



## **Get It Right: Premarital Counseling Program-**

- Session 1: Initial Meeting/Introductions: Your Relationship Up To This Point (*Included in Fast Track version*)
- Session 2: Creating Healthy Expectations of Marriage
- Session 3: Getting a Realistic Concept of Love
- Session 4: Keeping a Positive Attitude and Outlook Toward Life
- Session 5: Ability to Communicate Feelings (*Included in Fast Track version*)
- Session 6: Understanding and Accepting Gender Differences
- Session 7: Ability to Make Decisions and Settle Arguments (*Included in Fast Track version*)
- Session 8: A Common Spiritual Foundation (*Included in Fast Track version*)
- Session 9: Healthy Intimacy and Sexual Communication (*Included in Fast Track version*)
- Session 10: Managing the Business of Marriage (*Included in Fast Track version*)

### Program Objectives:

To identify and enhance the healthy aspects of your relationship

To minimize maladaptive behaviors in order to prevent common marital pitfalls

To provide education on how to maintain a healthy marital relationship, including effective communication, healthy intimacy, and managing finances

\*Our faith-based premarital counselor can provide a faith-based version of the Program upon request.

\*Only couples completing the Full GIR Program are eligible to receive \$60 off of their Texas marriage license through the Twogether in Texas program.