



Two Churches, One Marriage

The Meaning of Marriage



Supplemental Resources

Inventories for Learning More about Your Relationship

If you wish to learn or discover more about your relationship, you and your partner should consider taking a relationship inventory designed for either engaged or married couples. These inventories provide couples feedback about their relationship in a number of important areas, such as finances, sex, personality issues, dealing with friends/in-laws, leisure activities, religion/values, and other areas. Results from these inventories provide couples a helpful springboard for discussing and exploring their relationship in more depth. The three most widely used inventories are FOCCUS (REFOCCUS for married couples), PREPARE (ENRICH for married couples), and RELATE. Clergy or mental health professionals who work extensively with premarital couples are generally trained to use one of these instruments. For more information about the inventories, you can contact the organizations below:

FOCCUS - Contact Family Life Office, 3214 N. 60th Street , Omaha , NE 68104 , phone 1-888-874-2684, or <http://www.foccusinc.com>.

PREPARE/ENRICH - Contact Life Innovations, P. O. Box 190 , Minneapolis , MN 55440 , phone 1-800-331-1661, or the website at <http://www.lifeinnovation.com>.

RELATE - Contact the Marriage Study Consortium, P. O. Box 25391 , Provo , UT 84602-5391 , phone 1-801-378-4359, or the website at <https://www.relate-institute.org>.

In addition to the three inventories above, BRIDGES has recently been developed to help couples explore their spiritual relationship in greater depth. BRIDGES (Building Relationship Interaction, Decision-making, Growth and Enrichment through Spirituality) includes an inventory for the couple to complete that will help them explore their spiritual relationship with one another. BRIDGES helps couples identify shared values, explore their differences, and build connection through shared activities. For more information about BRIDGES, contact the Center for Marriage and Family , Creighton University, 2500 California Plaza, Omaha, NE 68178 (phone: 402-280-2908). BRIDGES can be ordered through FOCCUS, Inc., 3214 North 60 th Street, Omaha, NE 68104 (phone: 402-551-9003).