



As part of your marriage preparation, couples being married at St. John of the Cross are asked to take a Catholic **Couple Checkup**. The Checkup is an online relationship assessment that automatically tailors the content of the inventory to match the stage (dating, engaged, married) and structure (cohabiting, children, blended family, etc.) of a couple's relationship. The Couple Checkup is based on content from the widely used Prepare/Enrich program developed from 30 years of research at the University of Minnesota. These relationship inventories have been used by over 3 million couples around the world. This inventory compares and contrasts responses from both partners and categorizes the results into helpful categories and topics for discussion. The Checkup will help you identify your strengths and growth areas in your relationship, increase dialogue and motivate lasting behavior change.

Before you begin here are some **helpful tips**:

- Work separately as you complete the Couple checkup. Be open and honest with your responses to the inventory.
- Once you are both finished, you can print your Couple Report. Start by identifying and reviewing your relationship strengths as well as growth areas.
- Use the Discussion Guide along with your Couple Checkup Report to discuss your results and begin practicing new skills. Take about 30 minutes per day to discuss a topic and complete an exercise from the Discussion Guide.

Please read through the steps before beginning.

First Person clicks "**Get Started**"

Step 1: Review / Accept the Terms and Conditions

Step 2: Enter your First Names, Emails, and a single Password

Step 3: Enter your payment. The cost is \$29.95 per couple.

Step 4: Save a copy of your Account Information: account number and password

Step 5: Complete your Couple Checkup

Second Person clicks "**Login**"

Step 1: Enter the Account Number and Password received via email

Step 2: Complete your Couple Checkup

Step 3: Click View Results to open, save and print your report

Step 4: Print a Discussion Guide



Your Results

You will receive your results soon after you both complete the inventory. Please send a copy of your results to your priest at St. John of the Cross. Father will then follow up with you.

Rev. David P. Dowdle: ddowdle@stjohnofthecross.org

Rev. William J. Vollmer bvollmer@stjohnofthecross.org

Click [here](#) when you are ready to begin the Catholic Couple Checkup.

A second part of your marriage preparation is to take part in a Pre-Cana program. At St. John of the Cross Parish our program is call Promise. The archdiocese also offers other Pre-Cana programs. Your priest will help you choose the best program for you to attend.

Promise

Promise is the Pre-Cana program offered here at St. John of the Cross. Through discussions, exercises and presentations by married couples from St. John of the Cross who will share their experiences, you will have the opportunity to concentrate more intensely on the many facets of married life. The session concludes with a prayer service and celebration.

Upcoming Session:

Saturday, January 18, 2018

To make your reservation, please call Kerry Sheehan at 708-246-1589 or kerry_mulvaney@hotmail.com

Archdiocesan Pre-Cana Programs

In addition to our PROMISE Pre-Cana, the Archdiocese of Chicago offers other Pre-Cana programs. If you are unable to attend our parish program, you should discuss this with the priest/deacon who is assisting in your preparation. He will be able to guide you toward the best program for you to attend. Further information is available at www.familyministries.org or by calling (312) 751-8201.