

At The Journey Church

*We want to
help marriages*

THRIVE!

Assess your relationship with
Couple Checkup

*You get your vehicle's oil changed
every 5,000 kms or so.*

*You get your teeth cleaned
at least once a year.*

*You even get
regular physical exams.*

**Your marriage deserves
a checkup too!**

THE **Journey**
C H U R C H

Couple Checkup will help you discover your strengths as a couple.



What is it?

Couple Checkup is an online assessment designed to help you and your partner build a more satisfying and intimate relationship. Just answering the questions will trigger thoughts and reveal attitudes about your relationship. The Couple Checkup is designed to activate dialogue and discovery, and increase the overall quality of your relationship.

Strengths are what enable you to enjoy, and to continue developing a healthy relationship. The Checkup will also help you identify issues that are threatening the vitality of your relationship and need to be addressed.

A powerful and unique aspect of the Checkup is that the questions are tailored to you as a couple. Based on background questions you answer, your Checkup will be customized to include questions specific to your couple type.

You will receive a 15-to-20 page Computer Report, with your results broken down into relational categories. A Discussion Guide is also available to help you interpret the results.

Twenty important relationship areas are explored. There are also questions about your personality and family-of-origin.

Within 30 minutes of you and your partner completing the Checkup online, you may view and print your Checkup Report.

If you have issues that you are not able to resolve, it is important for you and your partner to get professional help before the problems escalate, or cause resentments, which will destroy the intimacy of your partnership.

Assessment is done online in the privacy of your home and results are confidential.



Why take it?

Have you ever been told that eating right and getting exercise are good for your health? Of course you have, we've all heard this. But just hearing good advice seldom leads to action or lasting change.

Now imagine a doctor takes your blood pressure and tells you it is too high. The natural response is, "What do I do about this health issue?" You immediately begin to seek knowledge and take action because of your personal test results. The likelihood of putting in place lasting change is dramatically increased because of the assessment.

The same is true for relationships. A problem with some marriage education is that it consists of a great deal of "good advice". But most couples either assume this advice is not relevant to them or avoid discussing the issues on a personal level. Premarital couples have a tendency to minimize their issues, while

married couples often avoid problems and hope they go away on their own.

Based on over 30 years of research and experience, the Couple Checkup can allow you to harness the power of a relationship assessment in the privacy of your own home. This increases the likelihood that you will gain understanding, increase productive discussion, and take action leading to lasting growth in your relationship.



**The Checkup costs
\$29.95 (USD)**

Couples consider it an economical and worthwhile investment in their relationship.

**Go Online to
Couplecheckup.ca**

The goals of a couple checkup are straightforward:

1. Move past “good advice” and take an in-depth look at your own relationship.
2. Begin to identify your relationship strengths and issues that need attention.
3. Be proactive. Don't wait for problems to become serious before dealing with them.
4. Spur on productive and insightful conversation that leads to action and change.

Discover - Taking an online relationship inventory and generating your Couple Checkup Report will peak your curiosity. As you explore your results, you and your partner will discover your strengths and issues. You'll see where you agree and disagree as you gain insight into one another's perceptions of your relationship. You need to know where you're starting from so you can chart a course for where you want to go.

Share - A key to any great relationship is communication. But



how do you bring up the difficult topics? How do you create a safe environment for open discussion? The topics covered in the Couple Checkup help generate productive conversations you wouldn't otherwise have; conversations that apply specifically to your relationship.

Grow - Each couple going through the Couple Checkup process has access to a free Discussion Guide. This workbook is filled with easy to use exercises designed to introduce new skills and facilitate discussions that will help you move from insight to action.



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Admin. Office
1539 Salisbury Rd.
Moncton, NB E1E 4P5
853-7170
www.onthejourney.ca