

WORKBOOK FOR WOMEN

Includes 24 Self-Tests and Group Discussion Guide

SAVING YOUR MARRIAGE BEFORE IT STARTS

Seven Questions to Ask Before—and After—you Marry



Drs. Les & Leslie Parrott

#1 New York Times Bestselling Authors

NEWLY EXPANDED EDITION

Session One

HAVE YOU FACED THE MYTHS OF MARRIAGE WITH HONESTY?

What you believe about marriage will become the fuel for your behavior in marriage. For this reason, exploring the myths of marriage is essential.

JUST FOR FUN

(4 MINUTES)

Whether you are doing this as an individual couple or as a small group of couples, take a moment to name one of the most romantic movies you've ever seen. It could be *The Notebook*, *The Fault in Our Stars*, *Sleepless in Seattle*, *Casablanca*, *Titanic*, *Father of the Bride*, *When Harry Met Sally*, or any of the hundreds of other romantic stories. What makes this movie so romantic to you? Do you see yourself in it? From your perspective, what's the primary message of the movie? If you don't like this line of questioning, name a romantic movie that you didn't like. Why?

VIDEO SEGMENT #1 NOTES

(18 MINUTES)

- Your beliefs are the fuel for your behavior.
- Myth #1: We expect the _____ from marriage.
- _____ Rules
- _____ Roles

EXPLORING YOUR WORKBOOK EXERCISE

(20 MINUTES)

Within your small group, take time to complete exercise 2 in your workbook (page 18). This exercise explores making conscious your understanding of the roles both you and your partner have in a marriage. If you are comfortable, share with the group: What insights did you have while doing this exercise? How have your families of origin influenced your understanding of roles? What items did you have to renegotiate?

VIDEO SEGMENT #2 NOTES

(9 MINUTES)

- Myth #2: Everything _____ will get better.
- Myth #3: Everything _____ will disappear.
- Myth #4: My spouse will make me _____.

- If you try to build intimacy with another person before getting whole on your own, all your relationships become an attempt to complete yourself.
- A-Frame Relationship = overly _____
- H-Frame Relationship = overly _____
- M-Frame Relationship = _____

TIME TO DISCUSS

(20 MINUTES)

1. Which ideas expressed in the video were new to you?

2. Which concept talked about in today's session can you apply to your relationship?

3. In what areas of your life is your relationship operating as an **A, H, or M**?

4. What other myths do couples bring to the marriage relationship?

YOUR SYMBIS ASSESSMENT

If you are using the SYMBIS Assessment, review the Context section of your report (pages 5–7). What myths of marriage might you debunk as a result of seeing this personal information on these pages? For example, “we are going to do everything together,” is a common misbelief. Page 7 of your report will make this plain.

TAKING TIME AS A COUPLE

To further explore marital myths you may have believed, spend some time this week as a couple reading chapter 1 and completing exercises 1, 3, 4, and 5 in the workbook. If you have time, also discuss the reflection questions with your partner.