great start in your marriage.

MY RELATIONSHIP WITH MY IN-LAWS



Toni: The relationship you have with your partner's parents seems optimistic and supportive.

Chris: The relationship you have with your partner's parents seems optimistic and supportive.

NETWORK OF MUTUAL FRIENDS WE BOTH ENJOY



Toni: You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

Chris: You feel very good about how your individual networks of social relationships are melding. You feel good about your partner's investment in your friends and vice versa.

SOCIAL SUPPORT FROM MY FAITH COMMUNITY



Toni: You view your religious faith and the people you worship with to be a significant part of your social support system.

Chris: You view your religious faith and the people you worship with to be a significant part of your social support system.



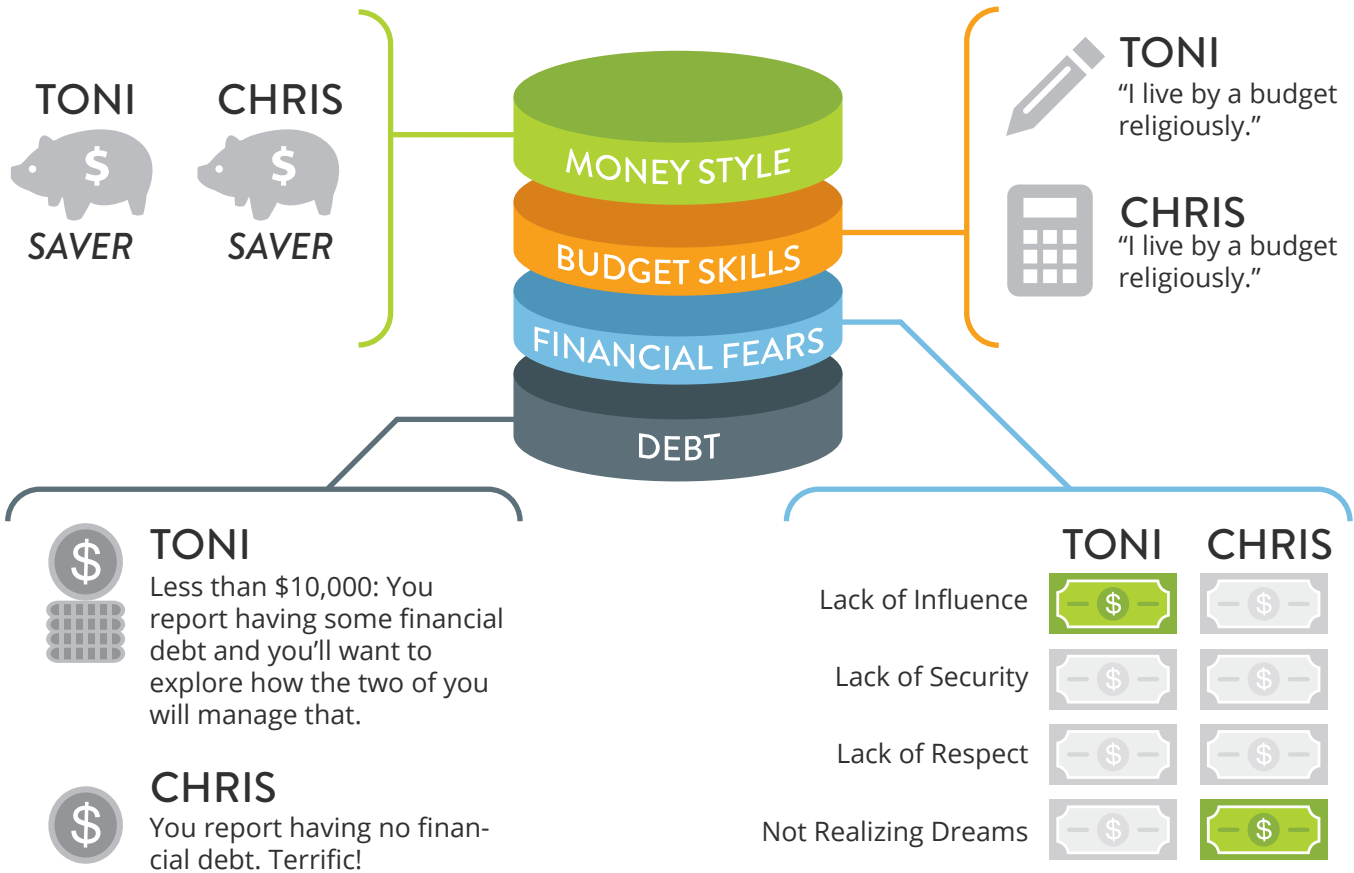
Are you each satisfied with your current level of social support? What do you wish were different and why? What can you do to improve your social support as a couple?



CONTEXT: FINANCES

Your financial skills, attitude and history, make up an important part of the context you're bringing into marriage. A healthy "money talk" will curtail countless currency conflicts.

MONEY MATRIX



What concerns you most about the financial context you're each bringing into your marriage and why? What gives you peace about your financial future?

MONEY TALKS

To minimize friction over finances, you'll want to keep the communication channels clear. Completing these sentences with your Facilitator will help you do just that:

- In my home growing up, money was...
- When I think about our financial future...
- What you may not know about money and me is...
- The thing I appreciate about you in relationship to money is...
- When it comes to money, I'd like to improve my...
- One specific action we could take right now that would help me is...



What's one practical action step you can both take within the next month to ensure your relationship is on the best financial path?



CONTEXT: EXPECTATIONS

Making your roles conscious: for most people, the biggest part of their “context” is what they unconsciously learned about their role as a spouse from their family of origin.

We both agree on who is doing these things:



		Mom	Dad	Me	You	Mom	Dad	Me	You
Toni	Staying home with children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Chris	Paying bills and handling finances	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Both	Yard work	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Both	Gassing up the car	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Chris	Fixing things around the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Both	Laundry	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Making the bed	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Cooking meals	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Grocery shopping	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Neither	Caring for a pet	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toni	Decorating the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Toni	Disciplining the children	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
	Doing the dishes	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Taking out the trash	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Cleaning the house	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Providing income	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Maintaining ties with friends	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Maintaining ties with relatives	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Planning vacations & holidays	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Talking about spiritual matters	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Auto maintenance	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Making major decisions	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Initiating talks about relationship	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Scheduling social events	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

We need to decide on:



How are you going to handle role behaviors where you are currently not in sync?
What can help you decide who does what?



CONTEXT: REMARRIAGE & BLENDING A FAMILY

You have a unique set of challenges but there is no reason you can't make your second marriage a first-class success.



MOTIVATION TO REMARRY

Reasons to proceed with caution



Not at All	<i>Rebounding from a previous marriage</i>	Not at All
Not at All	<i>Rebelling against my ex-spouse</i>	A Little
More Than a Little	<i>Persistent loneliness</i>	Not at All
A Little	<i>Financial advancement</i>	Not at All
A Little	<i>Pressure from others</i>	More Than a Little
Not at All	<i>Sense of obligation</i>	Absolutely



What questions or concerns does this raise in your mind?
Which issue, if any, provokes distress or unease?

YOUR REMARRIAGE READINESS

Contexts you're bringing with you:

A Little	<i>Unresolved issues with ex-spouse or ex-in-laws</i>	Not at All
Not at all	<i>Financial or legal issues with ex-spouse</i>	Not at All
More Than a Little	<i>Still deeply grieving the loss of previous marriage</i>	Absolutely



In general, how do you feel about your remarriage readiness?
What gives you peace of mind and what causes you anxiety?

BLENDING A FAMILY

Thoughts to explore:

No	<i>Feel uninformed about how to blend family</i>	Yes
No	<i>Feel sure children will adjust quickly</i>	No
Yes	<i>Feel torn between partner and children</i>	Yes
Yes	<i>Feel like I'm competing for attention</i>	Yes
No	<i>Feel the kids will work us against each other</i>	No

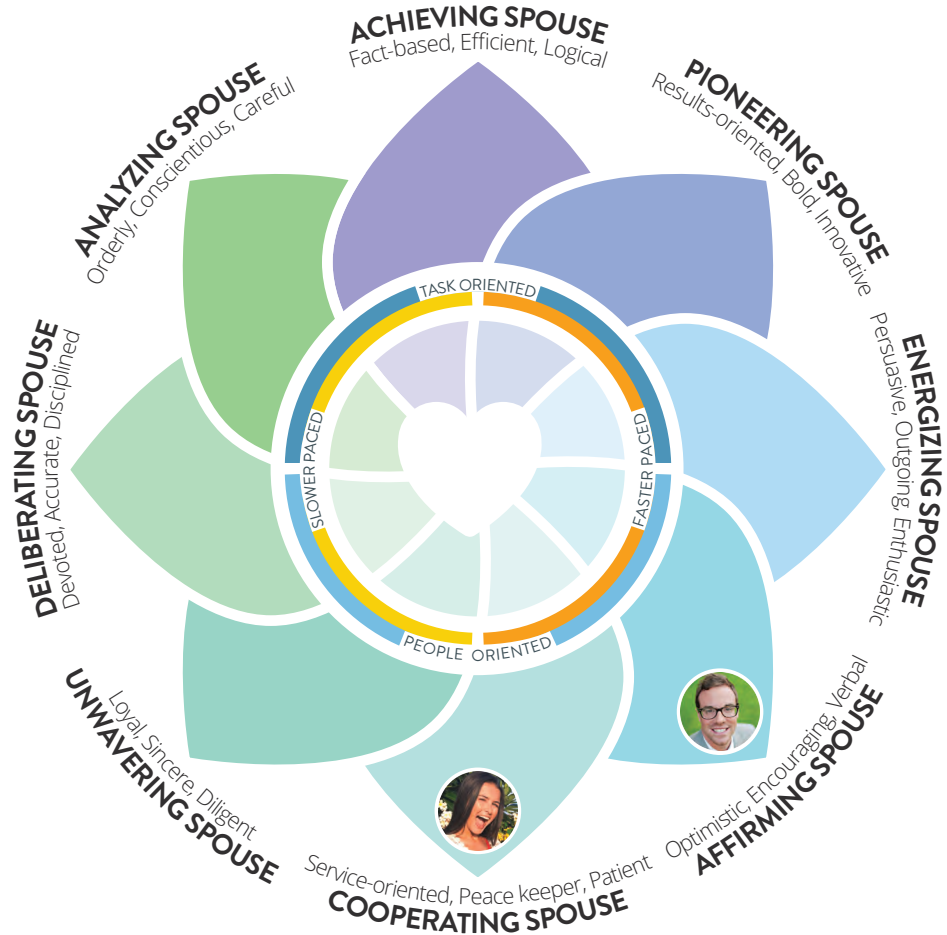


What's your biggest concern in relationship to the children?
What are you looking forward to? What are your fears?



DYNAMICS

Here's a snapshot of your two personalities—their similarities and differences. There's no right or perfect combination, the key is understanding and appreciating your differences.



COOPERATING SPOUSE

You may be well thought of because you rarely antagonize others or rarely want the spotlight. You become most comfortable in situations when the best offense is a good defense. You seldom act aggressively toward your spouse, but will demonstrate a passive resistance from time to time. When meeting new people, you may be rather unassuming and mild mannered. You will be cooperative and easygoing in social groups and family events, because of an inherent need not to make waves or cause hostility. You are rather quiet and modest. You tend not to show assertiveness and are never domineering or self-centered. You prefer your spouse to be in the spotlight rather than yourself.



AFFIRMING SPOUSE

You show a tendency to be tardy or late; your natural interest in people causes this. You are so busy with others that you lose track of time and may cause conflict with your "on-time" spouse. You have to be with people. This extends into the need to gain popularity, achieve social recognition and influence those people around you, including your spouse. The "bottom-line" is a strong people orientation. You have a strong sense of humor. You usually know when to lighten a difficult situation, amuse and entertain people. You have a strong feeling of optimism, considered favorably by your spouse and most people around you. Your perception is that the glass is half-full rather than half-empty.



Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.



DYNAMICS

There has never been a marriage like the one you two are creating together. The combination of your two personalities can be mapped out to discover how you are hard-wired to give and receive love.

YOUR DYNAMICS: COOPERATING SPOUSE + AFFIRMING SPOUSE

You two are a fun and relatively easygoing couple. You share an encouraging spirit and social graces. Others are likely drawn to the two of you because you're easy to be with. Chris (Affirming Spouse) may be a bit more talkative than Toni but you're both verbal. This will serve your marriage well. You'll both need to beware of reading signs of disapproval from each other where they don't exist - instead giving each other the benefit of the doubt. This can help you avoid unnecessary tension. Chris (Affirming Spouse) is likely a bit more impulsive while Toni (Cooperating Spouse) may be a bit more persistent. This is a helpful combination that brings fun and productivity to your relationship.



What do you think and feel about the shared dynamics of your two personalities and how they mix? What can you do, in practical terms, to leverage your Dynamics?



STRENGTHS YOU BRING TO THE RELATIONSHIP



- An excellent "win-win" type of negotiator.
- Will gather facts before offering an opinion.
- Socially poised and people-oriented.
- Enthusiastic about activities and involvement.
- Bring a feeling of security and stability.

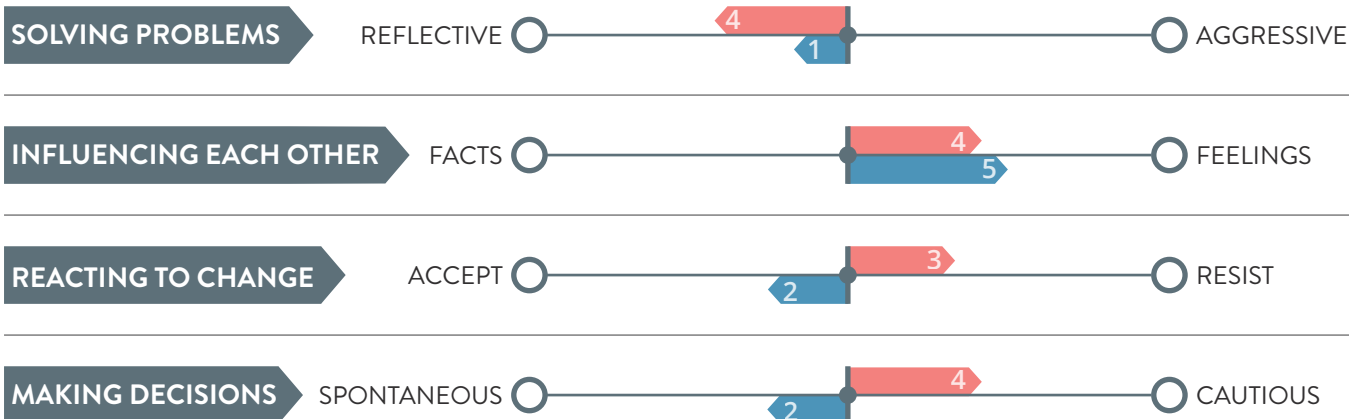
- A good team player--positive participation.
- Never a dull moment.
- Excite others into getting involved.
- Creative in playtime with your spouse.
- Motivate others toward positive goals.



Identify the top 1 or 2 statements you agree with most about yourself. Explain why. Note the top strength you appreciate about your partner.

Toni top / Chris bottom

YOUR STYLES



Consider some real life examples in your relationship where these play out. How can you genuinely appreciate your differences in these four categories?



DYNAMICS: LOVE

What is love? Perhaps it's no surprise that everyone seems to have their own answer. After all, each of us is hardwired uniquely for giving and receiving love.

HOW YOU VIEW LOVE IN PRACTICAL TERMS



COOPERATING SPOUSE

Being heart-felt, vulnerable, and giving the benefit of the doubt.



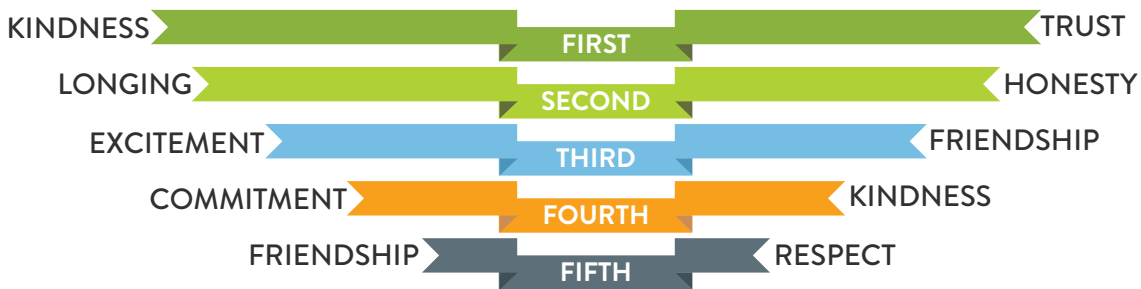
AFFIRMING SPOUSE

Being attentive and giving each other affection and acceptance.



What aspects of your definition do you agree with most and how would you elaborate on it? How can you help your partner love you in ways you most desire? Use concrete examples.

HOW YOU DEFINE LOVE



How are your top 3 items similar or different from each other? Elaborate on the qualities you chose. How would each of you complete this sentence: "I feel most loved when you..."

LET'S TALK ABOUT SEX

Are you abstaining from sex?

YES

TONI

YES

CHRIS

How do you rate your desire?

7

TONI

10

CHRIS

Who do you expect to initiate sex?

YOU

TONI

BOTH

CHRIS

How often do you expect to have sex?

EVERY OTHER DAY

TONI

EVERY OTHER DAY

CHRIS



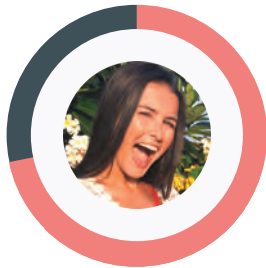
As you prepare for marriage, what other sexual issues or questions come to mind? What issue related to sexuality causes some anxiety for you?



DYNAMICS: ATTITUDE

Marriage was never intended to make you happy—you make your marriage happy. How? It all comes down to attitude and adaptability, in other words, your ability to adjust to things outside your control.

The percentages depict how optimistic, adaptable and resilient you are when faced with a challenge.



72%

Maintaining resilience can be challenging for you. When faced with an unforeseen difficulty, you occasionally struggle to maintain an up-beat attitude. Worry can sometimes get the best of you and your attitude.



80%

Your resilience level is high. Relative to others, you are an optimistic person and you generally do a good job of adjusting to circumstances beyond your control. You're generally up-beat and positive.



What do you think about your results? What about your partner's? In specific terms, how will the two of you adjust to an unfavorable circumstance? Real life examples?

YOU AT YOUR BEST WHEN FACING A CHALLENGE

Based on your personality profiles, here are your most constructive natural coping tendencies when life becomes demanding.

COOPERATING SPOUSE

- PATIENT
- DIPLOMATIC
- STEADY
- METHODICAL
- DEPENDABLE



AFFIRMING SPOUSE

- POSITIVE
- UPBEAT
- ENCOURAGING
- RESPECTFUL
- EASY-GOING

HOW YOUR PARTNER MAY PERCEIVE YOU UNDER STRESS

FEARFUL
HESITANT
INTIMIDATED



TALKATIVE
POOR LISTENER
SELF-PROMOTER



What do you agree or disagree with? Why? Think of a real life scenario where you saw this to be true. What could you have done to be easier to live with?



DYNAMICS: COMMUNICATION

Communication is the lifeblood of your relationship. The more understanding and better understood each of you feels, the stronger your marriage.



COOPERATING SPOUSE

You specialize in listening. You create a warm and safe environment for great conversations, allowing your partner to feel at ease and open much of the time. Your conversations are rarely judgmental and you're often quite patient, listening long after others would have interrupted. This goes a long way in helping you and your partner have collaborative conversations. You help your partner feel understood and valued and that helps them to open up. You try to stay clear of conversations that involve confrontation.



AFFIRMING SPOUSE

You're rarely at a loss for words. You love to talk. You bask in the attention of being listened to. It's one of your most telling ways of monitoring your approval rating with your spouse. The more your spouse listens, the more you feel loved. And you're adept at moving the conversation to be as entertaining as possible. You're likely a great listener, as well. But you want the listening to go both ways or it's no fun. So, communication for you is a primary means for giving and receiving love in your marriage. If you're having communication problems, you are, by defacto, having marriage problems.



What do you agree or disagree with? Why? What real life examples come to mind in illustrating your talk style?

HOW YOU LIKE YOUR PARTNER TO COMMUNICATE WITH YOU

- Plan sufficient time to talk and listen.
- Take time to be certain that you reach an agreement.
- Talk about expectations.
- Be sincere and use a tone of voice that shows sincerity.
- Plan interactions that support dreams and goals.
- Offer opinions and ideas that are stimulating.
- Be stimulating, fun-loving, and fast-moving.
- Attempt to isolate him from potential interruptions.
- Offer immediate rewards for accomplishments.
- Ask for opinions and ideas.



Select the two you resonate with most. Explain why they are important to you. Give examples of when and how they can do this for you. How can you help your partner succeed?

COMMUNICATION SKILLS YOU'D LIKE TO IMPROVE

- Being ready to apologize
- Identifying and expressing feelings
- Inviting and receiving feedback

TONI

- Listening without interrupting
- Coming across as personally warm
- Expressing more genuine interest

CHRIS



Why did you each choose these items? In practical terms, how can you improve and help each other in the process? Give examples.



DYNAMICS: GENDER

We all know men and women are different, but understanding how these differences drive our deepest needs, on top of our unique personalities, can make or break a relationship.



WHAT TONI NEEDS TO KNOW ABOUT CHRIS:

As your husband, Chris will need more shared activity.

As a dating couple, you enjoy lots of shared activity. Research shows this tends to diminish once you marry. Husbands place surprising importance on having their wife as a recreational companion.

Why this matters:

Chris, more than you, connects emotionally by doing things together.



WHAT CHRIS NEEDS TO KNOW ABOUT TONI:

As your wife, Toni will need to be cherished more than you think.

In your dating relationship, you focused a lot on wooing Toni. Research reveals that this will inevitably fade once you're married because you will become more focused on providing for her than cherishing her.

Why this matters:

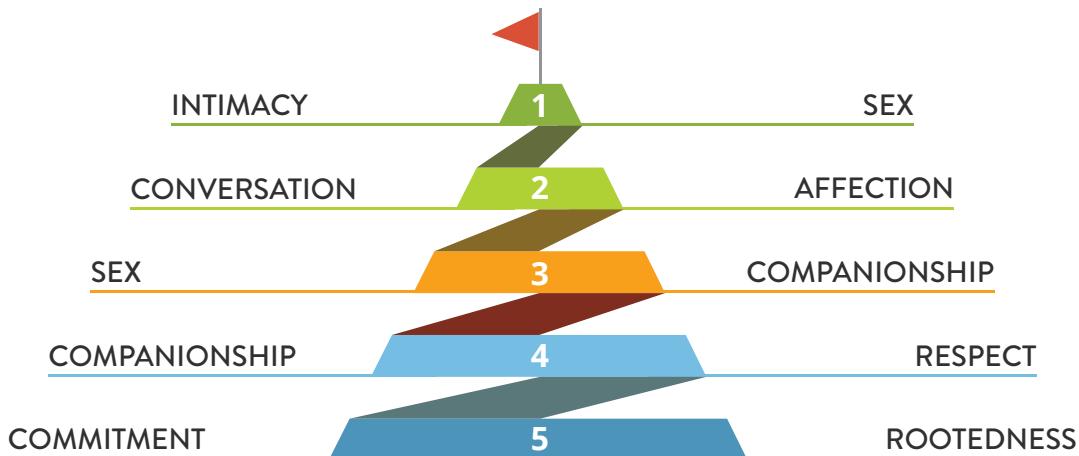
Toni will be more passionate and intimate with you when she feels cherished.



What recreational activities can you enjoy with Chris through the years?

In what practical ways will Toni know you are cherishing her?

YOUR TOP 5 NEEDS



Why do these needs top your list? How will your partner know when these needs are being met? Be as specific and concrete as you can.



DYNAMICS: CONFLICT

Conflict is inevitable, even for loving couples. It's the price we pay for a deeper level of intimacy. When you learn to fight a good fight, you can use conflict to your advantage.



COOPERATING SPOUSE

When making plans, you can be precise and systematic. You will display discernment and a good sense of timing in selecting the right decision at the appropriate time. At times, you may be rather hesitant in making decisions. This may occur because you have a need to obtain and evaluate information before making a decision. You may not attempt to commit yourself or declare intentions initially, but will when in situations where you can weigh the pros and cons of various ideas or activities. You are usually careful and cautious in most social and family situations. You will probably not go over the speed limits, or disobey written or unwritten rules in the community.



AFFIRMING SPOUSE

When working on plans for activities, you must feel that you are "in on things." You will generally offer creative ideas or suggest activities. You can be intense when confronted with a tough problem. The intensity may not always fit the problem; that is, sometimes you can get intense over a problem that looks tough, but in actuality is not. To be more effective, you should be more organized. Don't let things pile up; handle matters and get them out of the way, especially things that your spouse is counting on to be finished. You mean well in starting numerous activities, but your involvement with so many usually forces some aside. As a result, some things go unfinished.



What do you agree or disagree with? Why? Select two or three statements from your paragraph that you agree with most and explain how they may influence conflicts.

PERSONAL CONFLICT CHALLENGES

These can limit your ability to successfully manage conflict

- You hesitate to act on a problem unless a solution is clear, or the risk is small.
- You become evasive if not sure of a position, or the position of others.
- You become defensive when involving risk--preferring to keep things the same.
- You yield position to avoid controversy--attempt to avoid an antagonistic environment.
- You are not attentive to detail; as a result, some small details might be ignored or forgotten.
- You spend money impulsively rather than evaluating affordability.
- You are a situational listener if not given an opportunity to share ideas.
- You become so enthusiastic that you are impulsive in activities.



What do you resonate with most from each list? Explore why these happen and discuss what you can both do to grow in these areas. Use real life examples.

HOT TOPICS

Every couple has a list of issues that are prone to conflict. Your hot topics, listed in priority below, are most likely to spark tension for the two of you:



Knowing these topics are likely to spark tension, how can you use this information to curb conflicts? Give a concrete example of how you can better manage each one.



DYNAMICS: SPIRITUALITY

Even happily married couples eventually discover a soulful longing to bond with their lover, not just for comfort or passion—but also for spiritual meaning.

YOU FEEL CLOSEST TO GOD THROUGH:



Being compassionate and loving others even if it means significant sacrifice. You are drawn to people in need, and the more needs you meet, the more energized you feel.



Connecting in a small group and being accountable to them. You may struggle to pray on your own but not in a group. You are energized by socializing and fellowship with other believers.



Explore what each of you do to feel closest to God. Give specific examples of when and what you do. How can you support each other in these practices?

YOUR SPIRITUAL LIFE TOGETHER

What you believe about spiritual practices in marriage:

Yes	Attend church weekly.	Yes
Yes	Go to the same church.	Yes
Yes	Discuss spiritual issues.	Yes
No	Receive communion together regularly.	Yes
Yes	Agree on theology.	Yes
Yes	Give a financial tithe and/or offering.	Yes
Yes	Pray for each other.	Yes
Yes	Pray together every day.	Yes
No	Be involved in serving others together.	Yes
Yes	Study the Bible together regularly.	Yes



Would you consider yourselves in sync spiritually? Why or why not?

How would you finish these two sentences right now:

"My spiritual life has been..."

"When it comes to our shared spiritual life..."



WHERE DO WE GO FROM HERE?

Congratulations on completing your SYMBIS Assessment! To help you get your marriage off to a great start, we have additional resources you may find helpful on the following page. With every good wish and prayer. --Drs. Les and Leslie Parrott



LAUNCHING YOUR LIFE LONG LOVE

Let's identify your biggest take-aways from this experience. And whether you are engaged or newly married, here are a few suggestions for successfully launching your lifetime of love.



MY GREATEST INSIGHT FROM OUR REPORT



MY NUMBER ONE GOAL TO WORK ON



FIND A MARRIAGE MENTOR

One of the most effective ways to ensure that your relationship stays healthy and strong is to have a more experienced "go-to" couple that has traveled the road before you. Do you have a couple you'd like to mentor you? Send them to **MarriageMentoring.com** for information and training.



GROW YOUR LOVE

You can never check "growing" off of your to-do list. Smart couples grow by reading marriage books, attending an annual marriage seminar, and sometimes having a group of couples they meet with. To get you started, we're giving you a 15% discount on your first order at **LesandLeslie.com**. To get your unique discount code, email info@LesandLeslie.com



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