



commit

Communication assessment inventory for couples
approaching the Sacrament of Marriage



Archdiocese
OF Wellington



introduction

The primary objective of commit is to provide a communication assessment inventory for couples approaching marriage.

Establishing a committed relationship is an important and exciting step in a person's life.

For a couple who are preparing to marry, it is important for them to explore their relationship and develop the skills needed to handle the challenges that inevitably arrive when people share their lives.

One of the underlying assumptions of marriage preparation is that relationships are a work in progress, a never ending journey of discovery.

Commit is an inventory based programme conducted over two sessions. It is not a test, there is no pass or fail. It is an opportunity for a couple to reflect on their relationship at a moment in time.

Commit offers a couple the opportunity to spend some time reflecting on their relationship, identifying their strengths and any challenges or areas of growth needed.

overview

Commit is an opportunity for couples who are preparing to marry, to explore and prepare for their future together. Commit covers a broad range of relationship areas including; personality differences, lifestyle expectations communication styles, spirituality, friends and interests, family backgrounds, beliefs around parenting and finances.

Commit is intended to be an introductory pre-marriage inventory and therefore is a snapshot into the lives of a couple during a period of time. Couples are then encouraged to attend a skills enhancement course which provides more in-depth skills based learning and education.

Development: Commit was researched and developed in Auckland, New Zealand in 2010. Commit is the result of the need for a pre-marriage programme that is culturally appropriate and unique to relationships and marriage at this time. Commit is a collaborative effort involving national and local pre-marriage educators.

A broad literature search was conducted internationally into pre-marriage education practices; the findings contributed to the development of Commit.

the commit process

Commit is self administered and locally managed by experienced pre-marriage educators. At the first session the couples fill in the inventory/questionnaire. It consists of a series of statements that couples individually respond to, on a three point scale: agree, disagree and unsure.

There are 11 categories that include: family of origin; family and friends; lifestyle, interests and compatibility; communication; intimacy and sexuality; managing conflict; financial management; parenting and children; expectations and readiness; spirituality and values; marriage covenant.

After completing the inventory and prior to their individual session, couples usually discuss and process their responses.

They often discover areas that they have not talked about before.

The second session with the facilitator covers the topics that were highlighted by the inventory as areas the couple would value discussing. All discussions are held in a private setting in the facilitators or the couple's home. Sessions can be arranged around work and family commitments.

To book for Commit, contact your local Diocesan Marriage Education representative.



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